

**150th Central Atlantic Region
Regional Service Conference
Meeting Minutes
June 18, 2011
1215 Lee St.
Charlottesville, VA**

Open Forum – (began at 11 am with Serenity Prayer)

Topics of Discussion:

1. Agenda and new motions
2. Subcommittees
3. Summer Institute
4. Multi-day Regional
5. RSC Calendar
6. Budget Ad Hoc

Open Forum closed at 12pm

RSC opened with the Serenity Prayer at 12:15pm

Purpose read by Bill M., 12 Traditions read by Trevor, 12 Concepts read by Elisa D

Roll Call/1st Quorum - (all members below were present)

Chair - Jeff H

Vice Chair - Jim H

Secretary - Cynthia W

Regional Delegate - Etta F

Regional Delegate Alt - Donna P

Regional Delegate Alt 2 - Eddie W

VRCC Chair - Jimmy B

Policy Chair - Bill M

Almost Heaven – Dennis P

Appalachian – Jeff P

Blue Ridge – Peter P

New Dominion – Trevor D

New River Valley - Marissa R

Peninsula – Marvis B

Piedmont - Lawrence E

Rappahannock - Antoinette B

Richmond – Tricia R

Roanoke Valley - Maria J

Shenandoah Valley – Melissa E

Southside- Kim A

Tidewater - Neal G

Tri-Cities- Butch C

Areas not present for 2 RSC – None

Recognition of New Attendees –

Gateway to Freedom Dean H
Peninsula Marvis B

Almost Heaven Dennis P
SHEVANA Elisa D

Appalachian Jeff P
Southside Kim A

Establishment of Quorum 14 RCM/RCM Alts present, 1st and 2nd Quorum met.

Approval of Minutes

Motion 150-1 Mover: Antoinette B Second: Patricia R

To waive the reading of the minutes.

Intent: To increase the flow of business. Passed 13-0-1

Motion 150-2 Mover: Peter P Second: Neal G

Approve the 149th minutes.

Intent: To increase the flow of business. Passed 13-0-1

Trusted Servant Reports

Chair Report:

Since our last RSC, I have been reviewing our regional business at hand, handling our treasury, organizing business, and getting familiar with the needs of our region. We have a lot to do.

The Executive Committee met on April 24th at my home to get familiar with regional business and write the agenda for 150thRSC. The agenda was sent out in advance per policy. We discussed how we as a new executive committee would work together. We will strive to handle regional business in a thorough and efficient manner. I was able to get the PO Box key and have a regular weekly mail pickup scheduled. We also have the RSC meeting place scheduled through October and are working on our scheduled through 2012. We discussed our multiday regional in October and planned to have it as a topic in open forum.

Treasury,

All bills are current. Signature cards have been signed by Jim H., Cindy W. and I. Treasury Report was completed; there are two unpaid bills due this month. Our rent checks (\$ 75.00) for the RSC is to be paid to, UVA Auxiliary PO. Box 800668 Charlottesville, Va. 22908. Neal G. did express a willingness to be treasurer and he did sit on the executive committee to get familiar with the treasurers duties. A treasury statement is attached with this report.

Public Relation:

I spoke with Charles W. about P.R., he sent me the March usage for the Answering Service. He asked the RSC to consider the booth at the Summer Institute and sent me the application. He also sent me a current PR subcommittee policy. All of which is attached to this report.

H&I:

I have received letters from the PO Box. I will distribute them today and handle them the best way possible.

Activities:

Since we stopped the rotation of the RSC and our meeting place will be consistent there is a lot less work to do. We may want to look at whether we need this subcommittee or not. As chairperson I am willing to schedule the RSCs Subcommittee meetings had not been scheduled at the last RSC. I was not comfortable taking any action until this RSC. I would like subcommittees to be a topic in open forum. I would suggest we hold a service meeting at 9 am before the next RSC to handle any subcommittee business until subcommittees is reformed again.

Jeff H.

PO Box 1959

Chesterfield, VA 23832

804-512-6222

June 6, 2011

Dear Central Atlantic Region

I wanted to take this opportunity to introduce myself to the members of our region. On April 23, 2011, I was elected as Chairperson of the Central Atlantic Region. First, I would like to thank everyone who felt like I was qualified to fulfill this

two-year commitment. I don't take this task lightly and I hope to perform the duties of this position to the best of my ability.

As your chairperson, I like to enter my term by saying that our region needs your support. We have many positions open and our region's growth is suffering due to lack of trusted servants. There are many factors that contribute to this problem. One factor is that our region is large geographically and the logistics involved in being of service were difficult related to the rotations of our conferences every other month. This rotation made travel difficult. In an effort to address this issue, our conference will be consistently held in Charlottesville and we now have a regular meeting space. This may not be ideal for everyone but it will be more consistent.

