

**148th Central Atlantic Region
Regional Service Conference
Meeting Minutes
February 19, 2011 in Charlottesville, VA**

Open Forum – (began at 11:10 am)

Topics of Discussion:

1. Policy has been reformatted and need okay to print from this body.
2. Service System, growth of fellowship
3. Mention of US fellowship conference
4. Minutes sent out in email and postal
5. Vice Chair duties need to be looked at to make position more attractive.
6. Objectives/goals for this region and what services we will provide.
7. Subcommittees responsibilities and are they necessary

Open Forum closed at 12:05pm

RSC opened with the Serenity Prayer at 12:20 p.m.

Purpose read by Eddie W., 12 Traditions read by David W., 12 Concepts read by Jim H.

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

Sherry V. – Chair
Antoinette B. – Pro-Tem Vice- Chair
Jennifer D. – Pro-Tem Secretary
Don V. Pro-Tem Treasurer
Etta S. – Regional Delegate
Donna Lee P. – Regional Delegate Alt.
Kim C. – VRCC Chair
Nancy S. – H&I and PR Pro Temp Chair
Bill M. – Policy Pro Temp Chair
Jess G. – Almost Heaven RCM
Greg H. – Appalachian RCM
Peter P. – BRANA RCM
Brad M. – New Dominion RCM
Stephen W. – NRV RCM
David M. – OLANA RCM
Antoinette B. – Rappahannock RCM
Nancy S. – Richmond RCM
Sam A. – Roanoke Valley Alt. RCM
Randy D. – SHEVANA RCM
Neal G. – Tidewater RCM
Butch C. – Tri-Cities RCM

Areas not present –Peninsula, Piedmont, Southside

Neal G. will contact Peninsula Area
Greg H. will contact Southside Area

Recognition of New Attendees –

Butch C. Tri-Cities Area
Trevor D. New Dominion Area
Terrance K. Appalachian Area

Establishment of Quorum 12 RCM/RCM Alts present, 1st and 2nd Quorum met.

Reading and Approval of Minutes

Motion 148-1: Maker: Neal G. Tidewater Second: Greg H. Appalachian

To approve 147th minutes as read.

Motion passed (1-11-0)

Trusted Servant Reports

Chair Report: Hi everyone, this month has been busy with opportunities to hear more about what’s happening in our fellowship.

I attended our Regional Convention in Fredericksburg and want to thank the Rappahannock Area for hosting a fantastic convention. While there I attended the Service System workshop facilitated by our delegate team. I learned a lot from listening to the thoughts and feelings of our members not just in our region but in other regions as well where the effect could be more evident. Great job delegates not only in doing the workshop at our convention but in central Atlantics turn to host the Autonomy Zonal Forum held in Ladysmith. To hear from our neighboring regions is always educational. I’m sure more will be reported by our delegate team. I facilitated our service meeting in Quad 2 in Berryville on Jan 15th. More will be reported later.

I also attended the Mid Atlantic Regional Learning Conferference XXVII (Marlcna) and again heard more about the service system project, consensus based decision making and a beginning look at our home groups. Thanks to all for being here today to see how we can best carry our fellowships message of recovery into our respective communities.

Kenny F. has agreed to send mail to treasurer.

ILS, Sherry V.

Vice Chair Report: Position Open

Secretary Report: Position Open: Reports still being sent a week after the regional is over.

Jennifer D. (Pro-Tem).

Treasurers Report: Position Open:

Dear Family,

Kenny F was able to go to our mailbox and delivered the mail to me at MARLCNA. It is my understanding that Kenny is willing to continue to pick up and forward the mail. Thank you, Kenny.

As indicated below, I did make the donation to NAWS as discussed at the last RSC. As you can see, this did again bring us below our prudent reserve, even though our donations were substantial.

