

**xMinutes for the 195th Regional Service Conference  
Central Atlantic Region  
February 16<sup>th</sup>, 2019 Charlottesville, VA**

**Open Forum began at: 11:03      RSC began at:**

- Vice Chair will view the online banking account and compare to the check register.  
**\*vice chair absent due to personal emergency**

1. Serenity Prayer

2. Open Forum

- 1) Chair mentioned that Etta F lost all her possessions in a house fire last night
- 2) Chris P asked about Regional phonenumber. Info will be disseminated during reports.  
Sherry V related that Almost Heaven Area got some text messages from phone service. Had some troubles following up. One issue was requests for assistance/help not being forwarded to appropriate gender. Size of search area was brought up as a concern to be worked out. Teddy is handling concerns about our 800 number being spoofed and used for the caller ID number for call center robo calls. Beach Area is struggling to get people to put their names on the call/text list for the Regional Phone Service.
- 3) Julie encouraged areas to use BMLT (Basic Meeting List Toolbox) database.
- 4) Randy D wondered why RCMs aren't coming to subcommittee meetings.
- 5) Joe (Beach area) asked if there are clean time requirements for being on phone service.  
Regional Policy does not have clean time guidelines for phonenumber volunteers.

3. Reading of Purpose, Traditions, and Concepts

4. Roll Call: Quorum

roll call after break

Chair	Bill M	Almost Heaven	Sherry V	X
Vice Chair	Absent	Appalachian	Lisa B	X
Secretary	Neal G	Beach	Joe B	X
Treasurer	Brian C	Blue Ridge	absent	
Regional Delegate	Dee P	Gateway	Duane F	X
Regional Delegate Alternate	vacant	New Dominion	Michael L	X
Regional Delegate Alternate 2	Randy D	Outer Limits	absent	
VRCC Chair	absent	Peninsula	absent	
Hospitals and Institutions Chair	Absent	Piedmont	David H	X
Policy Chair	Absent	Rappahannock	absent	
Public Relations Chair	Julie B (vice chair)	Richmond	Kim M	x
Speaker Jam Chair	absent	Roanoke Valley	Mike G	X
		Shenandoah Valley	absent	
		Southside	Sue N	X
		Tidewater	Chris P	X
		Tri-Cities	Greg F	X

**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. Vernon S- Almost Heaven RCM alt pro temp; Chris P- Piedmont RCM alt; Steven W- New Dominion RCM alt; Helen M- Southside RCM alt; Tim B- Tri Cities RCM alt; Danielle D- Appalachian RCM alt; Patty- Beach visiting; Joe B- Beach new RCM; Richard S- New Dominion visiting; Lauren- Universe visiting; Julie T- Richmond RCM alt; Ian B- Richmond visiting

6. Approval of Prior Minutes: Moved to accept as amended: Joe B Second: Sue N **Approved as amended.** (Add RDA2 report that was inadvertently omitted. Add motion 194-3 that was inadvertently omitted)

7. Trusted Servants Reports

Chair Report	<p>Good morning,</p> <p>Over the last few months I participated weekly with the Regional planning committee. I scheduled the weekly Zoom video conference as well as contributing my Experience, strength, and hope during those meetings. The committee is making progress and I hope Sherry will have a report on its progress this morning.</p> <p>I also worked with our web-servant, Ann, with making minor changes to our Region’s web site. Part of the changes included a change to the ID for our Zoom videoconference account. Those wanting to use the Region’s Zoom account must contact Ann or I for the password. W began discussions and ideas concerning a formal scheduling request. More will be revealed in the coming months.</p> <p>My term as Chair of the Region ends at the June RSC; therefore, please go back to your Areas and groups to bring nominations for the Chair during the April RSC.</p> <p>ILS, Bill M</p>
Vice Chair Report	
Secretary Report	<p>Things are lovely in secretary world. This will be my last RSC as secretary. Thanks for allowing me to serve.</p>
Treasurer Report	<p>We had \$3217.71 in income and \$2985.86 in expenses since the last RSC, summary of income and expenses are attached to the minutes. We have \$18,449.82 in the bank currently, and will be donating the \$4421.07 over prudent reserve to NAWS this month.</p> <p>In terms of projects, I've finished creating a spreadsheet that can be used by the treasurer to manage regional finances. This is set</p>

