

**Southwest Iowa Narcotics Anonymous**  
**Minutes for December 6<sup>th</sup>, 2009**

The meeting opened @ 2:30 p.m. by Laura W. with a moment of silence followed by the Serenity Prayer: Laura requested the following be read:

The Twelve Traditions were read by Tim C.  
The Twelve Concepts were read by Jeff S.  
The Service Motivation was read by Mike VP

**III. Roll Call:**

**Executive Committee:**

Chairperson: Laura W.  
Vice-Chairperson: Brian V.  
Secretary: Charlotte S.  
Treasurer: George R.  
RCM: Mike VP  
RCM Alt.: Mike R.

**Sub-Committees:**

Literature Chairperson: Matt O.  
Activities Chairperson: Vacant  
IRCNA Bid Adhoc: Absent

**PR Subcommittees:**

H&I: Tim C.  
PI: Jeff S.  
Phoneline Liaison: Absent  
Web-Servant: Dave R.

**Visitors:** Trudy

**Groups:**

Clean & Free: Mark O.  
Discovery Group: Dave R.  
Just For Today: Absent  
Living Clean: Melanie/Mike  
New Freedom Group: Absent  
Never Alone Group: Rose Y.  
Nobody's Group: Holly S.  
New Way Group: Tim C.  
On The Right Track: Jeff S.  
Reaching Out: Absent  
Saturday Serenity/Daylight Again  
Absent  
Stairway to Freedom: Absent  
Straight Friends: Absent  
Straight & Grateful: Absent  
Straight Edge: Absent  
Visions of Hope: Absent with report

*For the purpose of voting the minutes reflect 7 voting groups at the ASC today.*

**IV. Correction & Approval of Minutes:** Tim C. motioned to accept the minutes as written. Motioned seconded by Jeff S. M/S/C/U.

**V. Reports**

**A. Executive Committee Reports**

**Chairperson:**

Greetings Area!

The Gratitude Dance was a great time and Kudo's on the ham and turkey cookers, "not bad"! I am also very excited about this weekend's upcoming Christmas Bash! I hope you all can attend and bring your Christmas spirit-It will be a good time.

In Loving Service;

Laura W.

**Vice-Chairperson:**

Greetings Area from the Vice-Chair, good to be here. The Gratitude Dance was a good turn out, hope everyone comes to the Holiday Party, and hope someone steps us to the Activities Chairperson. Me and Mary would like to retire.

In Loving Service;  
Brian V.

**Secretary:**

Greetings from your Secretary,

All is well, minutes were done and mailed within the two week time period. I have submitted receipts to the treasurer for the cost of printing and mailing the minutes, which totaled up to \$22.31.

In Loving Service;  
Charlotte S.

**Treasurer:**

Greetings SWINA,

The bank statement is balanced at \$857.57; the deposit from the Gratitude Dance for \$398.60 has been made. I met with Bart and discussed the recommendations made by the auditor, the following is what we came up with and would like to see put in the guidelines.

- A.) That all ASC bank accounts be balanced using the bank statement and double checked for accuracy.
- B.) That all deposits be made within 5 business days of receipt of funds.
- C.) That the treasurer asks one of the other ASC treasurers to double check if there is a problem.
- D.) To avoid any overdraft fees the ASC account never be taken below an amount that would cover all budgets currently in place (\$75.00 for H&I, \$75.00 for PI, \$150.00 for the ASC, and \$250.00 for Activities.)

We both felt that these would help to make the treasury a little easier to maintain. As I stated in a previous report I will included a copy of the spreadsheet I am currently using, as well as a copy of the one used by Bart, I hope that one of these would continue to be used in the future as they are easy to read and track the expenses and donation made to the ASC.

In Loving Service;  
George R.