Our beginning balance since the last RSC was: \$9,638.24
Total donations were: \$4,147.31
Total Beginning Balance \$13,785.55
Expenses were:

NAWS	Regional Donation	\$4707.42
Norman C	Literature Review Ad-Hoc	\$48.91
Edgehill Treatment Center	Literature Review Ad-Hoc	\$5.00
Nancy S	Literature Review Ad-Hoc	\$22.00
Eddie W	Literature Review Ad-Hoc	\$28.00
Lawrence E	Regional Inventory Ad-Hoc	\$11.34
Wesley Foundation	147 th RSC Rent	\$50.00

Donna Lee P	RDA-2 Service System Workshop	\$33.70
St Luke's Baptist Church	January Subcommittee Meeting Rent	\$50.00
Primus	800 Number	\$182.48
Etta F	AZF Food/Rent	\$300.00
PCMS	Answering Service	\$809.81
Primus	800 Number	\$182.48
Cash	RD & RDA MARLCNA Per Diem & Reg.	\$190.00
Red Roof Inn	RD/MARLCNA Lodging	\$182.81
Red Roof Inn	RDA/MARLCNA Lodging	\$169.50

Total expenses:	\$6,973.45
Current Balance:	\$6,812.10
Current Prudent Reserve:	\$11,748.37
Under Prudent Reserve	\$4,936.47
NAWS Donation:	\$0.00

ILS, Don V.

Regional Delegate Report:

Hi Family, we have been very busy lately and have a lot of info to report on so I have gathered the main points to create this report and trying to keep it within out time limits.

AVCNA- The RSC was represented this year by the delegate team. We presented the Service System Workshop. This workshop had about 10-12 attendees and was accidently left off the program. It was however, announced at the Friday night meeting. The workshop discussion revealed some discontent with the proposed models of the intermediate, state/national and zonal models. Let it be known as was expressed there that we all have a voice in this matter and your input can be given individually, by groups, area or at the regional level. We have choices here and are welcome to submit and designs that we think may be a better solution. It was shared that a regional ad-hoc committee could be formed to work on this.

Autonomy Zonal Forum-Central Atlantic Region hosted the AZF on January 29th at Ladysmith VA, Wrights Chapel Methodist Church all zones sent representation except one. We had a great discussion and some points of interest that were discussed were that with regional conventions 501c3's cannot donate to regions that are not incorporated without causing tax problems. A point of interest that may be crucial in securing insurance is that liability policies usually double in price when we mention that food will be served at some events. Apparently in securing quotes many have not mentioned this. It was also addressed that when questioned many churches already have insurance that covers are meetings and are not aware that it falls under their coverage of outreach ministry. This means that many meetings would be duplicating coverage if the purchase was made. While discussing the service system project, a question was posed regarding the GSU model as to how elections would be run there and who would facilitate it. There was also some question of the recent invites and emails received from the United Assembly. It was the general feeling that this was an outside entity and that there would be no funding from any of the regions there to attend their gathering. Our next AZF will be hosted by the mountaineer region and we will be discussing and receiving a presentation on consensus based decision making. Receipts for the cost of food and beverage will be turned into the treasurer. We spent 288.35 using \$75.00 for the donation to the church. Because we hosted this event and it was so close. I am not claiming any of the expense allowances. We did in fact open with our new vision statement for the first time. MARLCNA- February 11, 12, 13 in Lancaster PA. This was an off conference year and so our meetings and information content is much less to report. We started with the NAWS update which basically talked about the same things we heard in Baltimore. NAWS continues to be mindful of expenses and continues to downsize the number of WB members and special workers to events. Literature donations are being carefully watched and translation efforts are being given to the entities that need them to curve costs. The E-subscriptions to the NA way are in place and the paper subscriptions have been cancelled and all who want them may ask or e subscribe (which will allow more content) so as to not send to defunct groups. I was unable to make the morning session due to a severe migraine. The RDA however has the info. This is just another reason why the delegate "teams" is valuable. She will report the info in her report. We continue to discuss the service system project and after input and review we have some minor changes, one thing of interest is paying attention to the symbols used to