	<p>up to function similarly to the one that is being used by several areas in the region, which should make it easier for new treasurers to get up to speed at the regional level. One of the benefits of this new spreadsheet is the treasurer will be able to provide a report of actual vs. budgeted expenses going forward. I've attached a copy of this report to the minutes, and will be doing this going forward.</p> <p>The next items I'm going to be working on are creating a funds request form and expense reports to better document expenses incurred by trusted servants in the region. After this, I'll be tackling the issue of debit cards for the RD Team.</p> <p>Thanks for your patience while I sort through these issues, and thanks for the opportunity to be of service.</p> <p>Brian C</p>
RD Report	<p>Since our last meeting, I have participated in 5 webinar meetings concerning the Environmental Scan that the region will be conducting. We will be meeting at least 2 more times for discussion about the questions included in the scan. Please download the questions and start a discussion in your areas. We will be holding workshops in all 4 quadrants during the summer and collecting data at the October 2 day regional and workshop.</p> <p>I am including a copy of the IP Mental Health/Mental Illness that is out for review and input now until May 15<sup>th</sup>. Please read it and if you have any suggestions or comments on it, please either email me at <a href="mailto:zikidee@yahoo.com">zikidee@yahoo.com</a> or the world board at <a href="http://www.na.org/mhmi">www.na.org/mhmi</a>.</p> <p>Randy and I attended the Autonomy Zonal 2 day meeting on January 26<sup>th</sup> and 27<sup>th</sup>. It was a very successful event with over 75 people attending at any given time during the day. At the zonal meeting on Sunday, we discussed best practices for our regions, funding the 2 positions being created at the Autonomy Zone (facilitator and secretary), the possibility of hosting a service symposium with the Northeast Zone and possibly the Southeast Zone. More information will be forthcoming as the discussion will continue during our upcoming teleconference meetings.</p> <p>Randy and I also attended MARLCNA on February 8 – 10, 2019. Although we participated in small group discussions and gave input on the Mental Health/Mental Illness IP and the Meditation Spiritual Principle a Day book, I feel that our time and your money could better be spent on “off years” on other activities such as the Florida Service Symposium or the Multi-Zonal Service Symposium than at MARLCNA. During</p>

	<p>the Saturday afternoon workshop, I had to leave and attend a teleconference with NAWS and the world board on the Role of Zones and best practices in zones. During the teleconference, we broke into small groups for discussion of best practices and possible ideas for a Zonal handbook similar to the PR handbook.</p> <p>Expenses for MARLCNA:</p> <table border="0"> <tr> <td>Per diem</td> <td style="text-align: right;">\$105.00</td> </tr> <tr> <td>Hotel</td> <td style="text-align: right;">210.90</td> </tr> <tr> <td>Registration</td> <td style="text-align: right;">25.00</td> </tr> <tr> <td>Gas</td> <td style="text-align: right;"><u>50.00</u></td> </tr> <tr> <td></td> <td style="text-align: right;">\$390.90</td> </tr> </table> <p>Expenses for Autonomy Zonal Forum:</p> <table border="0"> <tr> <td>Hotel</td> <td style="text-align: right;">\$155.94</td> </tr> <tr> <td>Per diem</td> <td style="text-align: right;">105.00</td> </tr> <tr> <td>Gas</td> <td style="text-align: right;"><u>40.00</u></td> </tr> <tr> <td></td> <td style="text-align: right;">\$300.94</td> </tr> </table> <p>I was given a check for \$728.90 for the 2 events and I spent 691.84 so I am returning \$37.06 to the region.</p> <p>ILS,</p> <p>Dee Philippou</p> <p>410-916-8545</p> <p>zikidee@yahoo.com</p>	Per diem	\$105.00	Hotel	210.90	Registration	25.00	Gas	<u>50.00</u>		\$390.90	Hotel	\$155.94	Per diem	105.00	Gas	<u>40.00</u>		\$300.94
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RDA Report																			
RDA2 Report	<p><b>AVCNA</b> I attended the AVCNA in Richmond on January 11, 2019 – January 13, 2019. To my surprise, there was a workshop on Saturday named CARR. I was interested and asked about this workshop and no one was aware of who was presenting</p>																		

this workshop. Later I found out at the workshop that it was a set for the Delegate Team. Kim set this up for future AVCNA Delegate team workshops during the Convention. Now I know. I did present to the interested members updates in the Region, open positions, subcommittee news, website information, did a recap of my 1<sup>st</sup> World Service Conference, talked about the Autonomy Zonal Forum and how to get involved and the web link. We discussed Zones and the different Zones around the World. We had an hour and a half. The Convention itself was pretty good.

**Regional Subcommittees** I attended the Regional Subcommittees on January 19, 2019 via Zoom. We worked with the web host Ann in updating contact information, created a Regional Planning menu, created a task force for the website. We worked with Policy on tabled motions. We worked with PR dealing with the phone line updates and operations.

**Regional Planning Event** I have met via Zoom with the planning committee pretty much weekly trying nail down dates, learn material, set up workshops in the 4 quadrants. We were trying to do this for the April 2 Day, but we differed till October 2 Day because of timing.

**Autonomy Zonal Forum 2 Day Event** I participated in the AZF 2 Day event held in Glen Burnie Maryland on January 26 and 27<sup>th</sup> 2019. Saturday consisted of workshops and presentations followed by entertainment of a Hypnotist. At one time I counted 70 members in attendance. This was a great event with much Unity and Love. It was a blast to work together and carry our life saving message. We had information about Zones, PR presentation with skits and role playing, GSR workshop, Issue Discussion Workshop on DRT/MAT. The Hypnotist had my stomach muscles very tight

from laughing so hard. Oh my God. Sunday, we had our face to face Zonal meeting with at least 35 members in attendance. Thanks to our members that attended and participated from CAR-NA. Our website for minutes is AZF.org. The next meeting will be a zoom meeting. The Greater Philadelphia Region is next up to host the face to face meeting and we are planning another 2 Day events as well. You missed the 1<sup>st</sup> Zonal 2 Day, don't miss anymore. This will be in July 2019. I believe on the 27<sup>th</sup>. Accounting for this trip as follow; Gas = \$34.20, per diem = \$21.86, hotel = \$166.80 totaling \$222.86. I was given a check for \$343.00 and I am returning \$120.14.