Another big issue has been communication between the region, areas, and groups. We will be working on our communication so the areas and groups will be more informed and hopefully see the Regional Service Committee (RSC) as friendly place to be of service. I personally want to invite any member or group who has input to please contact me or your regional committee member to discuss your experience, strength, and hope. There is a lot of good experience in our region, we need work together to able to carry our life saving message to the best of our ability.

Our regional subcommittee such as H&I, PR., Activities, Literature Review ,and Speaker Jam all need Chairpersons and reformations. I would like to hear suggestions from the fellowship as to how the RSC can provide a better atmosphere for our subcommittees to become functional again.

If you would like to contact me via email at chair@car-na.org or feel free to contact me directly by phone 804-512-6222. All concerns, comments and questions are welcome.

In Loving Service, Jeff H.

Vice Chair Report:

Hello family, thank you for electing me Vice Chair of the Central Atlantic Region and am looking forward to serving to the best of my ability. ILS, Jim H

Secretary Report:

I am sending around a sign in sheet to be used as a contact sheet for all. Please write very clearly and slowly. Thanks for allowing me to serve. ILS, Cynthia W

Treasurers Report:

April Bank Statement	Beginning Balance:	+ \$8,975.02
	3 checks	-180.00
	Withdraws and Debits	- 2,373.56
	Service Charges	- 12.00
	Deposit April 18	+ 2,972.52
	Ending Balance	+ \$9,381.98

May Bank Statement	Beginning Balance:	+ \$9,381.98
	1 check	- 52.50
	Withdraws Debits	-1,627.33
	Deposit May 23	+2,958.14
	Ending Balance	+ \$10,660.29

April 18 Deposit		May 23 Deposits	
BRANA	125.00	SVANA	190.56
RANA	280.00	Almost Heaven	907.58
Appalachian	154.95	NDANA	1,860.00
Outer Limits	130.00	Total Deposits	\$2,958.14
Outer Limits	81.97		
Piedmont	200.00		
RASCNA	2,000.00		
Total Deposit	\$2,972.52		

No Outstanding Checks.

CARNA's Treasury Balance \$10,660.29

Regional Delegate Report:

Hi Family, not much has transpired since the GSR Assembly. I would like to thank all that attended. We are now looking forward to gaining some additional insight on Consensus Based decision making at the Autonomy Zonal Forum July 30th, 2011 in Fairmont, West Virginia.

There is currently no additional news to report on the Service System Project however, I am sure that there will soon be an update as the workgroup is meeting this week. I'd like to take the time to encourage free thinking on this project. Please don't wait for others to think for you. As a member of NA, you have a voice and if you have some input, or an additional proposal, know that you can create your own work groups by area, group, region or individually if you think there are other solutions.

The new IDT's have been released and were approved at the 2010 WSC. They are different than before as they are not based on issues to discuss but rather are aimed at familiarizing members with new resources. There are 4 session profiles, handouts and PowerPoint material available on the web for use at workshops. The topics are A Vision for NA service, In Times of Illness (revised), IP 24 Money Matters Self Support in NA, and IP 28 Funding NA Services.

WCNA is coming September 1-4 in San Diego Ca. Pre- registration is only available until July 28th. There has been a room reduction for rate at the Manchester Hyatt due to slower booking. The rate is now \$169 per night. Concert Tickets have also dropped from \$75 to \$60 due to the inability to book a more expensive type of act. If you bought a ticket at \$75 you will be given credit by going online as there are directions or do nothing and receive a \$15 cash refund on site.

I reported the new medallion colors in my last report. Please note that the gift edition of the It works how and why is now available and coming soon there will be heat sensitive mugs available.

I am concerned of trends that may be inadvertently set as we transition to new trusted servants on our regional floor. As we always want to be inclusive and not exclusive of our members I am afraid that although well meaning I am sure, there seems to be some opportunity for exclusivity. There was mention at the last meeting here that there was time on the room to possibly have subcommittee meeting prior to the RSC and apparently there has been a private meeting of part of the executive body at a private residence prior to this meeting. I am sure that no harm was intended; however I am concerned about "privatizing" meetings concern RSC business and uncomfortability of using private residences. It is my thought that any business discussed regarding the RSC should be done where everyone can attend and that everyone has the information on the agenda. We have scheduled meeting times for our business. I am asking if we could possibly discuss this today in New Business or where ever the chair deems appropriate.

