

**Agenda 175th Regional Service Conference
Central Atlantic Region
October 18, 2015 - 100 North College Dr., Franklin, VA 23851**

Note: RSC will be preceded by Open Forum, not to exceed one hour.

Open Forum begins: 10:00am

RSC begins: 11:15am

- Vice Chair will view the online banking account and compare to the check register.

1. Serenity Prayer
2. Open Forum
 - a. Discussion about RD Travel Expenses – issues using Treasurer’s Debit Card.
 - b. Discussion about where to hold the next Regional Speaker Jam in March – no bids have been received at this time.
 - c. Discussion about how to hold event on “Improving Willingness for Service” in Rappahannock area.
 - d. Discussion about how to allow voting on CAR via absentee ballot.
3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M.	Almost Heaven	Thaddeus M.	X
Vice Chair		Appalachian	Sam S.	X
Secretary		Beach	Ted L.	X
Treasurer	Jim H.	Blue Ridge	George S.	X
Regional Delegate	Eddie D.	New Dominion	Abs	
Regional Delegate Alternate	Kim A.	Outer Limits	Heather B.	
Regional Delegate Alternate 2	Abs	Peninsula	Abs	
VRCC Chair	Abs.	Piedmont	Abs	
Hospitals and Institutions Chair	Chuck K.	Rappahannock	Antoinette B.	X
Policy Chair	Open	Richmond	Abs	
Public Relations Chair	Abs	Roanoke Valley	Abs	
Speaker Jam Chair	Rudolph C.	Shenandoah Valley	Abs	
		Southside	Andrew D.	X
		Tidewater	Angel C	
		Tri-Cities	Abs	

Note: Any area that missed two consecutive RSC will be referred to the Outreach Subcommittee (Project Driven).

5. Recognition of new attendees / identify members willing to mentor that they could sit next to.
Outer Limits - Heather B. , Becca B.
Tidewater – Angel C.
Rappahannock – Richard M.
6. Approval of Prior Minutes – Mover: Jim O. 2nd Andrew D.
7. Trusted Servants Reports

Chair Report	<p>The Saturday event was a success and the food cost was well under budget. I will have the exact total at the next RSC.</p> <p>I have begun searching for a location for the April GSR Assembly and RSC and will have the details at the December RSC.</p> <p>ILS, Bill M</p>
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Vice Chair Report	Open.
Secretary Report	<p>Sorry I missed last RSC, I was on vacation in Maine and got the dates mixed up. Thanks to Kim A. for recording the minutes. Thanks for the opportunity to be of service.</p> <p>ILS, Brian C.</p>
Treasurer Report	<p>Hello family.</p> <p>Most of the bills are paid and up to date. We have not paid UVA so far this year .At the 174th. We had a balance of \$16,526.83 since then we have deposited \$4,599.03 and debit totaling \$1,940.46 for a current balance of \$19,185.40 .Our prudent reserve is \$15,355.00. So we will be making a donation to world service in the amount of \$3,830.39 .Our ytd income is \$16,308.37 and ytd expenses are \$10,693.97. I am asking to be reimburse \$74.86 for supply (stamps, ink and a carry bag) I am passing out our budget proposal for 2016.</p> <p>ILS, Jim H.</p>
RD Report	<p>Hello everyone,</p> <ul style="list-style-type: none"> • Yesterday Kim and I facilitated the IDT Workshop entitled “Role of Zones” with approximately 15 members in attendance. The results of the workshop were collected and will serve to help guide future discussions on the work that began at WSC2014. • Several weeks ago Kim informed me that she’d contacted the host hotel for the upcoming MARLCNA in February and was told the facility was all booked up. Since then I have continually checked back with them and this past week more rooms opened up. I went ahead and booked our rooms for the “conference” (two rooms, for that Fri and Sat night) under my own name to ensure we would be covered. Fortunately, the “Lancaster Host’s” cancellation policy allows for full refunds up to 48 hours prior to check in, so with the body’s permission I would like to request that our Treasurer Jim H. call to book two rooms under the regional debit card following the close of business today. Once the new reservations have been secured I will cancel the reservations made under my name. As per Regional Policy Kim and I will be submitting our itinerary reflecting these and all remaining costs associated with attending the upcoming Mid Atlantic Regional Learning Conference of Narcotics Anonymous. • Also according to Regional Policy Kim and I will be submitting our itinerary to attend the upcoming Autonomy Zonal Forum hosted by the Freestate Region in January. The exact location has yet to be announced but Kim will be including an estimation of the associated costs in her report. • Kim will also be including in her report information regarding an option this body