**MARLCNA 35** I attended the Mid Atlantic Regional Learning Conference on February 8 -10 in Lancaster Pa. On Friday the 8<sup>th</sup> NAWS did an update and questions and answers with Arnie and Franny Facilitating. (former World Board Chairs) The NAWS Board was meeting the same time as MARLCNA. Saturday were 4 workshops, IDT Attracting Members to Service, Mental Health/Mental Illness, DRT/MAT AS IT RELATES TO NA and Spiritual Principle A Day. Everything we went over can be found on the NA.org website. The Host Hotel venue was a mess. The front desk was a table with 2 laptops for check-in. Construction being done front back sides inside. Rooms unfinished with no phones. Heat pump making noises. The Banquet food was good if you could get it. It was supposed to start at 5:30 pm and our table didn't get called till 6:50ish. Most of the food was gone. Accounting for this trip as follows; per diem = \$103.10, Gas = \$54.01, Registration = \$35.00, Hotel = \$183.15 totaling \$375.26. I was given a check for \$385.90. I am returning \$10.64.

**Itinerary for Florida Service Symposium** I would have put this itinerary in beforehand, but we were planning to do Regional Planning Workshops in March. The budget for this trip is \$800.00. The last time that we went to this Symposium

	<p>it was projected at \$941.60. I have booked a flight for \$276.59, luggage = \$70.00, per diem = \$140.00, Hotel = \$430.08, registration = \$30.00, taxi from airport (no shuttle) = \$50.00 totaling \$996.67. This is \$196.67 over budget that needs to be approved. I am working on a ride to and from the airport in Florida, but not confirmed yet.</p> <p style="text-align: center;"><b>Events</b> May 1, 2019 Service Day, 1<sup>st</sup> full week in June 2019 PR week, and December 1, 2019. Grateful to be of service, Randy D. RDA2</p>
VRCC Report	
H&I Chair Report	
Policy Subcommittee	
Public Relations	<p>Hello all, (This is the report from the vice-chair)</p> <p>PR met the third Saturday of January in person and via zoom conference.</p> <p>We discussed the issues with the radius of meetings searched by the phone line brought to our attention by several areas. I have obtained the contact information for the phone line. The web servant, Ann V, and myself and will be contacting the phone line company to provide training on how to use the database to find meetings more efficiently.</p> <p>The phone line still needs 1 female and 1 male volunteer for each are willing to be contacts for our regional hotline. We will find out the statistics for each area with number of calls. There will also be a phone line training event held by Richmond Metro on May 11 from 1 - 4 pm for those interested please see the event information on our website <a href="https://car-na.org/events/196-phoneline-training-richmond-metro.html">https://car-na.org/events/196-phoneline-training-richmond-metro.html</a></p> <p>The web servant Ann V will be hosting some training events for area web servants and pr committees on what the BMLT is, and how to use it if you desire. Dates and times to be posted on the regional web site at <a href="https://car-na.org/events.html">https://car-na.org/events.html</a></p> <p>To ensure everyone is aware, Area's can add events to our regional web site by going to <a href="https://car-na.org/submitevent.html">https://car-na.org/submitevent.html</a></p>

	<p>We are in the process of completely revamping the carna web site and have created a web site task force. We are looking for volunteers to participate as either a technical resource or a review / opinion resource. Please email <a href="mailto:webservant@car-na.org">webservant@car-na.org</a> if you wish to participate or to find out more information.</p> <p>As a reminder any new rcm's or rcm alternates should email Ann at <a href="mailto:webservant@car-na.org">webservant@car-na.org</a> with your personal email and contact information so she can ensure emails directed to your position get routed to the correct person.</p> <p>PR subcommittee meets in person and via zoom conference call the third Saturday of the odd months, more details at <a href="https://car-na.org/events.html">https://car-na.org/events.html</a></p> <p>In loving Service,</p> <p>Julie B</p>
Speaker Jam	<p>Just want to report that March 9th we are having our regional speaker jam at poquoson Baptist church from 10 am - 5 pm . We have had several subcommittee meetings with the attendance total of 2 including myself . We have speakers picked from all over our Region and have decided to serve fried chicken potato salad and bread rolls. Out of the \$600 in my budget \$175 was used thus Far to order fried chicken for the speaker jam. Next subcommittee meeting will be meeting Wednesday February 20th 2019 at 630 pm at the Starbucks in Newport News on Jefferson ave and will be meeting once a week up until the actual speaker jam. We are looking forward to a successful speaker jam!</p> <p>In loving service</p> <p>Erin Treser</p>
AVCNA Time Slot Ad-Hoc	<p>Greetings to all</p> <p>Your Planning ad hoc/delegate team has been busy planning for the first Planning Session in ten years in our region. We have been meeting via video conference call virtually every Wednesday evening. We have changed the schedule on the planning workshops. When we review the timeline, we realized we weren't allowing enough time for you all to put in your schedule. The new timeline is as follows- Quad 1 probably at UVA right here will be May 11<sup>th</sup>, Quad 2- Winchester June 29<sup>th</sup>, Quad 3 – Lynchburg, July 13<sup>th</sup> and Quad 4 Aug 3-TBD. Please put on your calendar and let your areas know when this event will happen. We need your help in getting this info out to our groups.</p>