Also, I would like to plant a seed of thought that there needs to be some revisions regarding the budget for the delegate team. My aim is that no position be exclusive due to finance that a qualified member may be excluded from serving in that capacity. Because our region is very large, (running from Pennsylvania to the outer banks of N.C) and gas prices have sharply risen, it may not always be affordable for us to travel to provide services such as workshops and the up coming CAR Workshops. As of now, the system is set up on a reimbursement. There never was anything put in writing for expenses for transportation to workshops. I have spoken with several Delegates from other regions to see what they are doing and have found that they are getting funded \$55 cents per mile and are able to access funds prior to conducting these workshops and can turn in receipts up to their max which was calculated on the furthest trips in the region. I'd like to work on a plan as to make this happen for us as we should not have to pay out of our own pocket and wait a month for reimbursement. I would hate to decline service due to finance. Our coop (Cumberland Md) has become self-supporting and has become new Greater Freedom area and will be following procedures for bringing proper minutes and joining our region as well as the new Virginia Beach Area is newly in existence. With our continued growth, there will soon be more demand for the delegate team to service them with workshops and assistance and I would love to make sure that they are never denied.

In loving Service, Etta F.

Regional Delegate Alternate Report:

Hello everyone. Thank you for the opportunity to serve. There is an illicit copy of the Basic Text, stating on its cover "Narcotics Anonymous Third Edition, Revised with original Fourth and Ninth Traditions in circulation not published by NAWS. NAWS states that clearly infringes upon the Fellowship Intellectual Property Trust on 1993 as well as policies

adopted by the fellowship since the 1980's and 90's. NAWS also stated that as we are a spiritual fellowship only our groups and members have the ability to protect the fellowship's property and enforce the decisions made by the fellowship and put a stop to this type of activity.

August 1 is the deadline for proposals for inclusion in the Conference Agenda Report. The Feb. issue of NAWS News gives a detailed explanation of what we are proposing for the 2012 WSC in response to the conference's support of including proposals rather than motions. Speaking of the CAR it is time to begin planning the CAR workshops to begin in the Fall/Winter of 2011. We again will rotate through the Quadrants, bringing these workshops to different areas than last year. We will need assistance from the RCMs to locate facilities for them to take place. We endeavor to plan better than we have in the past, getting flyers out early to maximize member's ability to participate.

Issue Discussion Topics are provided by NAWS and are a vehicle to get members talking about particular issues and concerns as well as provide NAWS and the World Board with valued input from the fellowship. These IDT's have in the past led to tools such as the Building Strong Home Groups worksheet and some of the service pamphlets. The IDTs for the 2011 cycle are: A Vision for NA Service, In Times of Illness, Revised IP #24, Money Matters: Self Support in NA, and IP #28, Funding NA Services. Keep us on top of our game and ask for a workshop on these topics in your Area.

I am providing a treasurer with a copy of the cancelled check I used to pay for the rent for the 149th RSC.

I am looking forward to the next Autonomy Zonal Forum to be held July 30th in the Mountaineer Region. Welcome Eddie to the delegate team! Saddle up its going to be a wild ride. I am grateful for your willingness to serve. I also would like to thank you all for the participation in the GSR assembly. Thank you as well for making it through the gauntlet of information we brought. Again, thank you for the opportunity
In Loving Service, Donna Lee P

Regional Delegate Alternate II Report:

Hello family,

Over the past several months I've made a concerted effort to familiarize myself with the process of Consensus Based Decision Making (CBDM) and look forward learning more during the workshop next month at the Autonomy Zonal Forum (AZF) in Fairmont, WV. The AZF consists of the following regions located in the Eastern portion of the United States:

- Central Atlantic
- C&P (Chesapeake & Potomac)
- Eastern PA
- Free State
- Greater Philadelphia
- Mountaineer

AZF's are NA business meetings where NA members discuss matters of Regional and Zonal interest. All NA members are invited to attend. AZF's are hosted twice a year, the location and hosting of which rotates alphabetically throughout the participating Regions. The flyer for the upcoming AZF on July 30th, 2011 is available at:

www.cprna.org/azf/documents/20110730-AZF_Flyer.pdf

Also, since the GSR Assembly I've sought to develop a better understanding concerning the Service System Project and the proposed changes it's various options represent to our service structure. I initially found the task to be somewhat daunting, but am steadily developing a sincere interest in thoroughly understanding the proposed changes, various options, and potential impacts in their entirety.

Announcements and Reminders:

- 2010-2012 Issue Discussion Topics:

Session Profiles, Session Handouts and PowerPoint Presentations are now available for the following: 1) A Vision for NA Service 2) Revised In Times of Illness Booklet, 3) Self Support Means Supporting NA, and 4) Self Support IP's at

http://web.na.org/?ID=2011_IDT

- WCNA 34 – September 1-4, 2011 San Diego, CA

<http://web.na.org/admin/include/spaw2/uploads/pdf/wcna/update2.pdf>

In Loving Service, Eddie W.

VRCC Chair Report:

Regional members, greetings from VRCC, in May we elected Jimmy B as Chair and Susan G as Vice Treasurer. 30th AVCNA is coming along as schedule. Register early.

The Host Committee meets on the 1st Sunday of each month.

The 31st AVCNA was awarded to Roanoke Valley Area. The Hotel Roanoke was chosen to host the convention.