	<p>could provide to the groups we serve, which we believe is long overdue: The ability to participate in our Region’s conscience on CAR and CAT matters via absentee ballot (both electronic and conventional). We believe that providing an option for any group unable to attend the GSR Assembly would not only be in concert with our Region’s “Purpose”, but would only serve to further enhance the conscience we carry to the World Service Conference. To this end, I feel that a motion to change policy allowing for these absentee ballots would be in order, and believe it should be sent back to groups today along with the appropriate number of pros and cons so that a decision regarding this might be made at the December RSC.</p> <ul style="list-style-type: none"> • CENTRAL ATLANTIC REGION’S REPORT TO WSC2016: The deadline for submitting our Regional report to the WSC is February 15. We are requesting (and will be e-mailing a reminder to each RCM following the close of business today) that the following information be included in your December report to region: 1) the total number of groups AND weekly meetings in your area. 2) the number of H&I commitments AND facilities being served by your area’s H&I subcommittee. • I have two receipts to submit for reimbursement from Office Max for the copies associated with the “Role of Zones” Workshop held at yesterday’s event in the amount of \$19.16 (for copies of the necessary workshop materials), and \$8.40 (for pens and a notepad). <p>In loving service, Eddie W. (RD)</p>
RDA Report	<p>It’s good to see you all again. I wanted to take a moment to thank you all for your participation in yesterday’s Workshops. I think we provided a service to each other and to the addicts we serve and it went well.</p> <p>GATHERING OUR CONSCIENCE: In our open forum today we touched on some ideas that the RD team has been bouncing around for ensuring we can obtain a better consensus among the addicts in our region when it comes time for voting on the CAR/CAT material.</p> <p>BACKGROUND: out of 350 groups in 2014, we had 61 GSRs voting and in 2012 we had 102 GSRs out of 500+ groups. In years past we only provided groups the option of voting at the GSR Assembly and what this has meant is that groups that don’t have anyone available to attend that Assembly don’t get to vote.</p> <p>We would love to present a couple of additional options for how we can collect our votes. CAR ballots would be ready in January and CAT ballots would be ready in February.</p> <ol style="list-style-type: none"> 1. Electronic Voting 2. Paper Ballots

3. GSR Assembly – Vote in person

Electronic Voting: We could use Google Forums which would be a secure method of allowing for groups to vote after receiving an emailed invitation. With all three options we will compile a list of groups. Groups who wish to vote electronically will “opt in” by signing up here at the RSC through their RCM or sending an email to the RD Team. They will then receive their emailed invitation to submit their electronic votes. (We will keep track of the votes and voting methods to ensure no group votes more than once). No one will be able to duplicate their vote because when the “group” logs in, they have to identify who they are and they can only vote once.

Paper Ballots: We will provide copies of the ballots. They will be available via download on the CAR-NA website and also can be emailed to anyone who opts in (either electronically via the website, or by email to the RD Team) These paper ballots could be turned in at the February RSC, scanned and emailed or snail mailed prior to the April GSR Assembly. Again, the RD Team will keep track of the votes and the voting methods to ensure no group votes more than once.

GSR Assembly: We will provide copies of the paper ballots and collect the votes in our usual “raise your hand method” at the GSR Assembly. Again, the RD Team will keep track of the votes and the voting methods to ensure no group votes more than once.

The Florida region had on-line voting for the CAR-CAT last conference cycle and we could turn to them for experience if we like.

TRADITIONS BOOK PROJECT: NAWS reports all of the input from the fellowship is being compiled and they are in the process of putting together the Traditions Book for our review and further input.

NAWS Web Meetings: If you would like to participate in NAWS web meetings, please send your name, trusted servant position, and region and/or area to events@na.org for Conventions and HandI@na.org for H&I and Inmate Step Writing Committees, PR@na.org for PR/PI trusted servants, and servicesystem@na.org for Service System.

SERVICE PAMPHLETS: Valuable resource for groups and members: check online - www.na.org/?ID=servicemat-svc-pamphlets

FINANCIALS: Fellowship contributions exceeded \$1 million in 2015 for the first time in our history! WAY TO GO NA!! We are working to ensure recovery is available to addicts throughout the world. Please continue to do your part. Don't stop now!!

	<p>NEWS FROM OUR ZONE:</p> <ul style="list-style-type: none"> • I contacted the AVCNA Chair about obtaining a timeslot for the AZF and was told I was too late, so we will be requesting to piggy back on the Region’s time slot this year . • We held a conference call on Sept and basically just ironed out some “operator error” type glitches. Our next Conference call is scheduled for this coming Monday: October 19th at 9:30 pm. It will be facilitated by The Free State Region. • You can visit the AZF website by going to http://autonomyzonalforum.org <p>Eddie and I are submitting a motion to approve costs associated with attending the Autonomy Zonal Forum January 30, 2016 hosted by the Free State Region. This motion can only estimate the costs since the specific location has yet to be announced. Given a likely location of somewhere in Delaware or Maryland we estimate the room cost to be slightly higher than normal (\$125 for each us), and considering what will almost certainly be a greater than average travel time we estimate the total per diem to be the usual. (\$35 for each of us). In addition we will each be requesting the customary \$40 gas advance - for a total of \$200 apiece.</p> <p>In loving Service, Kim A</p>
RDA2 Report	Abs.
VRCC Report	Abs.
H&I Chair Report	<p>See attached report from Nancy about our last subcommittee meeting. I was unable to attend due to the birth of my baby girl, Burke Jeanette Kellen on September 18th, 2015.</p> <p>Bullet 1 – We hold regularly scheduled meetings every other month and follow the quadrant rotation as prescribed in the subject service handbook. We have secured and accounted for the CARNA H&I literature inventory. I have received no letters from inmates in the past 2 months.</p> <p>Bullet 2 – The goal of the subcommittee over the next year is to gain accurate and up to date information on the H&I commitments with in our region. This information is helpful with PR efforts and communicating our abilities to serve addicts with professionals. We would ask all RCM’s to update the subcommittee via their RCM reports per CARNA policy at each CARNA Meeting.</p> <p>Bullet 3 – No new efforts under this responsibility</p> <p>Bullet 4 – We are currently working on a learning day with Southside Area in November 21, 2015. See regional website for details.</p> <p>Bullet 5 – I did not attend the last NAWS webinar, see above.</p>

