

**153rd Central Atlantic Region
Regional Service Conference
Meeting Minutes
December 17, 2011
Hinton Ave Methodist Church
750 Hinton Ave
Charlottesville, VA**

Open Forum began at 11:05am with Serenity Prayer

Topics of Discussion:

1. H&I Panel Jams
2. AVCNA Workshops
3. February RSC
4. Budget (Gas Expenses)
5. Public Relations Webmaster

Open Forum closed at 12pm

RSC opened with the Serenity Prayer at 12:20pm

Purpose, 12 Traditions, 12 Concepts were read

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

Chair - Jeff H

Vice Chair - Jim H

Secretary - Cynthia W

Treasurer - Neal G

Regional Delegate - Etta F

Regional Delegate Alt - Donna P

Regional Delegate Alt 2 - Eddie W

VRCC Chair –

Policy Chair - Bill M

Hospitals and Institutions Chair - Lawrence E

Speaker Jam Chair - Maria J

Public Relations Chair – Nancy S

Almost Heaven – Denis P

Appalachian - Absent

Blue Ridge - Peter P

Gateway to Freedom – Mike P

New Dominion - Absent

New River Valley - Absent

Outer Limits - Absent

Peninsula – Jimmy W

Piedmont – Lawrence E

Rappahannock - Antoinette B

Richmond – Patricia R

Roanoke Valley – Sam A

Shenandoah Valley - Melissa E

Southside – Absent

Tidewater - Mark W

Tri-Cities - Butch C

Areas not present for 2 RSC – Outer Limits, New River Valley

Recognition of New Attendees – Jimmy W Peninsula RCM

Establishment of Quorum 11 RCM/RCM Alts present, 1st and 2nd Quorum met.

Approval of Minutes

Motion 153-1 Mover: Jim H Second: Jimmy W Peninsula

Waive the reading of minutes.

Intent: To continue with the flow of business. Passed 9-1-0

Motion 153-2 Mover: Jim H Second: Melissa E SHEVANA

Approve the 151st RSC minutes as written. (should be 152nd) –via webservant

Intent: To continue with the flow of business. Passed 9-1-0

Trusted Servant Reports

Chair Report:

Since the 152nd RSC, all has been well. I have been in contact with many regional members, discussing subcommittees, budget, and the RSC calendar. It's been nice working with you all.

First I want to thank our new subcommittee chairpersons for their hard work. I believe this is where the region gives back to the fellowship. It may take time to get up running again. It has to be attractive for members to serve.

We were able to get our treasurer added to the bank's signature card. Also I want to thank him for all his effort working on our new budget. I think we need to get direction from our RCMs to be able use RSC funds till our Feb RSC.

Mail has been picked up regular, and has been distributed today.

I have continued to work on the RSC calendar. For the Feb RSC I have the UVA conference room reserved. It isn't available until 12:00 noon. I would like to keep this space and start thev154th at noon. If I could ask everyone to eat lunch before and we will take a shorter break in the afternoon. I think we can still conclude our meeting by 5:00pm. If anyone wishes to discuss this in new business please bring it to the floor. I have been working on the GSR assembly. I have in contact with the BANA area, which has passed a motion to join our region, to help finding a location. I'm trying keeping in affordable, fun, and informational. My hope is to have a flyer at the AVCNA. I would like to include a portion of time to inform the fellowship about the US assembly.

I have enjoyed serving this position. Thank you for this opportunity and if there are any concerns, or questions, please feel free to contact me.

In Loving Service, and Happy Holidays Jeff H.

Vice Chair Report:

Hello family

I was in touch with the subcommittees chairs after there last meeting to see how things want and if there were concerns. And when they were going to meet again. With Neal's help we were able to get a meeting place for January 21st 10 am to 2 pm at the Churchland Baptist Church. 3031 Churchland Blvd. In Chesapeake Va.23321. Wish everyone a safe and happy holiday.

In Loving Service, Jim H

Secretary Report:

Thanks for all your prayers and concern.