Executive Host Committee elections will be held June 25 1pm at Ebenezer Church 1563 Lafayette Blvd Roanoke, VA. All are welcome to participate. Our Vice Chair position is open. Thank you, Jimmy B

Activities Chair Report: Open Position**Hospitals & Institutions Chair Report:****Policy Chair Report:**

The Policy Subcommittee met or did not meet last month depending on our point of view. Since I am the only subcommittee member I did work on Subcommittee business. Therefore, I guess you can say I met with myself because there are no other subcommittee members and there was no Region or subcommittee business I felt that it was not fiscally responsible to travel to another quadrant to meet with myself to discuss nothing.

I do have the revised Policy Guide. Additionally, I printed the Addendum 1 subcommittee creation and purpose. I also printed and have the WSC Rules of Order. ILS, Bill M

Public Relations Chair Report:**Speaker Jam Report:****Area Reports****Almost Heaven RCM Report:**

Greetings from the Almost Heaven Area, This past six months has been growing experience for us. As with many other areas... getting trusted servants to fill positions and make a year commitment has been difficult. In December with the Vice Chair's responsibility to hold meetings for all the committees without chairpersons and this being a difficult task for one person. It was decided to hold one meeting for all vacant positions. We started calling this a Service meeting. It's very much like a LSU or Local Service unit. Since then the service meeting has accomplished several tasks. In a short period of time starting in December we put on our annual New Year's Eve dance with the first meeting of the New Year. We then looked at our H&I and realize that untrained members were going in and one of our facilities (a regional jail) was allowing our members to go in without any checking. With this mix there was concern for our members and our fellowship so we temporary suspended our H&I meetings and created an H&I orientation manual and set up orientation requirements for serving at H&I meetings. The first orientation was held April 23 with Jimi S. former co-facilitator for WSC facilitating so all AHA members could participate no matter clean time or experience. It went well and a PI panel met with the facility. The new facility coordinator was very interested with a good exchange of information. The facility then decided to have their own orientation. We are in that process with them and they are holding another facility orientation for this month. We also have another area orientation schedule for July 17th at 2:00 in Martinsburg, WV. This will be facilitated by members who have completed the first orientation. A member wanting to do H&I must complete the area orientation first and then the facility orientation to serve.

A member from an organization at the Charles Town Race track came to one of our meetings and requested a PR presentation. This was very exciting since we always wondered why there were not more addicts coming to our meetings from the track with the drug problems we have heard exist. We found out why...Even if a person is seeking help the existing regulations state that a person is automatically fired if they have a drug problem. This organization would like to assist addicts to get the help they need. It was a good exchange of information and they now know we will partner with them to help change this attitude and help the addict.

Last month we were approached by a reporter from Morgan County West Virginia in the town of Berkeley Springs to do an article on NA. This was as a follow up from a vigil that was held in Berkeley Springs for families whose lives have been

affected by addiction. We were able to tell the reporter about our fellowship and look forward to the article being printed.

All the above tasks were dealt with in our service meeting and this past Saturday at Area discussion started on changing policy to do away with certain committees and becoming tasks based with one meeting. Literature and Convention were two committees that would probably not fall under this change.

Our convention is on track and we hope everyone will help us celebrated our 25th year at the Almost Heaven Area convention. Fliers are on our area website and on our regional website.

Last but definitely not least our AHA co-op has grown to where they have formed their own area. They plan on joining our region Central Atlantic and will bring the necessary minutes to comply with regional policy in August. We plan to help them in any way with this transition. Please welcome them to our region.

Our donation to region is \$_____465.19_____.

In Loving Service Denis P. - *Almost Heaven Area RCM pro tem*

Appalachian RCM Report:

Hello Family,

Our RCM is not present for this RSC due to scheduling conflicts. I Jeff P. was appointed pro-temp for this RSC due to Greg's absence. The Appalachian Area currently has 11 home groups with 26 weekly meetings; there are 2 active H&I commitments. The following positions are open on the Area level: Vice Chair, Vice Treasurer, VRCC director, VRCC alt. director, RCM alt., and PR where there was a nomination for PR chair. We have not had a PR chair for quite some time, where the duties for PR were being performed by the H&I subcommittee. During the last RSC it was reported that there was an email request that the meeting list be updated on the website so that addicts could find local meetings. This has been completed with the assistance of the H&I chair person.

The agenda was received and there was something of interest with the agenda, the timeframe for submission of new business motions. This is a concern as it does not allow time for motions to be submitted before old business. The concern is that how do motions come to the floor that could be time sensitive, but are not known prior to old business? Are we then unable to entertain these motions? Or is there a mechanism in place that could address such motions? I hope that this is discussed here today.

One home-group discussed how it is using CBDM during its business meetings and its effectiveness. There has been an interest expressed by several members to have the delegate team to present a workshop regarding CBDM. The area special events subcommittee reported that they would be willing to coordinate such an event, so hopefully this will transpire soon.