	<p>Please if you can send out with your area minutes a separate event information so it can be scheduled. We hope to have this on the CARNA website as soon as we have confirmation on the venues.</p> <p>At the workshop we are planning the morning session to answer the following questions why plan, who plans and show some outcomes in other parts of our fellowship throughout the world that have used this method to improve carrying our message. In the afternoon session our work begins with everyone with all levels of service experience to help prioritize the questions that were sent out in August. Our team is also in the process of putting the questions into six broad categories. These categories were suggestion from world services from collective input received. We also discovered some sequence differences and questions on the survey that is on line. We plan to have this situation corrected by this weekend with instructions on how to download a copy of the questions (that are a google document) from the new planning page on our regional website.</p> <p>This will not work unless we all join together to get as many of our members together. No matter what service experience we need your input. Please show up. We are planning to have round tables with varying levels of service experience so a sharing of this experience along with fresh ideas from newer members join together to give us the best information to work with for our action plans later in this process.</p> <p>So please help encourage everyone to join in to find, change or improve on approaches that the region and/or areas together can find to carry our message to the addict still suffering and in our local external communities.</p> <p>ILS</p> <p>Sherry V.</p> <p>for</p> <p>Your <b>Planning Ad hoc/Delegate Team Committee</b></p>
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8. Area Reports

Almost Heaven	Our RCM is home with family issues and the area asked me to fill in as RCM pro tem and another one of our members Vernon S. as RCM alt pro tem. This is Vernon's first time at Region.
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**Our H&I**

We did not carry any meetings into Eastern Regional Jail because IDs need to be renewed. We carried a meeting into the men's side of the Washington County Detention Center on 29 Nov 2018 and 8 inmates attended and on 27 Dec 2018 and 9 inmates attended.

**Public Relations**

The task group meets monthly. We have a new facilitator David W. We take meeting list to three organizations in Martinsburg and one judicial area in Charles Town, WV

Quarterly updated meeting lists were sent to Journal, Hope Dealers, an ER Doc, HART, the Director, of Behavior Health at Berkeley medical center, Life or Drugs, and Peace Pantry

Need to update BMLT on the Central Atlantic Region web page. Almost Heaven website updated. Including this year's convention flier

Still on the table to improve on our website.

We have received our NA banner and Regions around the world banner and have laminated the region and zones around the world for our table top.

We attend the monthly HART (Healthcare Advocates for Recovery Team) and heard about the new 16 bed detox in Martinsburg, WV. We took meeting list, survey, Intro to meeting and Narcotics Anonymous and medically assistant treatment. The whole stack on medically assistant treatment was gone. We also want to let everyone know a new 50 inpatient rehab in a building being refurbished will open in Berkeley County WV in the Summer of 2019. This will help eliminate the need to take addicts for a 4 or more hour trip to a rehab. Also, at the HART meeting spoke with Keith Gostel who is the director of Behavior Health. He is leaving but we contacted him, and he gave us an introduction to the staff staying and hopefully we can do a PR presentation when the new director come onboard. This will be the third director since the PR task group was formed.

.Two PR members attend the Autonomy Zonal, in Glen Burnie, which had a workshop on PR that was very helpful.

June 2-8 is Public Relations week and the Theme is "**We All are PR**".

We asked for the groups help in exploring further when a member gets wrong

information about our meetings.

PR planning a workshop in May to train members and prepare for activities for PR week.

### **Convention**

It was voted that Admin and Subcommittee Chairs Additional Guidelines be updated to include: handling of NA funds requires a minimum of 2 years continuous clean time and "including the purchase of a registration package."

### **New Business**

The theme for this year's convention will be Acceptance Leads to Recovery.

Merchandise would like to improve organization by stacking merchandise in milk crates against the walls behind the tables. It is estimated that approximately 20 crates will be needed.

### **Update from RCM team for Feb**

Since this was an "odd" month the region didn't meet. Regional subcommittees video conference call was attended by our RCM and RCM alt pro tem and info reported to our groups: H&I Chair didn't participate. Policy Chair was there and discussion on pending motions discussed

Most dynamic group was PR even though there isn't a chair. Discussed phonline.

We have a new webmaster for CARNA, and she is very on task. A Web Development Task Force Team was developed, and many issues discussed that will be reported by Regional PR. It is goal to set up video conference calls for this task group.

It was a bit disturbing to our groups that the Answering Service is using BMLT (Basic Meeting List Toolbox) as reported by point person but that it is not function effectively. Work is in progress to address this by the webmaster.

Followed up with the groups about receiving their area eblast on the new IP draft addressing mental illness. They were encouraged to read and fill out the survey and input part for the new IP and do our part for our new literature.