ILS, Cynthia W

Treasurers Report:

There are a couple of items on the bank statement that bear discussing. One item is the three charges from Tiger Direct. This is where we purchased our video gear. The total is \$728.73 which is 28.73 over the budgeted amount. The cost of a spare bulb is what ran it over budget. It seemed prudent among those there at the time we were ordering the items to get a spare bulb because the cost was considerably higher if ordered by itself and if you don't have a spare bulb and the one you have goes out you are dead in the water. The RD team said that they would chip for the difference and I have \$13.00 towards that goal.

Another item of interest is the bank card charges from 10/17 and 10/19. these are the room charges for the 2-day. Melissa E had to put her room on her own card for some reason. At the 152nd the Speaker Jam committee returned \$118.70 in cash. I used \$66.67 of that cash to reimburse her. I have a receipt. The issue is that there appears to be an extra charge for a room on the bank statement and I need to find out if the hotel has billed us and Melissa.

A third item of interest is the charges from 10/25 from World Service. The McShin Foundation asked us to send a box of Step Working Guides to a new meeting in Cardiff, Wales as rent for our meeting space. These are the charges for that so we ended up paying \$248.53 for the meeting space. I got an e-mail from the contact in Cardiff expressing deep gratitude for the guides.

The balance on the bank statement is \$12,353.68 and approximately \$3,300.00 of that is the funding for the RDA and RDA2 to go to WSC in April/May. I believe the bi-monthly funding from the February RSC should fill this line item. In April we'll start putting aside funds for that line item for the next WSC. In February the bi-monthly funding should start being applied to the various line items for 2012.

I'll distribute the proposed 2012 budget when we get to that point in the meeting.

I am on the signature card for the checks now. We are still working out a way for me to get the bills paid in a timely fashion since they come to Chesterfield and I'm in Portsmouth.

I'm missing the book of checks from 1026 through 1050. I've contacted the former Treasurer to see if he might have it.

Attached is the financial statement since the 152nd RSC. This report is based on the information that I was able to get online. The last activities reported were on 11/21/11.

ILS, Neal G

Regional Delegate Report:

Hi family, the Delegate team is gearing up for the busy season ahead. The CAR has been released and is available by order for \$13 or by download at www.na.org and is password protected. The username is CP2012 and password is WSC 2012. It is highly suggested that you read this material before the CAR workshops as it is chocked full of information. The living clean approval form is there as well as the proposed changes to the world convention rotational plan. Discussion is included about creating an e-book format for book length literature online and removing the PDF versions from the website. Creating "enhanced" electronic versions require electronic versions would require changes to the Intellectual Property Trust the motions that are included. This time there are Regional Proposals instead of regional motions which are a new experiment for fellowship discussion. There will be eight resolutions for discussion and decision the new Social Media pamphlet is being assembled from the information that was collected and will out by the end of the calendar year. Although we ended the fiscal year on a good note we will be looking at additional expenses tight now due to the expenses of the upcoming CAR workshops. There is detailed information on how successful the last world convention was in the NAWs annual report that will be out in January 2012. There were over 13000 that attended with over 900 new comer packages. The report will encompass July 2010 –June 2011. A reminder to all, if you haven't done the membership survey please do so as it is online until DEC 31st. The literature survey has been tallied from October 2010-April 2011 information will be available in the NAW Annual report and the March Conference report. Also the CAT will be released in January for your review. There will be additional information there for your review including more Service System info.

We have the schedule for these regions upcoming CAR workshops and encourage all to attend. Information will be on or website and flyers are available. We have ahead of us the AVCNA, Autonomy Zonal Forum, and Marlcn then the CAR workshops will travel throughout or region with a wrap-up in April at our GSR Assembly. Please encourage the GSR's and all other interested members to attend. April 29th – May 5th will be the WSC and we will be representing this regions voice at the conference. I am also returning the \$40 check given to cover gas to Roanoke as I changed jobs and had to work that day.

That's all that I have for now

In loving service Etta F

Regional Delegate Alternate Report: No Report Turned In

Regional Delegate Alternate II Report:

Hello family,

On November 19th I, along with our Regional Delegate Alternate Donna Lee P., conducted presentation of the Service System Proposals for the New Dominion Area in Richmond, VA. Unlike past presentations, the four hour event allowed ample time to present the Service System Proposals in their entirety. The event was well attended and generated a fair amount of discussion regarding its potential changes and their impacts. The New Dominion Area took it upon themselves to reimburse my travel expenses with a \$40 donation. I have a gas receipt in the amount of \$26.01, as well as the remaining funds in the amount of \$13.99 which I will give to our RDA Donna Lee P. to be returned to the New Dominion Area.