	<p>Bullet 6 – Refer to bullet 3</p> <p>Bullet 7 – RCMS, please include information on H&I within your areas in your monthly reports. I did notice in the last RSC minutes that RCMS are adding this information in reports. Thanks for the help and please continue. Also please inform your areas of the phone in option for attendance to regional sub-committee meetings.</p> <p>Bullet 8 – There are 3 positions open for the Inmate Step Writing project; Chair, Vice Chair and Secretary. Please share this with your areas and point interested members to www.car-na.org/h&i for details and the current ISW policy. Also, the live stream meeting effort is still in need of support.</p> <p>The live stream meeting is currently not meeting due to lack of participation. The policy for this effort has been attached to regional policy.</p> <p>To call in dial: (855) 265-2285 or by computer at www.uberconference.com/hicarna</p> <p>Please forward request to be a part of this effort to hi@car-na.org.</p> <p>This was in the last report but I have kept it to provide information to all involved with the website development.</p> <p>We have requested the following for the new web site. We hope to use the new site to better inform the region. The following is a summary of these requests. Please ask your H&I chairs if they would like any other information on the web site concerning H&I.</p> <p>Main Page:</p> <ul style="list-style-type: none"> CARNA H&I Purpose CARNA H&I Subcommittee meeting information <ul style="list-style-type: none"> Conference call number and access code Web service link CARNA H&I Subcommittee contact information Current news and information concerning CARNA H&I CARNA H&I Blog Data entry for the following: <ul style="list-style-type: none"> New or changed H&I commitments in areas Users can put in email information to be included on H&I emails and info Link to NAWS H&I NAWS webinar minutes Current Subcommittee minutes WCNA Unity Day Information For Professionals section: <ul style="list-style-type: none"> Services available – Live Stream meeting, ISW and Local Area H&I service support Want to show the types of facilities served throughout the region <ul style="list-style-type: none"> i.e. – 20 prisons, 10 Mental Health facilities, 10 Jails, etc. Sub pages: <ul style="list-style-type: none"> Live Stream Page <ul style="list-style-type: none"> Statement of Purpose: <p>“...To share the lifesaving message of Narcotics Anonymous with fellow addicts who cannot attend our regularly scheduled meetings...to share the atmosphere we experience in our regular meetings.</p> <ul style="list-style-type: none"> Links to live stream meetings Live Stream meeting schedule and call in or computer link information Live Stream meeting format for download (for live stream meeting chairs) Data input for volunteers interested in chairing a live stream meeting Another email input and grouping for those interested in CARNA live stream meetings ISW Page <ul style="list-style-type: none"> ISW Statement of purpose:
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	<p>“The primary purpose of this committee is to provide written Narcotics Anonymous step guidance and correspondence to incarcerated addicts desiring recovery.”</p> <p>ISW Policy</p> <ul style="list-style-type: none"> ISW email contacts: <ul style="list-style-type: none"> Chair, vice chair, coordinating secretary ISW Volunteer agreement form for download Data input and grouping for emails of those interested in ISW service <p>Upcoming service opportunities for this body include: Working with institutions to live stream meetings into facilities that cannot attend regular meetings and don’t currently have H&I commitments Help with the upcoming service day in Southside Area learning day. At the next subcommittee meeting we will take nominations for the positions outlined above to support the ISW effort. Also I have books for the Outer Banks Area, Almost Heaven Area and Gateway to Freedom Area. I will give these to the RCM’s of Tidewater, Almost Heaven, and Gateway to Freedom today. In closing, please inform your area members of the opportunities to serve at the regional H&I level. We need help responding to letters to inmates, developing and starting the ISW project and working on better ways to communicate with regional, state and federal agencies. For specific place details see the CARNA Website. To attend this meeting via conference call (We are changing to a new service, uberconference): by phone: (855) 265-2285 or by computer: www.uberconference.com/hicarna</p> <p>I would like to add that the RD team has also been using the conference call service for Zonal meetings. It seems to be a valuable service for them as well.</p> <p>I will be submitting a receipt for \$190.77 for easels, paper pads and markers for the presentations. This will come out of the H&I committee’s operating expenses budget.</p> <p>Please check the car-na.org for details on the next Sub-committee meeting.</p> <p>Please feel free to contact me with any questions or suggestions. We are growing, learning and loving. Thank you for your trust and support.</p> <p>ILS, Chuck K.</p>
Policy Subcommittee	Open
Public Relations	Abs.
Speaker Jam	<p>I would like to thank everyone who attended the Central Atlantic Region Regional Speaker Jam, “Carrying the Message.” The speaker jam started at 10:30, in Quadrant 4, the Peninsula Area. There were anywhere from 60-70 people in attendance. The massagers chosen were great! The check was given to Teddie and in turn he mailed me a hand written receipt. I didn’t locate anything in policy about handwritten receipts, therefore I accepted it. If there is any discrepancies we can always check with our Treasury, to determine who cashed the check. I didn’t receive any bids for</p>