We have a regional donation today in the amount of \$120.00, and are prepared to vote on the regional motions that were sent back to areas.

With love of the fellowship, Jeff P. RCM Pro temp.

Blue Ridge RCM Report:

Hello NA Family of the Central Atlantic Region:

The Blue Ridge Area of Narcotics Anonymous has given me their ultimate vote of confidence to represent them; *they have elected me RCM!* My home group told me that our recently elected alternate GSR was ready to step up and take responsibility for our group at Area and that I should no longer use that as an excuse for not accepting the nomination to RCM. I'm humbled at the opportunity to serve with so dedicated a group as we have here at the Central Atlantic Region. Now I suppose I need to start paying attention at these meetings...

Our Area continues to carry the message in the central Shenandoah Valley. At BRANA we still have 10 active home groups with over 30 meetings a week in several communities. We recently lost one group, ironically named "Change Or Die" who dissolved and yet another group was created; "Together We Can". No meetings were shut down as the new group adopted the regular weekly meeting of Change or Die. Together We Can is also picking up two noon meetings which had been adopted by Outreach when another group was unable to continue chairing them. Summer education programs at some of the places where groups meet have temporarily displaced some meetings and the solution has been to utilize shelter sites at local parks; one group is using the situation as an opportunity, expanding their monthly speaker/anniversary meeting for June into a cookout event.

BRANA has elected a new Chair for our Area, our previous Chair had fulfilled his obligation. The same for our Outreach except the election isn't complete; the vote has gone back to home groups. We had another Secretary burn out and we are being more prudent in the selection of our next one. Currently, our Area trusted servant position vacancies are: Vice Chair, Secretary, RCM Alternate, VRCC Rep and Policy Chair.

BRANA is unable to make a donation to the Region at this time. Our income remains low and even with our pared down budget we are shy of making our recently reduced prudent reserve.

- BRANA 30 CAMPOUT: JULY 15-17, 2011... registration now open on-line! Visit brana.org and click on Campout to link to website. We have the entire Natural Chimneys campsite for the event. Fliers are available ...

Votes

We have voted on the motions from the 149th RSC and I'll present BRANA's position on those motions at old business.

For the record our votes are noted on this report.

REGIONAL MOTIONS:

BRANA votes on these motions:

Motion 148-8: Policy change; Sub-committees select own meeting location, Policy would only dictates how often as a minimum		YES
Motion 148-9: Expenditure; Purchase liability insurance for all the groups in the Region \$ 1206.00		NO
Motion 149-4: Expenditure; Purchase projector and screen for use by the Regional body (particularly the R.D. Team) \$ 700.00		YES

ILS, Peter P.

New Dominion RCM Report:

Life is good in the New Dominion Area of Narcotics Anonymous. We have recently held a couple very successful Special Events. One was a Sponsorship Workshop featuring round table discussions, open discussion and panel led discussions. Our annual softball tournament was held as well. It went extremely well and as usual was a fundraiser for the Regional Convention.

Our donation to the Region is going to be the neighborhood of \$1800. We were successful in electing PR Chair.

ILS, Trevor D

New River Valley RCM Report:

We are having our annual campout July 1-3 at Camp Atla Mons in Showsville, VA. The cost is \$10 for one night or \$15 for both nights. Please do not arrive before 4pm on Friday. We have a \$30 donation to the Region.

ILS, Marissa R.

Outer Limits RCM Report: Absent

Peninsula RCM Report:

Good afternoon family, Peninsula area recently voted in Kerry J as the RCM and Marvis B as the RCM Alt. Speaking for myself, I am excited at the opportunity to reconnect our area to the Region and will do my best as well as the RCM to fulfill the responsibilities and duties required of us by this position. No donation at this time but hopefully will have some donations forthcoming.

Grateful to be of service, Marvis B

Rappahannock RCM Report:

I want to give warm thanks to the Rappahannock Area for allowing me to be a trusted servant. Good afternoon to all present this RCM is pleased to report the

RANA area is busy with growth and activity. Area service was held June 5th, 10 Of the 15 GSR's were present. We have filled the position of Chair – Mark T. Vice – Chair Paul B. we still have open positions PR, Outreach, VRCC Director, Secretary II, Treasurer II and RCM II. *Final Surrender* new group has made it to Area 3 times so they received their start-up kit from Area grateful to them for there willingness. *Who Wants To Live* is announcing the celebration of their home group which will take place July 16th location and time has yet to be decided upon. The Speaker Jam that was hosted by activities on April 23rd had good support. They are currently working up on something for the 4th of July. H&I is struggling to keep commitments due to lack of participation. All motions bought back from last region passed. Rappahannock and New Dominion are tentatively partnering up to host the Regional Speaker Jam. I have nothing else further to report at this time.