In keeping with Motion 152-5, our Regional Delegate Alternate Donna Lee P. and I attended the Roanoke Valley Area's inventory/financial audit on November 20th in Roanoke, VA. The Area's Chair, Secretary,

Treasurer, Public Relations Chair and Literature Chair worked to sort out confusion regarding the Area's budget and prudent reserve concerns. Our contribution consisted mainly of suggestions regarding various processes which have worked well in our own Area Service Committees, as well as possible changes in procedure which might serve to eliminate future confusion. Over the past month I've repeatedly shared my own experience with facilitating ASC meetings in accordance with Robert's Rules of Order with their Area Chair Josh B. as his request. Though I am unable to provide a gas receipt for my travel expenses (I neglected to fill up upon returning to Lynchburg) I have calculated the total mileage traveled at 93.2 miles and estimate the gas expense to be \$12.62 (based on my vehicle's MPG and the price of \$3.25 per gallon reflected on my gas receipt from my travel to New Dominion the previous day). Of the \$40 that was approved by the Region, I have the balance of \$27.38 to be returned to our Regional Treasurer.

On November 26th I, along with Appalachian Area RCM Greg H., conducted a two hour presentation of the Planning Basics as the request of a GSR in the Appalachian Area. Though attendance was minimal (6) those who participated expressed interest in utilizing the Planning Basics to conduct an Area Inventory.

At the request of our Regional Delegate Etta F. and Regional Delegate Alternate Donna Lee P., I produced a flyer announcing the schedule of the upcoming CAR Workshops in 2012. With the \$50 given to me at the last RSC I have produced 500 copies to be distributed here today. I have a receipt for \$47.25 for the copies as well as the balance of \$2.75 to be submitted to our Regional Treasurer. A copy of the flyer in PDF format has also been e-mailed to Sherry V. so that it may be added to the Regional website.

In Loving Service, Eddie W.

VRCC Chair Report: No Report Turned In

Hospitals & Institutions Chair Report:

An H&I subcommittee meeting was held November 19, 2011 in Lynchburg, VA.

Nancy H. was elected secretary. The position of vice-chair is still vacant. RCMs, please take this open position back to your home groups.

Angel K. continues to process mailing literature to inmates. We have had no inmate letters since the last RSC. I placed a small literature order to bring our inventory back to the level it was when I took this chair.

The remaining Basic Texts given to us will be distributed 2 to each Area.

The next subcommittee meeting is scheduled for January 21, 2012 in Chesapeake, Virginia. The meeting lasts from 10-2 at Churchland Baptist Church, 3031 Churchland Blvd. All are welcome. RCMs, please pass this along to your areas, especially your H&I chair and H&I volunteers.

I am submitting three reimbursement requests, with receipts:

Mileage to Lynchburg, VA for the H&I subcommittee meeting. 66 miles at \$0.55/mile	\$36.30
Postage, sending inmate literature to Angel K.	\$6.70
Literature order \$74.05 – 33.96 = 40.09	\$40.09
Total	\$83.09

To be clear and transparent, I am including \$800 in travel expenses for 2012.

I have a few maps from Hinton Avenue to the Holiday Party and to Lamb's Road for the 9:00 meeting.

In loving service, Lawrence E.

Policy Chair Report: No Report Turned In

Public Relations Chair Report:

The agenda: 1st included election of officers. George B agreed to minutes for the day and sent out the minutes out for us.

We were unable to elect a web servant due to a member who has a business as a web servant requesting that we change to her site and she would be web servant. Two other members were experienced web servants who only volunteered to work with other elected web master.

There were no nominations or volunteers for secretary or phonline coordinator. I appointed George B as pro temp phonline coordinator.

There was some concern regarding officers of this committee attendance at subcommittee meetings. I strongly encouraged that a part of their duties included attendance at these meetings for information and education. Hopefully, we will make some progress at our next meeting.

I found that our phonline did not have updated info on meetings from some areas. I'd like to ask that we could have a phonline assistant coordinator from each quadrant of our region to keep up to date and report to committee.