describe parts of the project are found to be very helpful to visual learners. There is a new piece added to it called collaboration. One of the challenges that I discussed on the floor was making this simple for our newer population. We were told that we had been given info in pieces and it would continue to give us time to process. My concern was that it was too much info and the language hard for a newer member to evaluate since many are not used to the current structure. I have received some info from one of WB members and will incorporate the approach at the GSR Assembly in April. The current updated information can be found on www.na.org under the service system project. In our question and answer period one of our board members were asked if they were going to Wichita to the United Assembly gathering and his response was that he would not be and was not invited. It once again is being viewed as an outside issue not falling under our current structure. Gas receipts will be turned in to the treasurer totaling 93.42. We are looking forward to April and our presentation of the Service System project. All are welcomed to attend. I have just completed a survey sent to us that was asking about our feelings of how we view the WB elections and its process. It was completed and returned on the day I received it. Please remember that early bird registration for the WCNA is March 31st. I have a copy of the poster and the NAWS annual report for any who are interested. All info is readily available on our website. Please be aware that there is a literature survey and election survey are online for you to fill out. It is important that we have your input.

In loving service, Etta F.

Regional Delegate Alternate Report:

Regional Delegate Alternate II Report: Position Open

VRCC Chair Report:

The 29th AVCNA was a very good convention, however, we lost money. We had hoped to break even but that was not the case. However, everyone loved the convention and all said they had a great time. The Host committee worked very hard to bring it all together.

The 30th AVCNA, sponsored by the Tidewater Area is in full swing and things are going smoothly. Our next VRCC meeting will be held on March 19, 2011 @ the Wesley Foundation, 1908 Lewis Mountain Rd.

Charlottesville, VA.

ILS, Love and Hugs, Kim C.

Activities Chair Report: Position Open:

We will be back at Wesley Foundation in February.

Hospitals & Institutions Chair Report: Position Open:

I'm sorry, I did not attend last subcommittee meeting. I have nothing to report.

ILS, Nancy S.

The pro temp chair sent report and there was nothing to report. Nevertheless, we would like to ask about updates on letters received at the last regional subcommittees.

ILS, Sherry V.

Policy Chair Report: Position Open:

I am sorry I was unable to attend the last subcommittee meetings. I was very ill.

I completed the revisions to the policy guide. A version of policy guide is posted on the regional website. The posted policy guide contains all the changes made to the guide over the last year.

I have also completed my revisions of the formatting. A copy of the revisions is available today. The changes are limited to the outline format, spelling, minor grammar issues, and page numbers.

I did not denote all the changes because there were just too many to mention.

A mistake in the proposed policy guide has already been pointed out to me so, please take the time to proof read the document.

ILS, Bill M.

Public Relations Chair Report: Position Open

I received an email from our chair that had been sent to her from a writer for the Richmond News Leader. The writer wanted to do an article on NA members using social networking to help each other thru the holidays. This was viewed as an outside issue as the writer wanted to use full names of members. This letter/email was passed onto the McShin foundation chairperson.

For the lover of service, Nancy S.

An email was given to the Richmond RCM to give to their area PR subcommittee and would like to have an update on what was done.

ILS, Sherry V.

Speaker Jam Report:

There is talk about holding a Speaker Jam in Sept. 2011 either in PA (area home group) or in part of West VA there are 5 people involved. Nevertheless, so far we have nothing scheduled for March 2011.

ILS, Sherry V.

Ad Hoc Committee-Regional Inventory: Position Open:

Hello, Family. I find it necessary to resign from my work on the Regional Inventory.

ILS, Lawrence E.

Ad Hoc Committee-Regional Insurance: No report submitted

Area Reports -

Almost Heaven RCM Report:

Almost Heaven Area currently has 33 home groups and approximately 65 meetings a week. Our Area Service is held the first Saturday of every month in Shephardstown WV @ 1:30pm. At our last ASC, there were 10 GSR's in attendance. The following positions are open in our Area: Chair, RCM, RCM alt, Special Events, H&I, PI, Newsletter & Outreach. Literature is up and running and doing well. Our new Policy chair John E is holding sub committee meetings regularly. Convention Committee has decided on their theme for this year, The Journey Continues 25 Years Later. There are fliers out for anyone who is interested in submitting a logo, to go along with our theme. The logo will be chosen at the March full convention committee. The committee has sent pens for RCM have to distribute to their area. We have a newly elected Treasurer at area, Cathy Jo B which allows being able to resume sending donations to regional. This month AHA sent a check for \$1051.19. We held a New Years dance for Special Events. Although we planned this in little time, the dance was a success and we were able to bring in the New Year and hold the first AHA meeting of 2011. Our H&I commitment is temporarily suspending until the 2nd week in April, pending an orientation for all members wanting to do H&I. An orientation packet is also being created to hand out by a member appointed by our service meeting for this task. This work came from our service meeting by our vice chair. Our CO-OP has decided to start their own area. AHA will continue to support them the best of our ability and wish them the best of luck.