In Loving Service, Antoinette B

Richmond RCM Report:

Area Service took place last Sunday. For the last two months our minutes for area have been late and we had lots of confusion.

We have 42 meetings and 39 home groups. Our PR subcommittee is operating with a pro temp chair. Our newsletter committee has been suspended. Our outreach committee is supportive of financially suffering meetings and new meetings.

Strong opinion members seem to not be in support of financially supporting the region and not supportive of travel of the RD team.

We will be asking by next region to put in a bid for a speaker jam suggesting service on all levels as the theme.

Special Events for the Richmond Area has truly done a great job 2010-2011.

Our elected RCM is not here again today and Nancy S is here to assist me as Alt RCM.

ILS, Patricia R

Roanoke Valley RCM Report:

Greetings from the Roanoke Valley Area of Narcotics Anonymous, We seem to be struggling right now with GSR's showing up to area service. We have 26 home groups and 30 meetings. We had 11 home groups at area in June. We could not conduct business due to not having quorum. Our policy states that 50 percent of the home groups be present in order to conduct business. The good news is that most of the subcommittee positions are filled except vice secretary and treasure and the VRCC Director. Our director stepped down at the last ASC.

The Roanoke Valley Area's bid was accepted and we will be hosting the 31st AVCNA. We want to encourage our surrounding area's to come and help us put on this convention. On June 25, next Saturday at 1pm at the Pain Stops here home group that meets at Lafayette blvd they will be elections held to vote in the executive committee.

We have an event on the 4th of July at the mill mountain park. We have the shelter up there from 10-10. There is a \$3 suggested donation. There will be a speaker, food fun and fellowship. You can stay for the fire works.

I would like to let this body know that I am at the end of my 2nd term as the RCM for the Roanoke Valley Area and this will be my last Regional meeting as the RVANA RCM. I want to thank this body for all that you have taught me and for allowing me to serve.

We have no donation at this time.

In loving service, Maria J.

Shenandoah Valley RCM Report:

Dear RSC,

Things are going well in the Shevana Area. We've recently added 2 new groups, Regardless Of and Solution Seekers, which brings our total to 19 groups and 25 meetings a week. We held our last ASC meeting on June 13th. We're working hard to fill our ASC open positions. We still have 6 open positions. This month we elected a secretary (thank GOD), a PR Chair and a new RCM Alternate, Elisa D., who is here with me today. Welcome Elisa. We've had a busy Special Events schedule lately. We held our Night of Elegance on May 21st and it was very well attended. We're planning on having it again next year. It was great to see everyone dressed up in their best and enjoying the night. We also had our 2nd annual Campout last weekend. Everyone had a great time and we had a whole lot of support from outside our area. Our next event is our 8th Annual Speaker Jam. It will be held on July 9th at the Jim Barnett Park in Winchester. Our theme this year

is A Gift Called Life. We hope to see everyone there. The event has been posted to the CAR-NA.org website as well as the Shevana.org website. There are flyers here today. We had a motion come up in our area to support the USSC. This motion was tabled and an Ad-Hoc Committee was formed to do research on both sides. The USSC side and the NAWS side. Their next meeting to present research findings will be on June 25th at 5pm at Edge hill Recovery Retreat on Cork Street in Winchester if anyone is interested. Our next ASC meeting will be on July 11th at 6:30pm at Grace Community Church. Thank you for allowing me to serve.

In Loving Service, Melissa E.

Southside RCM Report:

The Southside Area of NA is doing well. We held our last Area Service Meeting on June 5, 2011. There are currently 11 home groups with 34 meetings in our area. The only available commitment at the area table is the Secretary commitment. Thomas M and I were voted in this past month as the Alt RCM and RCM respectively.

Our new chair, Jack C, set up an Ad hoc Policy Review committee with Mary Kate as its chair with the intention of compiling all the new policy changes and updating our policy.

Our H&I subcommittee is planning an orientation in July but the date is not yet set. Our H&I Chair, Gail F, is currently looking for women to call her (434-579-2520) and let her know of their interest. We currently provide weekly meetings to the Danville Annex (women's prison) and Chadham Jail and Southern Virginia Mental Health. We have been asked to go into the WW Moore youth detention center in Danville and are working at being able to fill that commitment.

Our PR subcommittee recently organized a Poster hanging day in South Boston/Halifax and another Poster day is being planned for Martinsville. They are lined up to do a TV spot at a local station in Martinsville on Monday July 20, 2011. We have added a Help Line number (276-252-4467) which is a local call to Martinsville. We have recently upgraded our website and it now contains lots of great and useful information for addicts, professionals and interested people. There is space set aside on the site for downloading our area minutes and policy.

We have emailed the regional web servant asking that the incorrect website url listed in the regions area pdf file be corrected. The correct url should read www.southsidena.org.