I'd like to ask PCMs from each area to: 1. Have a volunteer for PR phonline contact. 2. Have someone responsible to get info to website servant. 3. Have PR Chair or Vice Chair become member of PR for region. Please have any updates to meeting list sent to me at the PR website.

I would appreciate any help I can get with PR as I am full of willingness. I continue to meet with former chair to learn more about PR.

In loving Service, Nancy S

PS. For clarity: That chair of region and subcommittee chairs send all dates for meetings to web servant.

Thanks Sherry for serving as web servant.

Speaker Jam Report:

We received a bid from Richmond to host the speaker jam in March. Tri-Cities sent a letter of support.

Richmond would like for the speakers to share their experience on service. I will be asking some members of this body to share their experiences.

I have also received a bid from Kevin S Juxtapose Media Coalition LLC. He is cheap and is willing to tape the speaker jam. I will be meeting with the Richmond Area in January. Thanks for letting me serve.

In Loving Service, Maria J.

Area Reports

Almost Heaven RCM Report:

Hello Family,

The Almost Heaven Area sends their support at this conference with a stronger recommitment to attendance as the Area RCM. We also in our effort to better serve; we filled the position of the Alternate RCM.

With the unanimous passing of the motion to change our policy to exclude subcommittees except literature, convention, and policy utilize the LSU local service meeting, it is reported that discussions were held to talk with GSRs to make a proposal to them that our area use the GSU Group Service unit model.

We shared with our area GSRs that the Conference Agenda Report is out and available for download or purchase. The website address was included in our minutes to the GSRs. It was shared that there will be another report called the Conference approved Tracking report...known as CAT coming out in January that our Area GSRs were encouraged to participate and bring back to their home groups. We have been engaging our members with filling out the membership survey asked of us by World Service. LSU members bring them to local meetings and encourage participation in completing them by the close of these meetings.

A new local meeting was started in our area was started – Courage to Change, 50 Monroe St, Martinsburg, off of Route 11, Mondays 6PM-7PM. A representative of this meeting came to our ASC requesting a starter pack. Literature chair showed us a new prepackaged starter pack which was referred to our LSU to compare/contrast the new starter pack with what we currently give out and will make a proposal to Area.

We received a letter from a male inmate at MCTC looking for a sponsor. He stated that he had written WSO multiple times with no response. The RCM took the letter and will reply to the inmate. The RCM and RCM alt will address at RSC to determine why the letter was not passed down to the area.

Our convention committee for the Almost Heaven Convention XXVI has been meeting regularly. The following positions have been filled....Secretary, Treasurer, Registration, PI Arts and Graphics, Hospitality pro tem, Duties and Responsibilities.

A motion to the next regional service meeting from the Almost Heaven Area I will yield to the Alt RCM to present to our conference.

Our donation is \$66.57

In Loving Service, Denis P

Appalachian RCM Report:

Hello Family,

The Appalachian Area held its last meeting on 12/4/11 in Lynchburg. There was 8 GSR's present for the meeting. Currently the Appalachian Area consists of 26 weekly meetings with 10 Home groups. The following positions are open on the area level: Vice-Chair, Co-Treasurer, VRCC director and alternate, RCM alternate and Special Events (with a pro-tem chair presently in place). Our H&I committee is active with two regular meetings. PR is actively updating the meeting list on the world website among other PR related issues.

There was an ad-hoc meeting held to discuss the planning basic tool and the possibility of utilizing this tool to address area needs. The meeting was an informal introduction to the tool so that area members could be introduced to the tool and better understand it, and to see if this is something that the area may utilize. The next step is for GSR's to take it back to home groups to discuss for possible implementation.

The Appalachian Area Special Events committee will be hosting a New Years Eve dance on 12/31/11 from 9:30p to 1am at St. Andrews Presbyterian Church 21206 Timberlake Road Lynchburg. Fliers are not yet made, but will be forwarded to the webmaster as soon as they are available.

With Love of the Fellowship, Greg H.

Blue Ridge RCM Report:

Hello NA Family of the Central Atlantic Region:

The Blue Ridge Area of Narcotics Anonymous continues to struggle as a functioning NA Area; we are a coalition of many groups who *do* successfully meet monthly – Group representation is strong - but we are not drawing our talents and energy together to serve Area level. I know that the Area is to serve the Groups but the Area needs to be cohesive to do so. My own commitment is down due to career focus and this may be fogging my view of BRANA's strength.