ILS, Jess

Appalachian RCM Report:

Hello Family,

It has been a while since the Appalachian Area has been represented at the Regional Service and I would like to say that it is good to be back at the RSC. The Appalachian Area is in a transition period at this point. We currently have 11 home groups in our Area, we have 2 H&I commitments (one at a jail, and one at a homeless shelter). We did have some problems with a lack of quorum (5) for Area service (we didn't meet for two months in a row due to a lack of quorum), however we have been having consecutive meetings for several months now. The following positions are open at Area: Secretary, Treasurer, VRCC director, Alternate VRCC director, RCM (I am currently serving pro tem), and Alternate RCM. Last month we had two home groups close due to a lack of attendance, a new meeting form, and one home group moved in an attempt to have more

participation. There is a recovery club now in Lynchburg, and there is one meeting there with another one that will be meeting there beginning in March. Just like the rest of the fellowship, we have been having troubles with our finances. We are now happily operating out of prudent reserve, and we have a donation of \$84.70 today! I have the conscience of the area and am prepared to vote on the regional motions today.
 With Love of the fellowship, Greg H. (RCM pro tem)

Blue Ridge RCM Report:

Dear CAR-NA Region:

BRANA RCM pro temp reporting here. The Area has given me their group conscience to vote on the pending Regional motions and current items that arise at this conference. I regret being unable to attend in December, family and personal issues required my attention; these issues and Group and Area service continue to keep me from properly meeting the needs of this position.

Our Area trusted servant position vacancies are: Secretary, RCM, RCM Alternate, VRCC Rep and Policy Chair. BRANA has no donation to make to the Region. Our income is greatly reduced and we have cut expenditures with a new 2011 budget. Groups, Area and Outreach are vibrant. We continue to carry the message at Meetings, celebration/social gatherings, and with sub-committee activities.

Items of interest and attention for our AREA:

- We elected a new Treasurer and removed a Secretary for failing to meet requirements of the position. A new Secretary has been nominated. We have adopted a Policy Ad-hoc committee for action as needed similar to the CAR-NA model. Filling trusted servant positions and offering trusted servants to Region continues to be a challenge.
- Income in a depressed economy; having difficulty giving desired support to BRANA Outreach, unable to contribute adequately to Region & World
- We have developed a greater Unity spirit at Area level and the enthusiasm of “We Can” is palpable, it has vitality. The dedication to “carrying the message” is pervasive in the Groups and its members.

Votes

We have voted on the standing nominations and motions from the 147th RSC and the results are as follows:

REGIONAL MOTIONS:

Motion 147-13 Mover: Don V.

Second: Bill M. New Dominion RCM

Motion: To change Policy, Section VIII, Item 1

From: RSC will maintain a prudent reserve. After expenses are paid, all remaining money will be donated to NAWS.

To: RSC will maintain a prudent reserve. After expenses are paid, 50% all remaining money will be donated to NAWS.

Intent: To allow for prudent reserve to be better maintained during low donations RSC’s

Pro: In our present practice, we are starting each RSC either at or below Prudent Reserve. This motion would allow the RSC to have a small buffer that would allow us to help cover a low donation RSC.

Pro: This motion would create a more flexible access to our financial resources and also allow for times of low donations from area to region, donations to NAWS would most likely more consistent as well as no donations are made to NAWS when the region is below prudent reserve. This way donation to NAWS would be spread throughout the fiscal year.

Con: Areas may drop their donations by 50%.

a. 141-18 Purchase Liability Insurance				NO (NO FUNDS)
b. 147-13 Change Prudent Reserve/Donation formula				YES

ILS, Peter P.