The video conference call for NAWS PR webinar was report on. Recovery week was addressed, and the information obtained sent to our PR task group. Groups were encouraged to put on their calendars the first week in June for

	<p>Public Relation Week. Our fellowships slogan is <b>“We all are PR”</b></p> <p>Our New Year’s dance was a success by all accounts. In attendance and financially. Good times were had by all and we brought in the new year with our first meeting of the new year.</p> <p>Motion 01052019-01: To allow RCM-pro tem to present the motion below on behalf of the Almost Heaven Area</p> <p>Vote passed: A-1, Y-12, N-0</p> <p>We have given the motion to the chair for today.</p> <p>The East Coast Convention donation of four Basic Texts (3 English, 1 Spanish) for H&amp;I was discussed. It was determined that two English copies will be donated to the library at Eastern Regional Jail and one English and one Spanish copy will be donated to the library at Washington County Detention Center.</p> <p>Discussion was had regarding travel reimbursement of the Delegate Team. It was decided that the RCM Pro tem will ask that it be put new business at Region that we are seeking further clarification and discussion on the use of 7th tradition monies.</p> <p>Today’s Donations from Monies above our Prudent Reserve:</p> <p>Jan: 131.04 region and Naws 131.04</p> <p>Feb: 197.49 region and Naws 97.48 and \$100.00 earmarked for PR week activities</p> <p>For a total regional donation of \$328.53</p> <p>ILS</p> <p>Almost Heaven RCM team</p>
Appalachian	<p>Hello RSC body,</p> <p>The Appalachian area is doing as well as can be expected, we still currently have eight meetings going on in the area, mostly all GSR’S attends area service. We’re still having trouble filling most of the positions on the area level. We also decided we wanted to place the bid for the upcoming September speaker jam, to be hosted by the Appalachian area. I received a</p>

	<p>text message from the speaker jam chair as to what placing the would consist of. Fir what I can see. however I do have a concern that currently just occurred I was presented papers in our area by our VRCC directed, stating that she was contacted by the RD of region about locating a place with WiFi, to host the next meeting, I was baffled as to why the RCM of that area wasn't contacted first. And two why the VrcC directed chose to present it instead of her to contacting the RCM or the alternate RCM. It's the reason we travel to the regional meetings so that we can present the information to our area. Nevertheless I've since spoken to the RD about my concerns and we talked about it and hugged it out. We're looking forward to hosting the Speaker jam hopefully it would bring more love and unity in our area. I've learned and was taught if I just sit back and allow my higher power in he would work things out in his time. Fortunately and unfortunately we weren't able to host the upcoming convention. Our next area service meeting is March 3rd 2019 in the west Lynchburg church 3031 Memorial Ave Lynchburg va, 24501. Our P.O. Box is located at 3214 Appalachian area of Lynchburg va 24501 we have a donation of \$31.72 in loving service</p> <p>Lisa B.</p>
Beach	<p>Hello Family,</p> <p>Beach Area meet this month and currently has 18 Homegroup's and had 12 GSR's in attendance. The only open position is VRCC director. I was elected to serve as RCM.</p> <p>Our H&amp;I is currently serving 2 facilities, Pathways Detox Center and Virginia Beach Psych Center. Two meetings a week at Pathways and four meetings a week at the Psych Center. All commitments have been fulfilled.</p> <p>Our ENC sub-committee (Emergent Needs Committee) is planning a New Year's Eve dance. Fundraisers will coming up. Ideas of a bowling night and a walk/run events were discussed. No dates yet.</p> <p>Our SOTS sub-committee (Serenity on the Shore) is planning our next camp out in October. Don't have a specific date yet. Fundraisers will be up coming.</p> <p>ILS,</p>

	Joe B.
Blue Ridge	
Gateway to Freedom	<p>Good afternoon Family! The Gateway To Freedom Area now has 13 homegroups carrying 15 meetings weekly. The two groups in Oakland, MD are being removed from our meeting schedule. They have joined another Area in the Mountaineer Region. There were 7 GSR's attending Area Service in Jan. and 9 in Feb. for an average of 8. Open trusted servant positions are: Vice-Chair, RCM, RCM-alt, PR Chair, Policy Chair and Literature Chair, Vice-Treasurer and Outreach. Larry B. was elected Treasurer for a 2nd term and Cris S. was elected Secretary for a 2nd term.</p> <p>The SHEVANA Area is interested in putting in a bid for to host the AVCNA 39 convention in 2021. We drafted and sent a letter of support for them to pursue this endeavor.</p> <p>H&amp;I is still carrying only 3 meetings biweekly. They take a men's and a women's meeting into the Potomac Highlands Regional Jail in Augusta, WV and a meeting into the Joseph S Massie Unit, an addiction treatment facility in Cumberland, MD.</p> <p>PR is scheduled to set up at the Freedom Walk on April 27 in Romney, WV.</p> <p>Special Events hosted a Chili Cookoff on Jan. 26 which was a success. They are currently planning a Spiritual Breakfast to be held from 9am-1pm on Sat. Mar. 30th at Saint Mary Catholic Church - 300 E. Oldtown Rd., Cumberland, MD 21502. There will be a guest speaker for this event.</p> <p>Our Camp Jam V Subcommittee has met 3 times now and planning is underway for our 5th annual Campout convention to be held on Sep. 20-22, 2019. We still have empty positions to fill but are on track to have our best event yet. We just finalized our theme and logo "A New Perspective" and will be getting flyers and registrations out as soon as they are designed and printed.</p> <p>Our next ASC will be at 10am Sat. March 9 at Friendship Haven Church - 22 Mechanic St., Cumberland, MD 21502. We have no donation this</p>