BRANA now lists 11 active home groups with over 31 meetings a week in several communities. Outreach is chairing 3 jail meetings, 2 at Middle River Regional, 1 at Harrisonburg Men's Diversion Center. Two Groups continue to host open meetings at the New Hope DeTox Unit each week, one on Saturday and one on Monday. One member has just begun a new Group; **TRIUMPH OVER TRAGEDY**. The new group is actually absorbing two of the weekly noon meetings from another group (lack of support) and adding a 1PM Friday meeting.

That brings up our listings in the statewide phone line, we had a mix-up and I thought that our Public Relations was working this and they thought I was. My screw up and I am working an action amends by correcting and updating the list.

BRANA is looking to fill several positions including the still open position for Secretary. Our Area trusted servant position vacancies are: Vice Chair, Secretary, RCM Alternate, VRCC Rep, Policy Chair and Literature Chair. We are looking at ways of attracting members to service positions outside of their home Groups. The bright spot is our Outreach (we combine our PR and H & I) which is strong due to several very committed members.

BRANA is unable to make a monetary donation to the Region at this time. Our income remains low and we continue to struggle to meet our Literature expenses for Outreach. The Basic Tests received from ECCNA are quite a welcome aid.

ILS, Peter P.

New Dominion RCM Report: Absent**New River Valley RCM Report: Absent****Outer Limits RCM Report: Absent****Peninsula RCM Report:**

ASC met Dec 3, 2011, we had 28 out of 72 GSRs present. Peninsula Area having a New Year's Eve Marathon meeting at 6034 Jefferson Ave, Newport News, VA flyer is on our website Peninsulaareana.org.

Our area intends to have a high number of group participation in the CAR Workshop and GSR Assembly.

Vacant positions for VRCC Delegate and Alt. nominations for area Chair being taken now.

Our Regional donation is \$300. ILS, Jimmy W

Piedmont RCM Report:

Hello Trusted Servants:

There are currently 16 home groups carrying 26 meetings in our area.

There were 12 home groups in attendance at the last ASC which occurred on December 4, 2011. 14 home groups attended the ASC that occurred on November 6, 2011.

All positions have been filled at the area level except for RCM II and alternate VRCC director

Our area is hosting a holiday party today that is from 4:00 p.m. to 9:00 p.m. Please feel free to join us. It is at Church of our Savior on Rio Road. The New Attitudes homegroup is hosting a New Year's gathering from 9:00 pm to 1:00 am, December 31st- January 1st. It will occur here, at this church, on Hinton Ave.

The H+I subcommittee hosted an H+I service learning day on December 11, 2011. This was a meeting to inform addicts about this specific subcommittee.

All hospitals and institution meetings are occurring as scheduled. Two men's and one women's meetings a week at the Albemarle County Regional Jail, one meeting a week at Boxwood treatment facility, and one meeting a week at the Wellness Recovery Center.

The Piedmont Area continues to be focused on our fellowship's primary purpose of carrying the message to the still sick and suffering addict;

The next Piedmont Area Service meeting will occur at 4:00 pm on January 9, 2012 at Hinton Ave.

In loving service, Matt E.

Rappahannock RCM Report:

Good afternoon,

This RCM is reporting from Rappahannock. Area was held on December 4th 2011 at Fairview Baptist Church, 14th of 16 groups were represented. We voted and approved of a 2012 budget. We elected a Secretary II. H&I and PR subcommittees are merging. We are also holding a Christmas Marathon Meeting in which each home group helps with food and chairs for the meeting it will be held in Bowling Green Va. at the VFW. This RCM service to this position will be up in February of 2012 and I will be looking for another opportunity to serve perhaps on a Regional level.