BRANA RCM pro temp

BRANA 30 CAMPOUT: JULY 15-17, 2011... registrations now open on-line! Visit BRANA.org and click on Campout to link to website. Also attached flyer for printout and distribution. Attached to email with minutes.

New Dominion RCM Report: No report resubmitted

New River Valley RCM Report:

Hello All,

My Name is Stephen and I'm an addict. I am happy to announce that the New River Valley Area of Narcotics Anonymous has elected me to serve as RCM for another year. Not much had Changed since I last attended the RSC in November

We still have 10 home groups with 12 meetings. We only have 2 trusted servant positions open, Activities Chair (Which is about to be filled) and VRCC rep which has been vacant for 4 years.

Our 7th tradition was 336.61 which is 63.39 below prudent reserve so unfortunately we have no donation to region this session.

Our spring and summer activities are still in the planning stages so I have no detail on them yet, I will by the next RSC and I'll have them posted on the regional website by then as well.

I look forward to serving with you for another year and learning how to be a better RCM and to be more effective in carrying the message to the addict who still suffers.

ILS, Stephen W

Outer Limits RCM Report: Present No report submitted

Peninsula RCM Report: Absent No report submitted

Piedmont RCM Report: Absent Report submitted

Hello, Family. The last ASC meeting was held February 6 at the Wesley Foundation. Sixteen of Seventeen groups were represented. We have 25 meetings each week.

Regional Motions:

146-2 MARLCNA Approved

147-13 Prudent Reserve Opposed

The Piedmont Area recommends increasing the Prudent Reserve. The proposed scheme would increase the Region's funds on a continuous basis.

Mary C. has been working with the Piedmont and New Dominion areas to collect literature for the Goochland Jail.

The last Special Events meeting was held Jan. 29. We held a very successful Valentine event and Game Night on February 12. PACNA is being planned for the weekend of June 12 at Small Country in Louisa.

Saturday March 5, we're having a Dog's Day in the park. Fellowship for us, fellowship for the dogs.

The Piedmont Area is holding its First Annual Speaker Jam on March 26 at Trinity Episcopal Church, Preston Avenue, Charlottesville. Speakers have been lined up from around the state and DC. Speakers from Noon until 6:00. Spaghetti Dinner from 6:00 until 8:00. I brought some flyers, one for each present today.

Treasurer's Report

Beginning Balance 2,098

Donations 1,141

Expenses 1,101

Ending Balance 2,137

We are making a \$200 donation to the Region and to WSC.

ILS, Lawrence E.

Rappahannock RCM Report:

Greetings and Salutations,

This RCM is pleased to once again have the opportunity to serve the Rappahannock Area. Area was held February 6th 2011 19 groups make up the Area 13 GSR's were present .The first event the 29th AVCNA which was held January 7-9th was a success the convention had the atmosphere of love and all that participated had a wonderful time the host committee did a fantastic job even though they had a small group of trusted servants they truly demonstrated the WE of the program. H&I is actively working with 3 facilities to make arrangements

bring meetings to those facilities. PR is doing a great job they did another panel discussion for the second time at Snowden the panel was successful the first time and asked to return on January 24th. Activities are having a Speaker Jam on Steps & Traditions at the White Oak Rescue Squad the time and date has yet to be determined. The GSR's voted to abstain from the two motions from region the Liability Insurance, and Nancy S. being voted in as the RDA 2, this RCM was not able to attend the first Area in January due to a family emergency and did not get them the information in time for them to make an informed decision. My apologies to the Area and to this body.

In Loving Service, Antoinette B.

Richmond RCM Report:

The area continues to consist of groups continuing to carry the message of NA. Successfully as we see the fellowship grows.

Area service continues to lack luster as attendance is minimum. We have the following positions filled in the Richmond area: Chair-Carol P., Secretary-Annette J., Treasurer-Tammy R., Policy Chair-Rob D., Newsletter-Dallas B., Outreach-Carson K., PR-James D., Special Events-Tarsha C. and H&I-Zeke C.

The Special Events committee continues to hold successful and fun events.