	<p>the next upcoming speaker jam and I started creating ideas and opinions on things to add to our bylaws or policy.</p> <p>Speaking of by-laws, I have given each person something we have added to our subcommittee by laws; however, I believe that it should be entered into our policy. I am open to the bodies input. We have come up with a formula that could work: March 2016 either Quadrant 2/1; September either Quadrant 3/2. Possible prospects are Quadrant 1- Tri-cities or Quadrant 2- Gateway to Freedom/ Blue Ridge Area.</p> <p>We have also created a form for the hosting area to fill out that can help the Regional Speaker Jam subcommittee know how much of our assistance, outside of monetary, will be needed. (Enclosed is the form). We have made small strides toward creating by laws and expect to continue as the need arises.</p> <p>I look forward assisting this region; nonetheless, if someone is elected and I am still going to be of service in some capacity.</p> <p>In loving service, Rudolph C.</p>
AVCNA Time Slot Ad-Hoc	Abs.

8. Area Reports

Almost Heaven	<p>23 home groups in area, 12 present at last ASC. H&I subcommittee is struggling with support.</p> <p>Trusted servant positions open: VRCC, Policy, Treasurer, Convention Chair, ASC Vice Chair.</p> <p>Next ASC on November 7th.</p> <p>ILS, Thaddeus M.</p>
Appalachian	<p>There were three GSR's present at our last ASC meeting. Open positions are: Chair, Vice-chair, Vice-treasurer, Policy, PR, and RCM alt. The chairperson is being pro-temp at the moment. A ninth group joined our area from Farmville and the name of the group is: "No matter what, you're never alone." H&I is strong thanks to a dedicated group of trusted servants. We have commitments at "The Courtland Center" and "The Hands Up Lodge." H&I is still working on re-entry into Blue Ridge Regional jail and is also trying to gain entry into the "Pathways" treatment center in Amherst, Va. This means that all residential treatment of the "Pathways" treatment center no longer is provided in Lynchburg, therefore, has been moved to Amherst, Va. Our special events subcommittee held a speaker jam, dance, food, fun, and fellowship, yesterday, Oct. 17th, and I hope it went well! Our groups are doing fairly well, other than the fluctuation of attendance at "Together We Can". Recently, the only person at the meeting was the addict that had the key. No one else showed up! It is difficult to see that group struggle to even open the meeting on Saturday and Monday night. Many members have encouraged that home group to stay open. Our lack of support on the area level of service is still a concern. But, we still have a strong group when we all come together with or without all positions filled and our area is just going through its normal fluctuation of newcomers and varied meeting attendance and support. I was not returned contact about the donation for region this time, but, we will get it to this</p>

	<p>body as soon as possible. That is all for my report.</p> <p>In Loving Service, Sam S.</p>
Beach	<p>The BANA area is composed primarily of the City of Virginia Beach City boundaries by Area Policy.</p> <p>We have 22 meetings in our area and approximately 20 groups listed as active with our ASC.</p> <p>The Area just hosted the 8th annual campout at First Landing State Park. Serenity at the Shore. SOTS. It appears to have been enjoyed by all. It has an active committee who reports to the ASC monthly. They are fiscally responsible and donate all monies above prudent reserve to the area.</p> <p>The SOTS sub-committees also host fund raisers which are also well attended.</p> <p>I wish I could report the same attendance and enthusiasm for Literature (Traditions) and other workshops.</p> <p>The area is in the initial stages of providing H & I meetings for institutions in our geographical area that the Tidewater Area has been providing. There are three (3) active H & I meetings currently being provided at Virginia Beach Psych. Center. The H & I sub-committee is looking at taking over two (2) more Virginia Beach Detox meetings. The Emergent Needs Committee is still filling Literature needs when warranted.</p> <p>At our Sept. ASC there was a motion presented and put to a vote (passed) for a Donation to Central Atlantic Region. However, no check has been cut at this time. We also have nominations for elections due next Regional. This includes RCM.</p> <p>Yours in Service Ted L</p>
Blue Ridge	<ol style="list-style-type: none"> 1. Nearly all trusted servant positions are vacant or pro-tem. We are having problems getting new blood into area service. 2. Area has voted to change ASC meeting day/time from 2nd Thursday at 6:30PM to 2nd Sunday at 4PM. 3. Area has sent a motion back to groups, to change from rotating ASC meetings location to having all ASC meetings at one central location (Verona). 4. Area has sent a motion back to groups to change the name of the Area from Blue Ridge Area to TBD. Reason for this motion is: clear separation from BRANA campout. 5. Area funds are below prudent reserve, therefore no donation at this time. <p>ILS, George S.</p>
New Dominion	Abs.
Outer Limits	<p>(A) 11 groups in the area (B) 6 GSRs attending ASC (C) area trusted service positions open: treasurer, RCM alt, VRCC (D) 0 area trusted servant elected (E) great news: needing support (F) area news: Planning Area celebration in January. More to be revealed</p>