(See addendum for Spreadsheet)

**RCM:**

Hello ASC, I am Mike and I am an addict. Mike and I attended the Region in Hiawatha on the 21<sup>st</sup> and the 22<sup>nd</sup> of November. I am refunding \$80.52 which is the unused balance of the \$175.00 that was left over from expenses for Region. Thanks to Tim C. for driving.

Although I will be providing more detail later, a couple of things of note: Elections were held and Mark F. was elected as Regional Secretary and Alicia E. as Regional Treasurer, I was elected as Regional PI Chair. The new Members Area of Narcotics Anonymous (MANA) was approved.

We were given a copy of a motion with I will attach to this report and it will be up for consideration on the agenda for February Region. Thanks for the opportunity to serve.

In Loving Service,  
Mike VP

**RCM Alternate:**

RCM-Alt Report 12/6/2009

Greetings Family,

I return with a report from another informative, enlightening and just plain fun Iowa Regional. I would like to start by thanking Tim C. for providing the taxi service. It was much appreciated. For me, Regional started with sitting in on the P.I. Committee meeting. I'm sure Mike VP has already reported fully on that, so I'll just add... ditto. After that I got to take part in the Regional Inventory Workshop. This was a follow-up to last regional's workshop. In small groups we were asked to take one of the concerns that had been brought out at the previous meeting and come up with a solution. I enjoyed this because it was more than just listening to the bitching, it was working together to rectify the situation. My group was asked to brainstorm Improving Communication and Attraction of Area/Regional Service Work. We shared that at some point we all had heard someone speak of all the problems that go on at business meetings, the lack of Principles before Personalities and all around negative aspects of the meetings. We had even been guilty of it ourselves. We realized that in no way did this lend to the attraction of service work for newcomers and was probably one of the biggest reasons we have such trouble getting bodies into the sub-committees. We posed two challenges to those present:

- 1) Make a commitment to be positive. Instead of whining about the bad points, praise the good points. Speak of the work done and how it furthers the Primary Purpose: To carry the message to the still suffering addict.
- 2) Bring a member of the fellowship, who is not yet into service work, to the next Regional. Just as we welcome newcomers to the meetings, we need to guide and welcome newcomers into service. If we are tired to rotating hats, we need to find and usher in new blood. Ranting about the negatives won't get them there. Being positive and showing some enthusiasm to others towards the service work we do will help communicate the need and attract the members to help.

Moving on... That evening we enjoyed a wonderful Turkey dinner, a dance, fellowship, sobriety countdown, and a raffle where I won a bunch of cool stuff, including this nifty t-shirt I have on.

Day two consisted of the business meeting. I'm sure Mike VP has reported on most of this already also, but I did want to highlight a couple of things. The new MANA (Members Area N.A.) Area... Good thing. I am confident that the driving force behind it was to make NA more readily available to those who need it and I fully support it. Also, the motion to make regional 3 times yearly instead of 4. I think it has promise and deserves a chance to be discussed.

All in all I felt it was a wonderful weekend and am looking forward to the next one in Des Moines, where I'll get to learn more about the CAR process. Thank you for allowing me the opportunity to serve.

ILAS

- Mike R. 01/15/01

- RCM-Alt

## **B. Sub-Committee Reports:**

### **Literature Chairperson:**

ASC;

I bought lit and spent money. In service.....Just kidding NAZI's here it is. I'm sending a Show-Me order with my report showing my total orders from July 09 when I took this over thru 11/09. Also attached is a copy of Charlotte's final count before I took this over. Do the math and that should be current inventory.

I ordered \$342.48 on July 7, 2009 and sent a money order on July 21, 2009 since checking wasn't open yet. Ordered \$254.51 on August 3, 2009 and sent check # 99001 on August 10<sup>th</sup>, 2009. Ordered \$254.10 on August 27<sup>th</sup>, 2009 and sent check # 99002 on September 21, 2009. Ordered \$235.10 on November 12, 2009, and sent check # 99003 for a combine total of \$485.35 on November 15<sup>th</sup>, 2009 to cover October and November orders. All orders total include shipping and handling charges and insurance totals.