In loving grateful service, Kim A

Tidewater RCM Report:

There are approximately 96 meetings in the Tidewater area of those 64 are groups. We have around 30 GSRs attending area.

We have a few service positions open at this time: RCM will be open after this month, alt RCM is open, alt treasurer, and alt VRCC.

Group news: No significant group news.

Area news: Plans for the 30th AVCNA are progressing. The committee could always use more help but all the vital positions are filled with the exception of Arts and Graphics. The next fundraiser is a fish fry on Sunday June 26 at Northside Park in Norfolk. Fish dinners and sandwiches will be sold. They will also be selling raffle tickets for a free weekend at the convention.

Subcommittee news: H&I is still having a bit of a struggle getting people to join the committee and take on commitments.

In summary, our area is functioning fairly well and carrying the message to the still suffering addict.

Our last area was on Sunday June 12th and our next Area meeting is on Sunday July 10th 14th.

ILS, Neal Griffin

Tri-Cities RCM Report:

Hello family, Tri-City Area is going strong. As an area we have 12 home groups, with some carrying several meetings weekly. Our service structure is strengthening in numbers and commitment. Attendance at meetings is doing very well and the area is thriving.

We have several anniversaries monthly, as we celebrate clean time with the continuing message of hope. Our service subcommittees meet regularly on a monthly basis to continue the message of being involved in service to enhance recovery.

Our Special Events subcommittee will be hosting a Speaker Jam Dance, July 2, 2011 from 12-8pm 22 E Washington St Petersburg. Our topics include: Sponsorship, Service Work, A Clear Message, Steps 1, 2 & 3, Traditions 1, 2 & 3, Fun in Fellowship, and many more. Come out and enjoy the message of recovery.

Area Service meets the 1st Sunday of the month at Poplar Springs Hospital. This month area donation is \$247.71.

Attached are fliers of up coming events, anniversaries and meetings in our area.

In love and service, Butch C

Break for lunch @ 2pm to 2:45pm

Reconvened @ 2:45pm w/serenity prayer and roll call 13 RCMs present, quorum met.

Old Business

Clarity Motion 148-8 Mover: Bill M Policy Chair Second: Brad M New Dominion

To change CARNA Guidelines and Rules of Order Section XVI (146th): Service Districts, Letter E

From: Subcommittees, except for the Speaker Jam Subcommittee, will rotate their meetings throughout the four quadrants.

To: Subcommittees will meet at least once every two months.

Intent: To ensure that the subcommittees meet regularly to serve the needs of the region and it's areas to fulfill our region's purpose by allowing each subcommittee the freedom to build a strong subcommittee to serve the basic functions of unifying the fellowship within our region.

Pros:

1. This motion will allow for flexibility in the function of regional subcommittees, to explore options that can save 7th Tradition funds. This motion will also allow for members and groups to decide how best they are provided needed services in allowing forum to follow function through potential increased participation.
2. This motion relaxes our policy so we can make changes that will contribute to our subcommittee growth and better serve or region.

Cons:

1. A motion in this form does not provide for any pre-notification of areas, RCMs, GSRs or other interested addicts. This will allow for meetings to be called on short notice without allowing for any other interested parties to attend. This would allow for decisions to be made at the subcommittee level by select few notified members.

Take this motion back to groups to be voted on at 150th RSC

150th RSC Motion failed 5-3-3

Motion 148-9 Mover: Bill M. Second: Nancy S. Richmond

Motion: To purchase the liability insurance policy from Tammy R. CIC for a total of \$1206.00 per year. The policy is written by Philadelphia Insurance Companies. The insurance proposal including Bell Endorsements and Crisis management Endorsement is attached.

Intent: To ensure the Central Atlantic Region including it's areas and groups are following our 7th Tradition by being self supporting in the event of a law suit.

Refer to Treasurer for impact statement until 149th RSC

Impact Statement: Over the previous 12 months, we have made one donation of \$4707.421 to NAWS. The purchase of insurance at a cost of approximately \$1200 should be feasible, but will reduce the regional donation to NAWS by same amount. Treasurer Pro Temp, Don V.

Pros:

1. The initial proposal for liability insurance came from the loss of a meeting location in the BRANA Area due to a request from the host facility for LIABILITY INSURANCE. Unable to afford insurance as a home group the meeting location of many years was lost. In service to its groups BRANA initially asked for this issue to be explored.

Cons:

1. Because of the impact on regional finances and our donations to WSC I urge not supporting this motion.
2. Quite often facilities where NA holds its meetings and events have riders in their insurance policies which provide coverage for communities; also having liability insurance can invite frivolous law suits.

Take this motion back to groups to be voted on at 150th RSC

150th RSC Motion passed 6-5-1

Motion 149-4 Mover: Donna Lee P. Second: Brad M New Dominion

To approve the purchase of a projector and screen for use by the regional body not to exceed \$700 to supersede 141-13 previously approved for \$300 for a presentation board never purchased and no longer needed.