	<p>(G) subcommittee news: H&I commitment:1 (H) area concern: missing / stolen literature from new beginnings group (I) area special events calendar: bonfire October 31st fundraiser at Mike R. (J) OLANA getting back involved with region thank you all for the support (K) next ASC meeting: November 1st 2015</p> <p>ILS, Heather B.</p>
Peninsula	Abs.
Piedmont	Abs.
Rappahannock	<p>The ASC was held on 10/4/15 at Fairview Baptist Church. RANA currently has 20 home groups that re members of the ASC with 38 meetings and two newly formed. Election of New Officers: Antoinette B. Secretary I and Billy M. H&I Chair. Open positions: Secretary II, PR, VRCC Director & Outreach. We have three groups struggling: Rush Hour, Freedom from Bondage and Clean & Serene. RANA held its budget meetings at Wegman's on 10/7 @ 6:30pm, 10/13 @ 6:30pm and 10/18 @ noon. Close of budget meeting will be on 10/26. We will be reviewing new service system to see if we want to implement in the future, also we are hosting RANA week Oct. 30th – the information is on the RANA & CARNA website. RANA is coming into balance with a lot of new members stepping up in service, we look forward to continued growth. H&I currently has two regular commitments: Sunshine Lady House and Boxwood. Next ASC will be held Nov 8th at Fairview Baptist Church.</p> <p>ILS, Antoinette B.</p>
Richmond	Abs.
Roanoke Valley	Abs.
Shenandoah Valley	Abs.
Southside	<p>We currently have 16 home groups and 39 meetings per week. Current position open are Vice Chair, Co-Treasurer, and Activities Chair. Gail F. was elected as Alt-RCM at our last ASC. The last ASC meeting was held on October 4, 2015 in Danville, VA. At this meeting we discussed the new date for our H & I learning day event. The event was postponed due to the threat of bad weather. The new date for this event will be on Nov. 21, 2015. The workshop will be held from 11:00 a.m. – 4:30 p.m. From 11-1:30 we will have an H&I workshop, lunch from 1:30-2:30, and a PR workshop form 2:30-4:30. The event will be held at Ascension Lutheran Church, 314 West Main St, Danville, VA 24541. Another event we are possibly looking at doing was an event for Thanksgiving. The tentative date for this is Nov. 26. We are hoping to have a Thanksgiving Dinner & Marathon Meetings. More will be reviled about this event. We have a donation of \$714.57 today. Our next ASC will be held Nov. 1.</p> <p>ILS, Andrew D.</p>

Tidewater	No written report.
Tri-Cities	Abs.

9. All New Business Motions turned in before lunch

10. Quorum achieved with 8 voting RCMs

11. **Elections & Nominations**

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas.
- **Policy Chair** – Antoinette B. nominated by Bill M., approved via Acclamation
 - Antoinette B. qualifications
 - Clean date: May 6, 2004 (11 years)
 - Four years of Regional Service
 - Willing to fulfill my commitment
 - Practicing 12 step member, knowledge & understanding of Traditions and Concepts
 - Do have a working knowledge and understanding of the Regional Guidelines and Rules of Order; willing to read and study to get better
 - Have the time and resources necessary to participate
- **H&I Chair** – (nominations opened at the 175th)
- **Speaker Jam Chair** – (nominations closed)
 - Rudolph C. – Nominated by Jim H.
 - Qualifications:
 - I have 8 years clean
 - I have been in service since I was 5 months clean on a group level, GSR, programming chair of AVCNA, RCM for 2 years, and 2 years as the Regional speaker jam chair.
 - I have a sponsor and he is heavily involved in service. I have a working knowledge of the 12, 12, and 12. I still have a desire of carrying our message and the willingness to serve.
- **PR Chair** – (nominations opened at the 175th)
- **Secretary** – (nominations closed)
 - Brian C. – Nominated by Bill M.
 - Qualifications: I have six years clean, a home group, sponsor and am working the steps. Have a working knowledge of the Traditions and Concepts of Service. I was GSR of my home group, as well as Secretary and Treasurer for the New Dominion Area, Policy Chair for CARNA. I am the current Secretary of CARNA.

12. Old Business:
a. None.

13. New Business:
a. **MOTION 175-1: Delegate Team Costs for MARLCNA (no vote required, within budget)**
 Mover: Eddie W. (RD) 2nd: George S. (BRANA)
 Motion: To approve costs associated with delegate team attending MARLCNA totaling \$726
 Intent: To fulfill our duties we are requesting \$35 per diem for two days for each delegate team member for a total of \$210; \$40 gas advance for each delegate team member for a total of \$120; \$198 for two night's lodging for the delegate and \$198 lodging for the RDA and RDA2 for a total of \$396. All totaled the cost comes to \$726.