In Loving Service, Antoinette B

Richmond RCM Report:

Happy Holidays to all from the Richmond Area. We continue to carry the message of NA. I'd like to apologize to the Regional body for not showing up Oct 15 and 16 due to a personal situation. I'd like to thank Nancy S for keeping in touch with me through the situation. All is well now. Our area is suffering with trusted servant positions in home groups and area level. I would really like to see someone from the Regional body to come and sit in on an area service meeting located at 321 N Blvd Richmond VA. I'm really concerned for the new GSRs who come maybe one or two times and quit. We meet the first Sunday of each month at 4pm. No business is really being conducted, reports aren't being read so information is not getting back to the home groups. On a good note Special Events Subcommittee of NA is having the Christmas Extravaganza. If you are in our area Dec 24th address 6000 Midlothian Turnpike Richmond VA 23225. The speaker meeting will be 9pm 10pm, dance 10pm 1am and open house from 1am to 3am. Tickets are \$5 in advance \$7 at the door Contact Chair Brianna C or Vice Chair Linda M. also, I have noticed on the phonline meetings some of the codes don't work. How and who do I get this information? I've been online and the meeting list has not been updated since May.

ILS, Tricia R

Roanoke Valley RCM Report:

Hello family, the Roanoke area is doing well. We currently have 36 meetings in the area. Our activities subcommittee will be hosting a Second Chance Prom on 12/31/2011. A New Year's Eve marathon meeting will begin directly after the dance. I would like to thank Donna Lee and Eddie for attending our area's financial audit and area inventory. They provided a lot of knowledge and insight to a young and developing area. Our area is currently adjusting our budget and prudent reserve.

ILS, Sam A

Shenandoah Valley RCM Report:

Dear RSC,

Our ASC met on Monday December 12th 13 out of 20 groups were present. We have 26 meetings per week. We had a new group join our area. They meet in Front Royal VA on Mondays. The name of the new group is Skyline Recovery. We are gearing up for elections of all ASC positions next month. Our H&I commitments are strong. We are presently serving 3 facilities. Our next Special Event is a Holiday Marathon Meeting starting on December 24th at 2pm through December 25th at 6pm at the John Mann Church. We have a Snow Tubing trip planned for January 29th at White Tail resort in Mercersburg PA. We are tubing at 3pm. You can meet us in Winchester at Gabriel Bros parking lot at 1pm or meet us in PA to tube by 3. Flyers are here today and will be posted to the CARNA website and the Shevana website. I have a donation from our Area to the RSC today. Our next ASC meeting is scheduled for Monday, January 9th at 6:30pm at the Grace Community Church in Winchester VA. Thank you for allowing me to serve.

ILS, Melissa E.

Southside RCM Report:

Southside Area is continuing to help the addict who still suffers. We held our last ASC on December 4 in Martinsville. All is well. Our donation this month is: 55.00.

We voted on a location for the March CAR Workshop and I let Donna Lee know - we did vote in favor of having the CAR Workshop at the Halifax Regional Hospital at 2204 Wilborn Ave in **South Boston, Virginia** in the Leggett Auditorium on March 10 from 10-5. It is our understanding that Region will be paying for the rent pizza and refreshments.

Our Policy Committee took a look at the Area's ASC Purpose and we voted to change the wording to more consistently reflect what we actually do.

This month I did try to get Lawrence the info he was looking for with regards to contact info for all the areas subcommittee chairs.

I heard back from Tidewater, Shenandoah, New Dominion, and Southside.

Lawrence still needs the sub-committee contact info from Almost Heaven, Appalachian, Blue Ridge, Gateway to Freedom, New River Valley, Outer limits, Peninsula, Piedmont, Rappahannock, Richmond, Roanoke Valley, and Tri-Cities.

Southside area website now has a Google Calendar on it which is very easily updated from our webmaster's smart phone making it very easy for Southside addicts to have their events posted on the site. This website also has a place where you can automatically sign up to receive notifications regarding when the site is updated, minutes posted, new events posted, etc.

ILS, Kim A

Southside Area

H&I vice Chair – Gail F. Email: gfredericks123@gmail.com (VChair position open)

PR Chair – Durand C Email: wendy@asccoin.com

Policy Chair: Mary Kay B: Email: marykaybrqr@gmail.com

Website: Kim A Email: kim@webmastery.org

Tidewater RCM Report:

We still have 116 meetings in the Tidewater area every week with 14 belonging to the new Beach Area but still contained in our meeting list. There are approximately 65 home groups. We had 32 GSRs attend the last area service committee meeting on December 11th.

We have several service positions open at this time: Alternate RCM , Assistant Secretary, and Alternate VRCC.