Went through all of the bank statements to date and all looks good. We have \$36.48 in our checking account and \$4383 in the bag. I should receive \$48.40 from Mary from Basic Texts sold for the Gratitude Dance which will go in this month's ASC sales. God Grant me the Serenity to remember principles before personalities.

Lit Sold at ASC:

June \$484.49

July \$190.88

August \$168.05

September \$238.67

Oct/November \$249.85

In Service;

Matt

### **Activities:**

We had a great turn out for the Gratitude Dance and there was plenty of food to be eaten. Also, there were about 13 people in attendance at the H&I Learning Day. The next event will be the Christmas Bash in Villisca on December 12<sup>th</sup>, 2009 at the Villisca Community Building at 207 S. 3<sup>rd</sup> Avenue at 6:30 p.m. Please bring your raffle item wrapped for Christmas. The area will provide the meat, please bring a side dish to share. We started off with \$250.00 in the area checking account last month and the treasurer wrote a check for \$75.00 for rent for the Gratitude Dance leaving a balance of \$175.00. We made a total of \$433.00 at the dance, and paid out \$150.00 to the DJ and \$95.40 to Brian for pop, coffee and cups which added up to be \$245.60, we left \$35.40 in the cash box, and turned over \$153.00 to the area treasurer. So \$113.00 should be what we are giving to the area over our prudent reserve leaving \$215.00 in the area account for activities and \$35.40 in the cash box, which brings us to our \$250.00 prudent.

In Loving Service,

Brian V & Mary R.

**H&I Chairperson:**

Greetings Area, H&I met today. All is well. Our H&I Learning Day happened at the Gratitude Dance in Harlan. We trained about 20 people and the response was good. I am returning \$50.00 to the Area this is the remainder of our \$75.00 monthly prudent reserve for H&I work, the \$25.00 was used for the learning day for literature material.

Thanks for the ability to serve  
Tim C.  
402.314.4244

**PI Chairperson:**

Contacted the Nonpareil to put the new updated meeting list in the paper. I e-mailed them on Monday and walked it in to their office on Thursday, stated it will be updated by Wednesday of this week's paper.

We mailed out the approved letter and IP's to five of the twelve places I have to mail to and they are as follows: 1. Alegent Health, Mercy Hospital, Council Bluffs, 2. Family Services, Council Bluffs, 3. Jennie Edmundson Hospital, Addiction Services-Council Bluffs, 4. Iowa Western Community College-Council Bluffs, 5. Family Works-Council Bluffs, all with a return of address of SWINA Public Information P.O. Box 1134 so we can see if any will come back or/and reply to us for help or more info. One of our next goals will be mailing out the last seven contacts on our list. If anyone has any places they would like for this committee to send out letters too, please contact me or Tim C. We are also looking at putting on a PI Learning Day in March with the Chili Cook Off. The new meeting lists are out, please let us know how many we need next month for your group.

In Loving Service;  
Mary R.

**Web Servant:**

Greetings Area;

Everything is well. I am fixing my computer today and should be back online this evening. As always, please remember, this is your website. Comments, corrections and criticisms are required to keep this resource up to date. Email anything to address of web servant on the site.

In Loving Service;  
Dave R.

**C. Group Reports:**

**Clean & Free:**

Greetings Area from Clean & Free;

My apologies for being absent for the past couple of months. I have been living and enjoying my clean and free way of life. Meeting attendance remains strong with numbers between 12 and 15 per week. We have a fair size literature order and a \$40.00 area donation.

Thank you for allowing me to serve;  
Mark O.

**Discovery Group:**

Greetings Area;

Happy Holidays, hope all is well for everyone. All is well with Discovery. Our new location is working for us. Stop by and visit us if you are in town Friday evenings @ 8:30.

In Loving Service;

Dave R.

**Living Clean:**

Verbal report given.