Intent: to manage expenses by owning rather than renting this equipment, to eliminate individual member's liability incurred when borrowing this equipment from individuals or groups, to become fully self supporting declining outside contributions.

Pros:

1. Come to a solution been talking about this for a year now.
2. Due to the numerous times used it will pay for itself.

Cons:

None

Take back to groups to be voted on at 150th RSC

150th RSC Motion passed 10-0-1

Nominations and Elections

Treasurer

Neal G nominated and accepted.

Qualifications

11 yrs clean, previous service experience-GSR, RCM, Area Policy Chair, Home Group Treasurer, business owner, business and personal checking accounts in good order, no bankruptcy, never misused NA funds or any other funds entrusted into my care, and never charged with or accused of embezzlement.

Motion: Close nominations for Treasurer. Intent: Move forward with elections. Mover: Melissa E. Second: Lawrence E. Passed 12-0-0

Neal G was acclimated Treasurer.

Public Relations Chair

Nancy S nominated and accepted.

Qualifications

26yrs clean, coming to Regional since less than 1 yr clean, working knowledge of 12, 12 and 12, have sponsor and sponsees, served as chair, vice chair, secretary, RCM and Alt RCM, H&I Chair of area, served on RD team for 5 yrs, served on PI committee and phonenumber, served as VRCC Director, chair of state convention in Richmond, secretary and merchandise chair of convention, enjoy workshops and talking about this fellowship that has saved and changed my life tremendously.

Motion: Close nominations for Public Relations Chair. Intent: Move forward with elections. Mover: Jim H Second: Butch C. Passed 13-0-0

Nancy S was acclimated Public Relations Chair.

Hospitals and Institution Chair

Lawrence E nominated and accepted.

Qualifications

4 ½ yrs clean, actively working the Steps, have an active relationship with my sponsor who's working the Steps, solid on Steps and Traditions familiar with Concepts, more than 3 yrs experience taking H&I meetings into a variety of institutions, one yr experience as RCM and 2 yrs experience in Area service and I'm willing and able.

Motion: Close nominations for Hospitals and Institutions Chair. Intent: Move forward with elections. Mover: Jim H Seconded: Melissa E. Passed 13-0-0

Lawrence E was acclimated H&I Chair.

Speaker Jam Chair

Maria J nominated and accepted.

Qualifications

NA Sponsor 14 years clean in July 2011, actively working 12 and 12, Served as RCM for my Area for 3 years and Have

always fulfilled my service commitments

Motion: Close nominations for Speaker Jam Chair. Intent: Move forward with elections. Mover: Jim H Seconded: Butch C
Passed 13-0-0

Maria J was acclimated Speaker Jam Chair.

Activities Chair Take Back to Groups for Nominations

New Business

Motion 150-3 Mover: Bill M Seconded: Trevor D New Dominion
To be reimbursed \$59.98 for a new hard drive for the secretary's computer.
Intent: for the region to be self supporting. Receipt turned in
Passed 13-0-0

Motion 150-4 Mover: Bill M Seconded: Trevor D New Dominion
For Bill M to be reimbursed \$146.95 for 40 copies of the CARNA G&RO, CARNA Addendum 1 and the WSC Rules of Order. This amount is \$46.95 over budget.
Intent: for the Region to be self supporting. Receipt turned in
Passed 12-0-0

Motion 150-5 Mover: Etta F Seconded: Maria J Roanoke Valley
To fund PR presence at the Summer Institution in Williamsburg in July not to exceed \$150.
Intent: to continue our PR presence at a regularly attended event and provide information to the public.
Passed 12-0-0

Motion 150-6 Mover: Antoinette B Seconded: Patricia R Richmond
To change the date of the GSR Assembly so it will not coincide with the Ocean City Convention.
Intent: so we won't have to choose between the two because they are on the same weekend.
Referred to Policy

Motion 150-7 Mover: Bill M Seconded: Trevor D New Dominion
Dissolve the Activities Subcommittee.
Intent: inability to fill the position and to adhere to our 5th Concept of a single point of decision and accountability.
Referred to Policy for impact statement

Motion 150-8 Mover: Antoinette B Seconded: Patricia R Richmond
To implement the RCM packet.
Intent: to take it from draft to a part of RCM vital material. Help new RCM with adjustment to Region.
Tabled until 152nd

Planning for Next RSC

151st RSC will be August 20 with Open Forum at 11am and RSC at 12:15 at
UVA Main Hospital
1215 Lee St.
Charlottesville, VA

Parking available in the Lee St. Parking Garage
Cross the street from the Garage, go into main entrance, meeting space is just to the left of the Cafeteria.

150th RSC closed at 4:45pm with Serenity Prayer.

Thanks for allowing me to serve. ILS, Cynthia W. Secretary