The circle of sisters held a successful convention last weekend. The COS will attend ASC in March and bring donation.

The H&I subcommittee stated they have 4 new female subcommittee members and are working on a learning day for April.

Outreach continues to encourage new GSR to attend their business meetings where they do training for GSR. They also meet with new GSR at 3:30 pm before ASC.

We have no donation again today.

ILS, Nancy S.

Roanoke Valley RCM Report: Present No report submitted

Shenandoah Valley RCM Report:

Greetings to the RSC from the SheVaNA Area of NA. Our last ASC was held on Monday February 14, 2011 in Winchester Va. with 14 out of 17 Groups being represented by GSR and Alts. We had one group that folded (Last Chance Group at the Salvation Army on Thursday nights.) and we had one Group that was voted out of the Area because of too many Tradition violations. This Group made a claim and the motion to remove them has been sent back to groups. This was done according to the 8th and 9th Concepts. We are carrying 23 meetings per week.

We are operating under prudent reserve and we are unable to send a donation at this RSC.

Our Literature Committee continues to strive with good literature being available at each ASC with a wide variety. Dave has done a wonderful service to this committee.

H&I are still committed to doing three commitments a month. The Juvenile Detention Center, the CFW Regional Jail and the Behavioral Health Unit at the Winchester Medical Center. Our member participation has picked up since the last RSC. We have another Facility that wants NA services (Camp Seven) and we are communicating with them. Our next H&I handbook study is set for March 20, 2011 at the Daily Grind on the Old Town walking Mall in Winchester Va. beginning at 11:00 am.

Public Relations are working on new printing of meeting list, website statistics along with website updates.

Outreach continues to visit struggling meeting and help with unity of fellowshipping.

Newsletter did not print this month and reported that they will print next month.

Policy is tasked with a lot lately from Guide line cleanups to new sections and guideline dealing with the removal of groups.

Special Events just had a tubing trip. We are planning several events including a campout this summer. Please see our website www.shevana.org for upcoming events.

Our vote on the 147th Regional motions is as follows; 141-18 abstains.
147-13 abstains.

My job has changed my work schedule to 12 hour a rotating shift which interferes with me being available every time the RSC meets. I am not going to be the RCM maybe I'll be the Alt.

SheVaNA new RCM Melissa E. reports about elections.

Dear RSC, I've been elected the incoming RCM. I am looking forward to this new Service Commitment. We have elected a new Chairperson, (Kenny D.), secretary (Meredith M.), Treasurer (Joe Z.), Newsletter (Darryl L.), Literature (James B.) and we have nominees for Special Events (Hugh M.), and Policy (Cathy M.). Open positions are Vice Chair, PR, Outreach, Vrcd Director, Vrcd Alt Director and RCM Alt.. ILS Melissa E. ILS, Randy D. RCM SheVaNA

Southside RCM Report: Absent No Report submitted

Tidewater RCM Report:

There are approximately 107 meetings in the Tidewater area of those 70 are groups. We have around 30 GSRs attending area.

We have several service positions open at this time- Treasurer, alt Treasurer, alt RCM, and maybe a couple of others at the subcommittee level.

Group news: No significant group news.

Area news: Plans for the 30th AVCNA are progressing nicely. Our first fundraiser was a spiritual breakfast which was well attended. The next fundraiser is coming up in March. When the exact date is determined it will be posted on the CARNA website. The Tidewater area convention (TACNA) is this weekend in Norfolk. There will no TACNA next year as we didn't want to have competing resources as we prepare for and host the AVCNA. The biggest news in our Area is that several groups in Virginia Beach have formed a new Area known as BANA- Beach Area of Narcotics Anonymous. This is an idea that some people have toyed with for several years. Their biggest concern about the Tidewater Area was that it had gotten so big that there was no time at the Area meeting for the needs and concerns of the home groups to be heard.

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

Area concerns: Our Treasurer, who is stepping down as of the last Area meeting, is still concerned about the length of time that it takes for our check to clear for our donation to the Region.

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

Our next Area meeting is on Sunday March 13th.