	<p>period.</p> <p>As always, I am grateful to serve the Area and Region that I got clean in.</p> <p>In loving service,</p> <p>Duane F. - GTFA Chair/RCM Protem</p>
New Dominion	<p>Good Morning Family, I am the new RCM for the New Dominion Area. My newly elected Alt Steven W is also in attendance</p> <p>We had ASC on February 10th. We had 44 GSRs in attendance. Of those 27 were voting.</p> <p>We currently have 62 Homegroup's carrying 72 meetings.</p> <p>Our H&amp;I carries 32 meetings into 8 facilities. We had an adhoc committee chaired by Ed C created to seek the help of Richmond to put on the 40year event of N.A. in our area.</p> <p>We had the following positions elected in the last area. Special Events: Colleen Treasure: Hazal Vice Treasurer: Leslee VRCC Director: Tina VRCC Director alt: Christian</p> <p>We do not currently have any open positions in area.</p> <p>We have a donation of \$5,403.00.</p> <p>Our RCM team is going to work with Richmond RCM team to hold a RSC Learning Day. The date will be determined and we hope to have a date and time to report next RSC.</p> <p>Our Public Relations Chair announced a phone line workshop with the date of May 11th 2019 from 1pm to 4pm. Meadowdale Public Library, 4301 Meadowdale Blvd, North Chesterfield, VA 23234 Bring a sponsee!</p> <p>Our next Area is March 10th 2019.</p>

	In loving service, Michael L & Steven W
Outer Limits	
Peninsula	
Piedmont	<p>A. <b>Groups:</b> The Piedmont Area currently has 22 weekly meetings in 14 Home Groups.</p> <p>B. <b>ASC Attendance:</b> At February ASC Meeting there were 12 HGs in attendance and quorum was met.</p> <p>C. <b>Open Positions:</b> VRCC alternate. All other positions are currently filled.</p> <p>D. <b>Elected:</b> PR vice-chair</p> <p>E. <b>Group News:</b> no news from the group</p> <p>F. <b>Area News:</b></p> <ul style="list-style-type: none"> <li>a. An ad-hoc committee was set-up to address issues around the language of our policy, which has unclear requirements for service positions. The work of this committee continues. An initial draft of new policy recommendations was reviewed by trusted servants and GSRs. A lively discussion was had during the February RSC and recommendations were returned to the ad-hoc committee. We expect a policy revisions to be made into motions during beginning during the March ASC.</li> <li>b. <b>Dontations:</b> <ul style="list-style-type: none"> <li>i. World: Scheduled donation of \$500 dollars in March</li> <li>ii. Region: \$500 dollars today</li> </ul> </li> </ul> <p>G. <b>Subcommittee news:</b></p> <ul style="list-style-type: none"> <li>a. <b><u>H and I-</u></b> <ul style="list-style-type: none"> <li>i. We now have 6 H&amp;I meetings in 5 facilities held in the Piedmont area, they are listed below <ul style="list-style-type: none"> <li>1. Men's ACRJ- 2/wk</li> </ul> </li> </ul> </li> </ul>



2. Women's ACRJ – 1/wk
3. Boxwood- 1/wk
4. 5East-Uva. Medical Center-Wk.
5. A weekly meeting was added this month that at the Wellness Recovery Center that will serve this facility, the Mohr Center, and the Morris Creek Women's Center. We are grateful to Hunter C for the perseverance it took to finally get this meeting going.

b. **Public relations**

- i. 1. We continuing to stock IPs in the respective facilities:

1. Region 10 Downtown
2. Region 10 Old Lynchburg Rd.
3. Piedmont House
4. JMRL Downtown
5. PVCC
6. Wellness Center
7. UVA 5 East
8. UVA Heath System ID Clinic
9. Church of our Saviour
10. St. Paul's Memorial Church
11. Mohr Center on E. Market St.

2. PR is looking into putting literature into Martha Jefferson Hospital

3. The Website is also being updated when needed. It

	<p>is getting an average of 70 new hits per month.</p> <p>c. <b><u>Special Events</u></b></p> <p>i. Special events is meeting today to begin planning our 2<sup>nd</sup> Annual Speaker Jam, which is tentatively scheduled for April 27, 2019 at the Church of Our Saviour on Rio Road.</p> <p>H. <b>Area Concerns:</b> Phone lines reporting all meetings in the area when called.</p> <p>I. <b>Brief Summary: All is well in the Piedmont</b></p> <p>J. <b>Next ASC meeting: January 6, 2018</b></p> <p>ILS,</p> <p>David H.</p>
Rappahannock	
Richmond	
Roanoke Valley	<p>The Roanoke Valley Area of NA is doing well and the message of recovery is being carried in our meetings. Our ASC last met on February 10 in Roanoke, VA. We currently have 21 NA Groups conducting a total of 25 meetings weekly. Of the 21 Home groups, on average, 13 of the groups are represented at the ASC each month. We are still working to fill the Vice Treasurer, Policy Subcommittee Chair, Alt RCM, and Public Relations Subcommittee Chair Positions. Our H&amp;I Subcommittee is currently conducting H&amp;I meetings at the Salem Veterans Affairs Hospital, Blue Ridge Behavioral Health Detox facility in Salem, and we have started a new monthly H&amp;I meeting at Catawba Hospital in Roanoke County. I emailed Teddy, on Jan 19, 2019, our updated phone line contact information for updating of the Regional Phone Line. Our next ASC will be held on March 10, 2019 at 2:30PM at the Williamson Road Church of the Brethren, 3110 Pioneer Road NW, Roanoke, VA.</p> <p>ILS,</p> <p>Mike G</p>
Shenandoah Valley	
Southside	<p>Hello family, . Last ASC was Feb 3,2019 . All positions except vice treasurer and web master were filled. We are investigating 3 bids to hire someone to be</p>