**Never Alone Group:**

Greetings Area from Never Alone Group,

Our GSR, Kevin G. submitted his resignation and the group nominated myself, (Rose Y) as GSR. I look forward to serving the fellowship in this capacity.

All is well at the Monday night meeting, attendance is good, and newcomers are coming. Thank you to all who attended the Gratitude Dance, it was great to see everyone! We have a \$40.00 donation. May everyone have a blessed Holiday Season!

In Loving Service;

Rose Y.

**Nobody's Group:**

Hello Area from Nobody's Group

We celebrated a 10 year and a 13 year anniversary. Attendance is low but am sure it will pick up as it always does. We have a small lit order. Was great to see everyone at the Gratitude Dance.

In Loving Service;

Holly S.

**New Way Group:**

Verbal report given.

**On the Right Track:**

Greetings Area from Saturday on the Right Track;

Meeting attendance remains strong, between 15 to 25 grateful addicts per meeting. We have a \$25.00 contribution to area and a small literature order. Wishing everyone a happy holiday from our group!

In Loving Service;

Jeff S.

**Visions of Hope:**

Greetings Area from Visions of Hope! Our 4 meetings per week are fine, and attendance is still on the increase. We have a small literature order and a \$60.00 donation to the ASC this month.

We are willing to host the CAR Workshop for the SWINA Area again this year.

In Loving Service;

Charlotte S.

## VI. Financial Requests:

None submitted.

## VII. Sharing Session:

- A. Charlotte brought up that SWINA 25 is coming, and asked if we should think about appointing an ADHOC Chair. Everyone thought that this was something that we should look into. Brian V. is willing to help with the campout, if we can find a chair for the ADHOC Committee. The GSR's were asked to go to their groups and see if anyone is willing to chair this committee.
- B. Rose Y. reported that there was a misunderstanding regarding the Day Light Again meeting in Harlan, and that meeting is not closed and should not have been taken off the meeting list, and that there was no conscience from the group to have that done, and requested that the meeting be placed back on the meeting list, and updated with the World as well.
- C. Mike R discussed the motion that was submitted at the RSC regarding the Iowa Region meeting 3 times per year versus the 4 times per year that they currently meet. Mike feels that motion is worth discussing. (SEE ATTACHED FOR MOTION). Mike R. feels that if this motion were to pass it would save money throughout the Region due to the travel expenses that are incurred. Charlotte stated that as a Regional subcommittee chair, it would give the committees less time to do their work. Mike VP stated that the motion does have some value to it, but agreed that as Regional PI Chair, it would cut back on the time to do the work necessary.

Brian reported that the 15 minutes for Sharing Session has ended. Laura W. called for a 7 minute break.

Laura called the meeting back to order @ 3:38 p.m. with a moment of silence and the Serenity Prayer.

## VIII. Unfinished Service:

- A. **Activities Chairperson Nominations:** None at this time. Tabled till January ASC.
- B. **Gratitude Dance Follow-Up:** All went well Mary R. and Brian V. reported that there was an Area donation of \$113.00 after all expenses were paid.
- C. **Christmas Party:** This event will be held this Saturday in Villisca, don't forget to bring a side dish to share, a cake for the cake walk, and a raffle item wrapped as a Christmas gift. There will be a free will donation at the door to cover rent for the facility, and Laura will follow up with Nate M. to make sure that Santa will be making an appearance.
- D. **Treasurer's Recommendations for Audit:** George R. reported that he and Bart went over the audit report and are making the following motion for a change in guidelines for treasurer section:
  - 1. That all ASC bank accounts be balanced using the bank statement and double checked for accuracy.
  - 2. That all deposits be made within 5 business days of receipt of funds.
  - 3. That the treasurer asks one of the other ASC treasurers to double check if there is a problem.