ILS, Neal Griffin

Tri-Cities RCM Report:

Our area has 12 active home groups. The newest of the 12 being Women of Courage which is a Basic text Study.

We have meetings morning, noon and night with great attendance from all groups.

There will be a Sweetheart Dance Saturday February 26, 2011. I have fliers for each area groups today.

There is no donation for the region at this time, due to monies for literature and website.

There are four anniversaries for the month of February.

Meeting list and flyers for the dance are attached to this report.

ILS, Butch C.

Break of lunch @ 2:06pm – 3:06pm

Reconvened @ 3:10pm w/serenity prayer and roll call. 8 RCMs present, quorum met.

Old Business

Motion 148-2 Mover: Nancy S. Richmond RCM Second: Randy D. SHEVANA RCM

Motion: To put off voting on Old Business until after nominations and elections.

Intent: To have more RCM in room.

Motion Passed 0-5-3

Nominations and Elections

Chair

Jim H. nominated and accepted

Qualifications

Have a home group, 19 years and 360 days clean, 12 years in VRCC, had numerous position at area, have a sponsor and work Steps, knowledge of Robert Rules of Order, service work serenity, and work Traditions.

Jeff H. nominated and accepted

Qualifications

My clean date is April 11, 1983, recovery is in NA, have home group, NA sponsor, sponsor men, believe 12 Steps are the solution, understand 12 Traditions and Concepts, serve on NDANA H&I subcommittee as a facilitator to PCC, Vice Chair 3rd AVCNA, Area Chair Richmond Area, Vice Chair Regional H&I, Chair 6th AVCNA, Vice Chair 11th AVCNA, Area Chair NDANA, Vice Chair 17th AVCNA, Vice Chair VRCC, Chair VRCC, Vice Chair NDANA H&I, started Regional Speaker Jam and Regional H&I Chair. I will be honored to serve this Region.

Take Back to Groups

Vice Chair No Nominations

Take Back to Groups

Secretary

Cynthia W. nominated and accepted

Qualifications

Have a home group, 8 years and 11 ½ months clean, have sponsor, knowledge of 12, 12 and 12, positions served: Area Secretary Richmond and New Dominion, Regional Secretary, Regional Policy Chair and Area Policy Chair, Resigned Regional Vice Chair due to personal reasons and those reasons are now resolved and have willingness to serve.

Cynthia W. voted in as Secretary.

Treasurer No Nominations

Take Back to Groups

RDA2

Eddie W. nominated and accepted.

Qualifications

My clean date is 4/23/03, have sponsor and work Steps, sponsors others, have home group, attend meetings on a regular approx. 3-6 per week, positions served: Group Treasurer, Area Phoneline Secretary, Area H&I Panel Leader, Area Vice Chair, Area Chair, Alt. RCM, RCM, serve as a regional "800" number volunteer for the Appalachian area, have attended MARLCNA, several Zonal Forums, and WSC in 2008, would be grateful for the opportunity to serve.

Take Back to Groups

Activities No Nominations

Take Back to Groups

H&I No Nominations

Take Back to Groups

Policy

Bill M. nominated and accepted.

Qualifications

Have 5 years clean, 1 year Alt RCM, 2 years RCM, 3 years GSR, have a sponsor, working the Steps, working on my knowledge of region policy, and willingness to serve.

Bill M. acclimated as Policy Chair.

Public Relations No Nominations

Take Back to Groups

Motions related to nominations and elections

Motion 148-3 Mover: Greg H. Appalachian Area Second: Antoinette B. Rappahannock Area

Motion: To close nominations for the RDA-2 position.

Intent: To move forward with the election process.

Motion Passed 1-9-0

Motion 148-4 Mover: Brad M. New Dominion Second: Sam A. Roanoke Area

Motion: Close nominations for Policy Chair.

Intent: Move forward with elections.

Motion Passed 1-8-0

Region Chair ruled that the Policy Chair nomination be sent back since not all RCM has the conscience of their Area.

Tim C. appealed the decision of the Chair.

Appeal Passed 0-6-5

Election went forth and Bill M. acclimated.

Motion 148-5 Mover: Neal G. Tidewater Second: David M. OLANA

Motion: Close nominations for chair.