	<p>webmaster. Our new H&amp;I is Helen. H&amp;I is again taking meetings weekly to mental health and the women's jail, although we are hurting for volunteers. A new in-service is scheduled.</p> <p>We have a member celebrating 23 years the 23 rd of this month. We got a new phone for area and it is again working, same numbers</p> <p>Donation to region is \$95.00. . We have 19 home groups, out of 35 meetings and only 11 GSR were present this month.</p> <p style="text-align: right;">In Loving Service Sue N.</p>
Tidewater	<p>The Tidewater Area is having its Area Convention from March 1<sup>st</sup> – 3<sup>rd</sup>. TACNA XVII will be in Downtown Norfolk at the Waterside Marriott. We will have terrific speakers and workshops, marathon meetings, dances, and a comedy show. I have brought flyers for you to take back to your areas.</p> <p>Area Service went well. We still have about 68 meetings weekly. Our H+I has an old jail meeting starting back after the Chesapeake City Jail built a new building for 90 Day Reentry Program. We still have nine other H+I commitments.</p> <p>The Tidewater Area and Beach Area will be joining in to help with AVCNA in Virginia Beach next year.</p> <p>In Loving Service,</p> <p>Chris P.</p>
Tri-Cities	<p>Hi family. My name is Greg F and I am an addict. I was recently elected as RCM for the Tri-Cities Area. I am pleased to report that we are a functioning area with all positions filled:</p> <p><b>2019 Elections</b></p>

CHAIRPERSON- Maria C.  
 Vice Chair- Toney W.  
 Secretary- Maria H.  
 Treasurer- Darnella K.  
 RCM- Greg F.  
 RCM Alternative- Tim B.  
 VRCC- Hakiem S.  
 VRCC Alternative- Akin S.  
 H&I Chairperson- Darrell M.  
 Literature Chairperson- Jennifer B.  
 Policy Chairperson- Tracy D.  
 Public Relations Chairperson- Paul J.  
 Special events Chairperson- Sharon D.  
 We currently have 17 groups with the recent addition of the Freedom to Live Group and Breaking the Chains group as well as the following groups:

Back 2 Life: GSR, Dewitt K.	
Clean and Serene: GSR,	Kelley G.
End of the Road: <b>Dropped</b>	<b>from Quorum</b>
Facing Illness and Injury:	GSR, Stafford H.
Feelings: GSR, Ronnie G.	
In the Solution: GSR,	Herbert. T.
Just For Today: GSR, Lisa B.	
Mid-Day Hope: GSR,	
Recovery from Within: GSR,	Tracy O.
Saturday Night Live: GSR,	Maria C.
Surrender Now: GSR, Laurie.	A.
The Message is Hope: GSR,	Frannie F.D.
Wake up Call to Recovery:	GSR Alt., Freda W.
We Do Recover: GSR, Beth	H.
Why are We Here: GSR Alt.,	Eric R.

I am looking forward to serving this year at the Regional level.

We have a donation of \$72.57

In loving service,

Greg F. - RCM

9. All New Business Motions turned in before lunch

## 10. Elections & Nominations

Vice treasurer: Open (open since 173<sup>rd</sup>) no nominees at 191<sup>st</sup>. No nominees at 192<sup>nd</sup>. No nominees at 193<sup>rd</sup>. No nominees at 194<sup>th</sup>. No nominees at 195<sup>th</sup>.

Public Relations position became open at 192<sup>nd</sup>. Current chair had to step down due to personal/family issues. Nominations needed. No nominees presented at 193<sup>rd</sup>. No nominees at 194<sup>th</sup>. Richard S nominated at 195<sup>th</sup> by Michael L, seconded by Chris P. No cons to the nomination. Richard voted in by acclamation. Richard's quals: clean 28 years; has a sponsor who has a sponsor; working knowledge of 12 steps, 12 traditions, 12 concepts; willing to serve, strong sense of vision for Regional PR in relation to primary purpose; has experience as area chair, area vice chair, PR chair, policy chair, webservant chair, newsletter chair, etc.

Randy D (current RDA2) is automatic nominee for RDA. Sent back to areas for other possible nominations.

Randy's quals: 22 years clean, working knowledge of 12, 12, and 12, service sponsor, has been RDA2 for one year and 10 months, served on homegroup and area level, has been to WSC, helped with H&I and PR and Outreach, have a sponsor, trying to live by spiritual principles ODAAT, willing to serve. Nominations closed at 195<sup>th</sup>.