- b. **MOTION 175-2: Delegate Team Costs for AZF (no vote required, within budget)**
 Mover: Kim A (RDA) 2nd: Andrew D. (Southside)
 Motion: To approve costs associated with attending the Autonomy Zonal Forum on January 30,2016, hosted by the Freestate Region.
- | | | |
|---------|------------------------------------|--------------|
| Approx: | \$125 x 2 for Room (RD, RDA, RDA2) | \$150 |
| | 35 per diem each | \$105 |
| | 40 gas advance each | <u>\$120</u> |
| | Total: | \$475 |
- Intent: To fulfill our Duties
- c. **MOTION 175-3: Additional Secretary Expenses (passed 8-0-0)**
 Mover: Brian C. (Secretary) 2nd: Ted L. (Beach)
 Motion: Request additional \$35.17 for reimbursement of supply expenses (paper, ink, etc.)
 Intent: To carry out my duties as Secretary
- d. **MOTION 175-4: Combining Regional Events (Back to Areas)**
 Mover: Chuck K. (H&I) 2nd: Ted L. (Beach)
 Motion: If no bids submitted, Speaker Jam should be held in conjunction with March & Sept. subcommittee meetings.
 Intent: To promote unity throughout the region and provide a place for area trusted servants and NA members to meet and learn about our service efforts.
 Amend Policy: Addendum 1, Section 7
 Pro: Will save region money (Ted L – Beach)
 Pro: It will support reaching more people to be involved in service. (Antoinette B. – Rappahannock)
- e. **MOTION 175-5: Digital Mail Forwarding (Tabled pending more information from motion maker)**
 Mover: Chuck K (H&I) 2nd: Ted L (Beach)
 Motion: For the Central Atlantic Region to start using a digital mail forwarding service in place of the P.O. Box. Also, if motion passes have CARNA Chair delegate the responsibility for implementation within six months from the RSC that the motion passes.
 Intent: Create a more efficient way to receive regional mail. Also, allows trusted servants to receive mail in a timely manner so that responses can also be made in a timely manner.
- f. **MOTION 175-6: Absentee Ballots (Back to Areas)**
 Mover: Eddie W. (RD) 2nd: Sam S. (Appalachian)
 Motion: To approve the use of absentee ballots so that any group unable to participate at the GSR Assembly may still participate in our Region’s Conscience on CAR and CAT matters.
 Intent: To serve in concert with our region’s purpose by enhancing the conscience we carry to the World Service Conference
 Pro: this will provide a better possibility of the RD Team being able to carry a bigger portion of our region’s conscience at the WSC. This will provide a service to the groups. (Kim A – RDA)
- g. **MOTION 175-7: Regional Budget (Back to Areas)**
 Mover: Jim H. (Treasurer) 2nd: Andrew D. (Southside)
 Motion: To approve the 2016 budget
 Intent: To have a budget in place for 2016
 NOTE: See budget attached to email for details

h. **MOTION 175-8: Treasurer Supplies (no vote required, within budget)**

Motion: To be reimbursed \$74.86 for supplies

Intent: To be self-supporting

1. Next RSC will be held on Dec 19th at UVA Medical Center, 1215 Lee St, Charlottesville, VA 22903
2. Announce Location and Time of next Subcommittee Meetings
3. Close with Serenity Prayer and Announcements

Central Atlantic Region
Proposed January 1 to December 31, 2016 Budget

Category	Expense	For	Approved 2015 Budget	Bi Monthly Funding	Proposed 2016 budget	Bi Monthly Funding
A Automatic, approved 100% on receipt	Phoneline	800 & Answering Services	\$7,000.00	\$1,166.67	\$7,000.00	\$1,166.67
	Mailbox	PO Box	\$80.00	\$13.33	\$80.00	\$13.33
	Website	Host & Domain Expenses	\$250.00	\$41.67	\$250.00	\$41.67
	Service Charges	Bank Service Charges	\$40.00	\$6.67	\$40.00	\$6.67
B RSC primary operations	Conferences	RSC Meeting Expenses: rent, food & beverage, AV equipment rental, & office supplies	\$600.00	\$100.00	\$600.00	\$100.00
	Executive	Correspondence & report preparation & distribution expenses for RSC Chair and Vice Chair	\$100.00	\$16.67	\$100.00	\$16.67
	RD Team	Correspondence & report preparation & distribution expenses for RD Team	\$100.00	\$16.67	\$100.00	\$16.67
	Secretary	Secretary expenses associated with preparation & distribution of RSC minutes, reports, correspondence, and related office supplies	\$150.00	\$25.00	\$150.00	\$25.00
	Treasurer	Treasurer expenses associated with preparation & distribution of reports, correspondence, and related office supplies	\$120.00	\$20.00	\$120.00	\$20.00
	GSR Assembly	Expenses associated with meeting space rent, refreshments, food & beverage, & office supplies	\$1,500.00	\$250.00	\$1,500.00	\$250.00
	*CAR Workshops	RSC pre-approved line item expenses associated with holding 4 multi-area workshops	\$1,200.00	\$200.00	\$1,200.00	\$200.00
	***Zonal Forum	Expenses associated with holding Zonal Forum approximately every 3 years	\$0.00	\$0.00	\$0.00	\$0.00
	Zonal Support	CARNA's portion of zonal expenses- i.e. web domain	\$3.00	\$0.50	\$3.00	\$0.50
C Travel, including up to \$35.00/day per diem	*WSC/RDA	Expenses associated with RDA attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$333.33	\$2,000.00	\$333.33
	*WSC/RDA-2	Expenses associated with RDA-2 attendance of bi-yearly WSC with \$55 per diem	\$2,000.00	\$333.33	\$2,000.00	\$333.33
	MARLCNA/RD	Expenses associated with RD attendance of yearly MARLCNA	\$400.00	\$66.67	\$400.00	\$66.67
	MARLCNA/RDA	Expenses associated with RDA attendance of yearly MARLCNA	\$400.00	\$66.67	\$400.00	\$66.67
	MARLCNA/RDA-2	Expenses associated with RDA-2 attendance of yearly MARLCNA	\$400.00	\$66.67	\$400.00	\$66.67
	AZF/RD	Expenses associated with RD attendance of Autonomy Zonal Forum	\$400.00	\$66.67	\$760.00	\$126.67
	AZF/RDA	Expenses associated with RDA attendance of Autonomy Zonal Forum	\$400.00	\$66.67	\$760.00	\$126.67
	AZF/RDA-2	Expenses associated with RDA-2 attendance of Autonomy Zonal Forum	\$400.00	\$66.67	\$760.00	\$126.67
	RD Service Events(non-WSC Years)	Expenses associated with RD attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$100.00	\$0.00	\$0.00
	RDA Service Events(non-WSC Years)	Expenses associated with RDA attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$100.00	\$0.00	\$0.00
	RDA2 Service Events(non-WSC Years)	Expenses associated with RDA-2 attendance of approved World Service Workshops or multi-regional service events (i.e., learning days, conferences)	\$600.00	\$100.00	\$0.00	\$0.00
D Subcommittee operations	Policy	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, literature, and guideline printing (not to include refreshments)	\$300.00	\$50.00	\$300.00	\$50.00
	Project Driven	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00	\$50.00	\$300.00	\$50.00