Intent: Move business forward.

Motion Passed 1-10-0

Motion 148-6 Mover: Neal G. Tidewater Second: David M. OLANA

Motion: Close nominations for secretary.

Intent: Move business forward.

Motion Passed 1-10-0

Roll Call done again 11 RCM present Quorum met

Old Business Motions

Motion 141-18 Mover: Tim B., Tidewater Second: Robert W. BRANA

Motion: For the Region to go ahead and purchase one of the Insurance Quotes given by the Ad Hoc Committee to provide liability insurance for the meetings in the CAR-NA.

Intent: To become fully self-supporting in accordance with our 7th Tradition in providing this insurance for our meeting spaces and taking the sole responsibility of our individual members.

Pros/Cons: Pro-Other Areas/Regions have purchased insurance in response to an incident. Let's be proactive and get in before an incident. Con-Liability insurance invites lawsuits. This is a lot of money to spend on an issue that has not affected very many groups.

Amendment: Cost not to exceed \$6,000 per year (no paperwork indicating who made motion for amendment)

Amendment fails, 4 in favor; 5 against; 3 abstentions

Motion was addressed to reconsider amendment, due to multiple miscount and misunderstanding of motion or amendment. Motion to reconsider amendment passes 10 in favor and 1 against.

Motion was referred back to & re-established Ad Hoc Insurance Committee by the Chair.

Motion: Needs to go back to Home Groups and be voted on.

Motion Failed 3-3-5 at 148th RSC.

Motion 147-13 Mover: Don V. Second: Bill M. New Dominion RCM

Motion: To change Policy, Section VIII, Item 1

From: RSC will maintain a prudent reserve. After expenses are paid, all remaining money will be donated to NAWS.

To: RSC will maintain a prudent reserve. After expenses are paid, 50% all remaining money will be donated to NAWS.

Intent: To allow for prudent reserve to be better maintained during low donations RSC's

Pro: In our present practice, we are starting each RSC either at or below Prudent Reserve. This motion would allow the RSC to have a small buffer that would allow us to help cover a low donation RSC.

Pro: This motion would create a more flexible access to our financial resources and also allow for times of low donations from area to region, donations to NAWS would most likely more consistent as well as no donations are made to NAWS when the region is below prudent reserve. This way donations to NAWS would be spread throughout the fiscal year.

Con: Areas may drop their donations by 50%.

Motion: Needs to go back to Home Groups and be Voted on.

At 148th RSC to many abstentions, poled abstentions, and sent back to areas to be bought back for vote at 149th RSC.

New Business

Motion 148-7 Mover: Bill M. Second: Nancy S. Richmond

Motion: to be reimbursed \$22.36 for 10 copies of the Central Atlantic Region Regional Service Committee Guidelines and Rules of Order.

Intent: to adhere to our 7th Tradition of being self supportive.

Motion Passed 0-9-0

Motion 148-8 Mover: Bill M. Policy Chair Pro Temp Second: Brad M. New Dominion

Motion: to make a change in policy under Section XVI (146th): Service Districts, Letter E

Change from:

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

Change to:

Subcommittees, except for the Speaker Jam Subcommittee, will hold their meetings in a constant location to be determined by a simple majority vote of the subcommittee chairs.

Intent: Central location will promote regular and consistent attendance for subcommittee meetings.

Pro: Rotation of subcommittee does not work.

Pro: It would promote having regular subcommittee members.

Con: Is against the word constant because the subcommittees can change location every other month.

Con: that by centralizing the subcommittees they could not be viewed by new people and thus not give them the opportunity to be attracted to service.

Referred to Policy for clarity until 149th RSC

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

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

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

Refer to Treasurer for impact statement until 149th RSC

Planning for Next RSC

Donna Lee P. appealed the decision of the chair to go on to the planning of the next RSC. She had turned in motion. **Appeal Failed 2-8-0** Motion will be presented at 149th RSC.

Check on website for information and location of next RSC.

148th RSC closed at 5:37 pm with Serenity Prayer.

Thanks for allowing me to serve.

ILS, Cynthia W. Secretary