Pro: 1) Is familiar with the position and has delivered well to the Region as RDA2) Gives concise reports. 3) Enthusiastic willingness Cons: none given

RDA2 became open 195<sup>th</sup>. Teddy P nominated at 195<sup>th</sup> by Brian C. Teddy's qualifications: 29 years clean;

Secretary position comes open in February. Julie T nominated by Kim M. (Richmond area) at 194<sup>th</sup>. Julie voted in at 195<sup>th</sup>.

Regional chair and vice chair positions come open in June. Etta F (current vice chair) is automatic nominee for chair.

## 11. Old Business:

- a. **Motion 185-2:** Background: Currently our guidelines are silent as to who is responsible for scheduling subcommittee meeting locations and how far in advance they should be scheduled.  
Intent: To establish a single point of accountability to ensure that subcommittee meetings are scheduled sufficiently in advance to allow time for them to be publicized.  
Motion: Add Section 10 A 7 to read "Schedules subcommittee meeting locations at least 3 months in advance. Such locations must have WiFi or similar technology available for use at the subcommittee meeting."  
Mover: Norman C. Second: Mark S. **Disposition: Referred to Policy. In policy at 192<sup>nd</sup>. Policy change presented at 193<sup>rd</sup> and sent back to areas. 2 Pros from the floor: 1) consistency 2) accountability. 1 con from the floor: adds more duties to the vice chair. This motion was voted on at the 194<sup>th</sup> but, due to a large number of abstentions it was sent back to the areas. By policy this motion required a 2/3 majority to pass. Abstentions do not count. Three RCMs chose not to vote. That reduced the voting RCMs to 8, making a 2/3 majority 6 Yeas. Vote resulted in 7 yeas. Motion passed.**
- b. **Motion 189-2:** Provide bank cards to the Delegate team which access budgeted funds. The Treasurer would transfer funds into the account(s) associated with the card and the trusted servant would be able to spend budgeted funds and provide receipts for expenditures as stipulated in policy. **Intent:** to help the Regional treasurer and the delegate team be accountable and responsible and to help them better fulfill

their duties. **Disposition:** Referred to policy. **Still in Policy. In Policy at 192<sup>nd</sup>. Still tabled at 193<sup>rd</sup> Still tabled at 194<sup>th</sup>. Still tabled at 195<sup>th</sup>.**

- c. Policy chair said that she will look into how to address the idea of reimbursing for mileage as opposed to gas receipts. (187<sup>th</sup>). Still doing research as of 189<sup>th</sup> and the 190<sup>th</sup>. (191<sup>st</sup>) (192) (193<sup>rd</sup>)(194<sup>th</sup>)(195<sup>th</sup>)
- d. Policy chair crafting policy to help keep track of the whereabouts of Regional tangible property and how to appropriately dispose of such when necessary. (189<sup>th</sup>) (190<sup>th</sup>)(191<sup>st</sup>)(192)(193)(194)(195<sup>th</sup>)

12. New Business:

- 1) **Motion 195-1:** That all motions, including changes to policy, be discussed on the floor and be accompanied by up to two pros and two cons when being sent back to the areas. **Intent:** To encourage discussion of motions being sent back to the areas and provide areas with more information and background about motions being referred to them. Mover: Brian C. Second: New Dominion **Referred to policy**
  - 2) **Motion 195-2:** For any Regional Event/Workshop being held in all four quadrants of the Region (ie CAR, CAT, strategic planning) that the RCMs of the particular quadrant be included in the decision making as to which area will host the event. If more than one area is interested in hosting the event and has a location that meets the required criteria for meeting space, ie WiFi, etc, that a ballot drawing be performed at the Regional Service Conference. **Intent:** To allow the RCM to have a voice as to what area hosts regional events for unity and inclusion and to honor the 12<sup>th</sup> tradition and eliminate possible principle over personalities perception. Mover: Sherry V Second: Kim M **Referred to policy**
  - 3) **Motion 195-3** Request by RDA2 for \$196.98 more than is budgeted in order for the RDA2 to attend the Florida Service Symposium. **Motion passed Yea- 8 Nea- 1**
  - 4) **Motion 195-4** Request by RD for \$196.98 more than is budgeted in order for the RD to attend the Florida Service Symposium **Motion passed Yea- 8 Nay- 1**
  - 5) Straw poll as to whether April 2 day should be moved to the weekend after Easter: 15 want to move it. 5 want to keep it  
Motion made to move the event to April 27-28. After much discussion about whether changing how the Region does business in order to accommodate a religious holiday was a violation of the 6<sup>th</sup> tradition the question was called and discussion closed. Motion to move event passed. Yea: 7 Nay: 3
  - 6) Chair and vice chair positions come open in June.
13. Next RSC will be held on: April 27 and 28<sup>th</sup> in Fredericksburg, VA at the Fredericksburg Hospitality House and Conference Center 2801 Plank Rd. F'burg 22401
14. Announce Location and Time of next Subcommittee Meetings: Martinsville, VA **To attend via Zoom conferencing see CAR-NA website for Zoom log on info.**
15. Close with Serenity Prayer and Announcements