Central Atlantic Region
Proposed January 1 to December 31, 2016 Budget

	Speakerjam	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$120.00	\$20.00	\$120.00	\$20.00	
	Public Relations	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00	\$50.00	\$300.00	\$50.00	
	Hospitals & Institutions	Expenses associated with subcommittee meeting , preparation & distribution of reports & correspondence, service related material, & literature (not to include refreshments)	\$300.00	\$50.00	\$300.00	\$50.00	
E	Hospitals & Institutions	Expenses associated with inmate literature purchases, correction facility library literature purchases, and H&I presentations, and events or workshops.	\$1,000.00	\$166.67	\$1,000.00	\$166.67	
RSC secondary operations	Speakerjams	RSC line-item approved expenses associated holding speakerjams in March & September each year including travel (\$500.00/jam)	\$1,000.00	\$166.67	\$1,200.00	\$200.00	
	Overnight RSC	Overnight RSC expenses including overnight lodging, and food & beverage services (\$1500.00/overnight))	\$3,000.00	\$500.00	\$3,000.00	\$500.00	
	RD Team**	Travel expenses associated with RSC approved RD team attendance at Area events when requested by the Areas	\$600.00	\$100.00	\$600.00	\$100.00	
	Project Driven**	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	\$0.00	\$0.00	
	Equipment repair/maintenance /replacement	Repair, replacement, and maintenance of RSC laptop, projector, etc.	\$500.00	\$83.33	\$500.00	\$83.33	
	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, presentations, and travel	\$1,500.00	\$250.00	\$1,500.00	\$250.00	
F	Subcommittee Travel	Policy	Expenses associated with travel in the performance of duties outlined in policy	\$600.00	\$100.00	\$600.00	\$100.00
	Hospitals & Institutions	Expenses associated with travel in the performance of duties outlined in policy	\$600.00	\$100.00	\$800.00	\$133.33	
	Public Relations	Expenses associated with travel in the performance of duties outlined in policy	\$600.00	\$100.00	\$800.00	\$133.33	
	Speaker Jam	Expenses associated with travel in the performance of duties outlined in policy	\$600.00	\$100.00	\$0.00	\$0.00	
	Ad Hoc	Expenses associated with travel in the performance of duties as defined by RSC when ad hoc is created	\$0.00	\$0.00	\$0.00	\$0.00	
G	Discretionary, expenses not included in budget	\$300 maximum	\$0.00	\$0.00	\$0.00	\$0.00	
			\$30,663.00		\$29,943.00		

* means bi-annual expense

** these lines were created for 2013 budget

*** this line item is once every three years and 2014 is our year to host

line B9 was added to help support the Zone

175th Back to Areas

Elections & Nominations

- **Vice-Chair** – (nominations opened at 172nd) – No nominations, back to areas.
- **H&I Chair** – (nominations opened at the 175th)
- **Speaker Jam Chair** – (nominations closed)
 - Rudolph C. – Nominated by Jim H.
 - Qualifications:
I have 8 years clean
I have been in service since I was 5 months clean on a group level, GSR, programming chair of AVCNA, RCM for 2 years, and 2 years as the Regional speaker jam chair.
I have a sponsor and he is heavily involved in service. I have a working knowledge of the 12, 12, and 12. I still have a desire of carrying our message and the willingness to serve.
- **PR Chair** – (nominations opened at the 175th)
- **Secretary** – (nominations closed)
 - Brian C. – Nominated by Bill M.
 - Qualifications: I have six years clean, a home group, sponsor and am working the steps. Have a working knowledge of the Traditions and Concepts of Service. I was GSR of my home group, as well as Secretary and Treasurer for the New Dominion Area, Policy Chair for CARNA. I am the current Secretary of CARNA.