We're ready for the 30th AVCNA. Hope to see you all there.

Special Events is sponsoring a 24 hour marathon meeting at Wesleyan UMC from 7am on December 31st till 7am on January 1st.

The Tidewater Area remains healthy and continues to carry the message of recovery.

In loving service, Mark W

Tri-Cities RCM Report:

I am happy to report that we have successfully made it through another year of home group anniversaries, clean time celebrations, workshops and special events. Our area is growing in numbers and in the interest in service. Our meetings have been well attended and our recent Attitude for Gratitude Special Event was a complete success. Our area continues to carry the NA message to the still sick and suffering in and outside the rooms.

In the month of December we had our elections. I am happy to report that all positions were filled except VRCC and VRCC Alt. We plan to address that at January area service in hopes that someone will step up by then to represent the Tri City Area. Our Pro Temp VRCC Ranoy J will be attending AVCNA.

At this time our area is under our prudent reserve. We will build that back up as time passes. There will be no donation for the month of December.

This will be my last report as RCM for the Tri City Area. Maria C will be our area's RCM for the year of 2012. I will be attending our area service and our RSC along with Maria C. I have been elected our area's RCM Alt together we will continue to carry information to and from and represent the Tri City.

I have enjoyed this last year and look forward to serving in the coming year.

ILS, Butch C

Break for lunch @ 2:20pm

Reconvened @ 3:35pm

Old Business: None

Nominations and Elections: None

New Business

Motion 153-3

Mover: Treasurer 2nd: Patricia R Richmond

To approve continued use of Regional funds in accordance with existing line items until submitted budget is approved.

Intent: To allow the Region to continue to function in its efforts to further carry the message.

Motion passed 10-0-0

Motion 153-4

Mover: Nancy S 2nd: Patricia R Richmond

To add discussion about website on agenda.

Intent: To get clarity on changing.

Motion passed 9-0-0

Motion 153-5

Mover: Antoinette B 2nd: Denis P AHA

To implement the RCM packet that was presented at the 2 day regional.

Intent: To give new RCMs additional help with Region and teach them the understanding of their service position which will allow them to be more effective early to their perspective areas.

Motion passed 10-0-0

Motion 153-6

Mover: Policy Subcommittee 2nd: Patricia R Richmond

Motion:

1. To amend the CARNA Guidelines of Rules of Order section 9A. STANDING AND ADHOC SUBCOMMITTEE CHAIR DUTIE (other than Policy Chair) to include:

2. Hold at least one subcommittee meeting on odd numbered months.

2. To amend the CARNA Guidelines of Rules of Order section 8A. POLICY CHAIR DUTIES to include:

9. Hold at least one subcommittee meeting on odd numbered months.

Intent: To make the subcommittee chairs responsible for ensuring their subcommittee meet regularly.

Pros

Require subcommittees to hold regular meetings.

Cons None

Take Back to Areas for Group Conscience at 154th RSC

Motion 153-7

Mover: Groups of Almost Heaven 2nd: Melissa E SHEVANA

To Change the

Central Atlantic Region

Regional Service Committee

Guidelines & Rules of Order

April 2011 edition, Presented at the 146th Conference

Page 19

From:

Section XVI (146th): SERVICE DISTRICTS (121st)

1. The Region is divided into four quadrants so that services can be provided to the whole region.

2. The quadrants of the Region

(A) Quadrant 1 consists of New Dominion Area, Rappahannock Area, Richmond Area, and Tri-Cities Area.

(B) Quadrant 2 consists of Almost Heaven Area, Blue Ridge Area, Piedmont Area, and Shenandoah Valley Area.

(C) Quadrant 3 consists of Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area.

(D) Quadrant 4 consists of Outer Limits Area, Peninsula Area and Tidewater Area.

To:

Section XVI (146th): SERVICE DISTRICTS (121st)

1. The Region is divided into four quadrants so that services can be provided to the whole region.

2. The quadrants of the Region

(A) Quadrant 1 consists of New Dominion Area, **Piedmont Area**, Rappahannock Area, Richmond Area, and Tri-Cities Area.

(B) Quadrant 2 consists of Almost Heaven Area, Blue Ridge Area, **Gateway to Freedom** and Shenandoah Valley Area.