4. To avoid any overdraft fees the ASC account never be taken below an amount that would cover all budgets currently in place (\$75.00 for H&I, \$75.00 for PI, \$150.00 for the ASC, and \$250.00 for Activities.)

This motion was seconded by Holly S.

After discussion Mike R. submitted a friendly amendment to the motion to change # 2 to read: That all deposits be made within 4 business days of receipt of funds. Seconded by Dave R. and the friendly amendment was accepted by George and Holly.

It was also reported by George that the guidelines do not go into detail regarding prudent reserve as he has in item # 4 of his motion. All groups present felt that the guidelines should not be specifically state what the prudent is there for; it gives the treasurer leeway in making suggestions to the ASC regarding the Area's finances.

***Due to change in guidelines this motion will require 2/3 majority.*** 6/2/0. Motion carries.

Charlotte will make the amendments to guidelines and submit a copy to the Area web site.

### **IX. Current Service:**

- A. **Group Update with WSO:** Charlotte reported that this is completed with the exception of Daylight Again, which she will do before the next ASC, if approved. Jeff S. motioned to have Daylight Again put back on the meeting list, seconded by Mike R. 6/0/1. Motion carries. Charlotte also suggested that since the World's new website is up and running, updating the groups is not as easy as it use to be, and that we should look at removing this duty from the secretary in the guidelines and put it with the PI committee for the web servant to fulfill this obligation.
- B. **Group Codes on Meeting List-** Charlotte stated that at the November ASC is was motioned and carried that the SWINA meeting list and the SWINA ASC Guidelines will have the group codes, which are issued by the WSO, be included. During the update process it was found that the Group codes are not necessary unless there are two or more groups in the same area with the same group name, and this is not the case for our Area. Mike R. motioned that in lieu of the new information to not include the group codes on the meeting list or the ASC guidelines, seconded by Dave R. 6/0/1. Regarding the Daylight Again meeting, this meeting was removed from the meeting list by their previous GSR without a group conscience, it was suggested that the PI committee look at ways to improve communication with the groups so that we can ensure that this does not happen again.
- C. **February Event:** Charlotte motioned to have the February event be the CAR Conscience to be held February 27<sup>th</sup> , or another date that is convenient for the RD/RCM/RCM Alt. at the Visions of Hope facility, this motion was seconded by Dave R. M/S/C/U.
- D. **March Chili Cook Off-**Rose Y. submitted bid for Harlan to do this event. Never Alone will come to the January ASC with a facility secured for March 20<sup>th</sup>. Vote of confidence was given to the PI Committee to host a learning day at this event. More will be revealed.

**E. Quarterly PR Committee Goal Approval:**

- A. Put together a list of drug rehab, social service agencies, and judicial representatives in order to host a large scale area wide PI Presentation. This was seconded by Mark O. M/S/C/U.
- B. To approve an alternate web servant to ensure that all information on the web is the most current, and to approve Mike R. as alternate web servant. Seconded by Tim C. M/S/C/U.
- C. To look at the layout of the SWINA Meeting Lists to get a better layout, and to have different ideas submitted at the next ASC, and to have telephone numbers of local addicts on the list. Seconded by Tim. M/S/C/U.
- D. To look in contacting Shelby County Workforce to Curb Drug Abuse from the Harlan High School Principle. Seconded by Holly S. M/S/C/U.
- E. To contact Mercy Hospital McDermott unit to get meeting lists, IP's and any other literature they may need. Mark O. will check into this due to the fact that Clean & Free meets in that facility and that is how they pay their rent, with literature, and he will report back to the PI Committee.

**X. Announcements/Flood Meeting:** Thursday's Nobody's Group in Harlan.

**XI. 7<sup>th</sup> Tradition:** \$13.00

**XII. January ASC will be held on January 10<sup>th</sup>, 2010 in Griswold, IA**

**XIII.** Tim C. motioned to close, and this was seconded by Dave R. M/S/C/U. December ASC closed at 4:35 with the Gratitude Prayer.