New Business

- a. **MOTION 175-4: Combining Regional Events (Back to Areas)**
Mover: Chuck K. (H&I) 2nd: Ted L. (Beach)
Motion: If no bids submitted, Speaker Jam should be held in conjunction with March & Sept. subcommittee meetings.
Intent: To promote unity throughout the region and provide a place for area trusted servants and NA members to meet and learn about our service efforts.
Amend Policy: Addendum 1, Section 7
Pro: Will save region money (Ted L – Beach)
Pro: It will support reaching more people to be involved in service. (Antoinette B. – Rappahannock)
- b. **MOTION 175-6: Absentee Ballots (Back to Areas)**
Mover: Eddie W. (RD) 2nd: Sam S. (Appalachian)
Motion: To approve the use of absentee ballots so that any group unable to participate at the GSR Assembly may still participate in our Region's Conscience on CAR and CAT matters.
Intent: To serve in concert with our region's purpose by enhancing the conscience we carry to the World Service Conference
Pro: this will provide a better possibility of the RD Team being able to carry a bigger portion of our region's conscience at the WSC. This will provide a service to the groups. (Kim A – RDA)
- c. **MOTION 175-7: Regional Budget (Back to Areas)**
Mover: Jim H. (Treasurer) 2nd: Andrew D. (Southside)
Motion: To approve the 2016 budget
Intent: To have a budget in place for 2016
NOTE: See budget attached to email for details

REGIONAL CONTACT LIST

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UPDATED 06/20/15			

175rd RSC Treasurer's Report
 Financial Statement
 10/18/15

Opening balance (closing balance from 174 th RSC report):		\$16,526.83
Credits :	Almost Haven	\$2,047.12
	Appalachian	\$318.00
	Blue Ridge	\$95.78
	Penninsula	\$934.00
	Southside	\$165.93
	Richmond	\$1,000.00
	Over and Beyond	\$13.25
	Traditions Ad-Hoc	<u>\$5.20</u>
	Mis.	\$19.75
	TOTAL:	+ \$4,599.03
		\$21,106.11

Debit:	Ck 1220:	\$50.00	(Churchland Baptist Church)
	Ck 1221:	\$30.00	(Nancy H.)
	Ck 1222:	\$52.59	(Aaron A.)
	Ck 1223:	\$1,171.83	(Naws)
	Ck 1224:	\$50.00	(Rudolph C.)
	Ck 1225:	\$100.00	(Hilton Christian Church)
	Ck 1226:	\$ 105.46	(Kim A.)
	Ck: 1227	\$70.00	(Kim A.)
	Ck: 1228	\$50.00	(Culpepper regional hospital)
	Debit card 08/17:	\$23.80	(Uberconference H&I)
	Debit card 08/24:	\$80.10	(Primus)
	Debit card 08/26:	\$1.99	(network solutions)
	Debit card 09/16:	\$23.80	(Uberconference H&I)
	Debit card 09/21:	\$105.16	(Primus)
	Debit card 09/23	\$1.99	(network solutions)
	Debit card 10/15:	<u>\$23.74</u>	(Uberconference)
	TOTAL	- \$1940, 46	\$19,185.40

Outstanding checks # 1223 & # 1228

Closing balance: \$19,185.40

ILS: Jim H.

H&I Subcommittee Meeting
September 19, 2015

The H&I Subcommittee met on September 19, 2015 in Keyser, WV with 4 members in attendance and Coleen C. from New Dominion Area calling in on the phone line. I was sitting as chair for H&I as Chuck K. was not available. The meeting was opened with a moment of silence followed by the Serenity Prayer.

Because of the fact there were 4 people in attendance, the H&I and PR Subcommittees met together. Judy and George from Gateway to Freedom raised the question.....should PR be involved with H&I taking on a new commitment at a new facility? Sherry V. who was sitting in for the PR Chair discussed with them the proper way to approach this issue.

Coleen C. from New Dominion area joined us by phone. We had no Wi-Fi service so I called her and we talked by speaker phone. She informed us that the New Dominion area was having an H&I Training day on October 17th. She also told us about a Day Treatment Facility requesting NA to bring a meeting there. It is Marshall's Center. Coleen was having a meeting with them the following week and was to find out if it met H&I requirements. There was the question of....since they were able to go out (Day Treatment), can they get to outside meetings? More will be revealed after her meeting with the facility. Also, attached to this report is a list of New Dominion's H&I commitments.

After no further business, the meeting was adjourned with the Serenity Prayer. The next Subcommittee meeting will be on November 21, 2015 with the location to be announced later.

NA Luv and Hugz,
Nancy H.

Bid Form

Area Submitting Bid: _____

Time/Date: _____

Location: _____

Theme of Speaker Jam: _____

Will you be in need of financial assistance to pay for the facility used? Yes ___ No ___

If so, how much? \$ _____

*You are responsible for:

1. Lunch
2. Invite Treatment Facilities
3. Topics/Speakers

Are you in need of this subcommittee to help with topics/speakers? Yes ___ No ___

If so, how many topics and speakers? _____ Topics _____ Speakers

**Projection of how the CAR-NA regional speaker jam subcommittee can rotate
Effectively throughout our region:**

- March 2016- Quadrant 2 or 1
- September 2016- Quadrant 3 or 2
- March 2017- Quadrant 4 or 3
- September 2017- Quadrant 1 or 4

Speaker Jam Subcommittee By-law

1. If a quadrant is hosting the AVCNA we will not host that area for a regional speaker jam however we can support it without costing our region. Other than gas and lodging (if necessary).
2. The current speaker jam chair cannot elect his existing area to host an event. Unless,
 - A. The areas suggested cannot locate a facility
 - B. The time frame isn't being met according to by laws.