(C) Quadrant 3 consists of Appalachian Area, New River Valley Area, Roanoke Valley Area, and Southside Area.

(D) Quadrant 4 consists of Outer Limits Area, Peninsula Area and Tidewater Area.

Intent: *To include our newest area in our regional policy and to geographically redistribute our service District by changing the Piedmont Area to Quadrant 1 and including Gateway to Freedom in Quadrant 2. We feel this would allow members of a particular quadrant to be able to attend quadrant events i.e. subcommittees, car workshops etc. with less than a two hour drive. This we feel would help carry our message of recovery more effectively.*

Pros

1. Recognized in Policy

2. Makes sense

Cons None

Take Back to Areas for Group Conscience at 154th RSC

Motion 153-8

Mover: Treasurer 2nd: Patricia R

Category	Expense	For	Proposed 2012 Budget	Bi-monthly funding

A Automatic , approved 100% on receipt	Phoneline	800 & Answering Services	\$9,45 0.00	\$1,57 5.00
	Mailbox	PO Box	\$60.0 0	\$10.0 0
	Website	Host & Domain Expenses	\$150. 00	\$25.0 0
	Service Charges	Bank Service Charges	\$36.0 0	\$6.00
B RSC primary operations	Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$1,00 0.00	\$167. 00
	Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$100. 00	\$17.0 0
	RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$100. 00	\$17.0 0
	Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$250. 00	\$42.0 0
	Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$120. 00	\$20.0 0
	GSR Assembly	Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies	\$1,50 0.00	\$250. 00
	CAR Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops	\$800. 00*	\$134. 00
	Zonal Forum	Expenses associated with holding Zonal Forum approximately every 3 years	\$300. 00	\$17.0 0***
C Travel, including up to \$35.00/day per diem	WSC/RDA	Expenses associated with RDA attendance of bi-yearly RSC	\$2500 .00*	\$209. 00
	WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly RSC	\$2500 .00*	\$209. 00
	MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$400. 00	\$67.0 0
	MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$400. 00	\$67.0 0
	MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$400. 00	\$67.0 0
	AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$550. 00	\$92.0 0
	AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$550. 00	\$92.0 0

	AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$550.00	\$92.00
	WSW/RD (odd years)	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
	WSW/RDA (odd years)	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
	WSW/RDA-2 (odd years)	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00*	\$50.00
D	Policy	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, literature, and guideline printing	\$250.00	\$42.00
	**Activities/Lit Review/Outreach	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$150.00	\$25.00
	Speakerjam	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$120.00	\$20.00
	Public Relations	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$250.00	\$42.00
	Hospitals & Institutions	Expenses associated with subcommittee meeting space, preparation & distribution of reports & correspondence, service related material, & literature	\$150.00	\$25.00
E	Hospitals & Institutions	Expenses associated with subcommittee inmate literature purchases, correction facility library literature purchases, and H&I presentations, but not events or workshops.	\$1,450.00	\$242.00
	Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year (\$500.00/jam)	\$1,000.00	\$167.00
	Overnight RSC	Overnight RSC expenses including overnight lodging, and food & beverage services	\$3,000.00	\$500.00

		(\$1500.00/overnight))		
	Activities/Lit Review/Outreach	RSC approved expenses associated with communicating and/or visiting with isolated groups & interested ASC's including gas and long distance phone calls	\$0.00	\$0.00
	Equipment repair/maintenance/replacement	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$500.00	\$84.00
	Public Relations	Expenses associated with Professional conference & community event registrations, paid radio spots, professional contact data base production, annual PR mailing, & printed materials for reports, training, and presentations	\$1,810.00	\$302.00
F	Discretionary, expenses not included in budget		\$0.00	\$0.00
				\$4,757.00

* means bi-annual expense

** this line item is project driven

*** this line item is once every three years so the bimonthly funding is for \$100/yr for three years

Pros

1. Lot of time and energy by a lot of people.
2. Continue without prudent reserve.

Cons

1. Show how money being spent
2. 11th Concept

Take Back to Areas for Group Conscience at 154th RSC

Planning for Next RSC

Next RSC will be held on Saturday, February 18, 2012 at 1215 Lee St Charlottesville VA at UVA with open Forum at 11am and RSC at 12:15.

153rd RSC closed at 4:40pm with Serenity Prayer.

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