

Plains States Zonal Forum Business Meeting

January 25th, 2015

Abilene, Texas (Best Little Region)

Opened the meeting at 9:05am with a moment of silence followed by the Serenity Prayer

Steve P. read the 12 Traditions of Narcotics Anonymous

Diane K. read the 12 Concepts of Narcotics Anonymous

Bob K. read the Service Motivator

ROLL CALL: All trusted servants were present.

Trusted Servants:

Facilitator - Daniel C

Secretary - Amber C

Treasurer - Mark B

Web-Servant - Bob K

PR Coordinator - Carol P

Regions

Best Little Region – James S. (RD) & David S. (RDA)

Iowa – Bob K. (RD) & Barry B. (RDA)

Mid-America – Daniel C. (RD) & Nate F. (RDA)

Nebraska – Diane B. (RD) & Brian S. (RDA)

Oklahoma – Cindi B. (RD) & Kyle B. (RDA)

South Dakota – Steve P. (RD)

Visitors:

Jon (TX), Joseph H (TX), Carol (TX), Brian (TX), Leann (TX), Pete (TX), Kathryn (OK), Clay (OK), Stacey M (IL), Amanda M (NE), Mary B (TX), Sharon

MINUTES:

The minutes were read and they were accepted as read.

REPORTS:

Treasurer Report:

We discussed the check that didn't get deposited. It was asked if we can make a stop payment. The bank said that if it comes in the acct would get opened up again, but Mark didn't think we could make a stop payment on a closed account. It was suggested that we use the debit card for this, rather than writing a check. We will discuss this in Old Business. The cost of the website went up by \$3.00, so one payment was \$11.99 and one was \$14.99. It was asked if we could make a yearly payment to see if it would be cheaper. We will discuss this in New Business.

The Audit has not happened yet.

I JUST WANTED TO GIVE EVERYONE A WRITTEN HEADS UP ON WHERE WE ARE AT NOW AS FAR AS THE TREASURERY AND BANK ACCOUNT GO. WE CLOSED THE ACCOUNT AT BANK OF AMERICA ON DEC. 31ST AND REOPENED AN ACCOUNT WITH GREAT WESTERN BANK. GW'S ARE LOCATED THROUGH OUT NEBRASKA, IOWA AND SOUTH DAKOTA. WE HAD A BALANCE OF \$ 2377.66 AT BOA WHEN WE CLOSED THE ACCOUNT. THIS IRONICALLY IS THE SAME AMOUNT WE OPENED THE GW ACCOUNT WITH.

GW OFFERED FREE CHECKING WITH ONLY ONE STIPULATION, THAT WE HAVE PAPERLESS STATEMENTS. WE ALSO HAD TO BUY OUR OWN CHECKS AT A COST OF \$50.27. WE ALSO HAVE A DEBIT CARD BUT HAVE OPTED NOT TO

HAVE A PIN NUMBER ATTACHED TO IT UNLESS THE ZONE DIRECTS ME DIFFERENTLY. THAT'S ABOUT IT ON THE BANK ACCOUNT UNLESS THERE ARE QUESTIONS.

ONE LAST ITEM THAT APPEARS IN THE FINANCIAL REPORT THAT WE SHOULD DISCUSS IS THE DONATION SENT TO NAWs AFTER OUR LAST MEETING. I SENT THEM A CHECK (#1024) FOR \$ 584.62 PER OUR GUIDELINES. THEY NEVER RECEIVED NOR CASHED THE CHECK. I SPOKE WITH THEM CONCERNING THIS AND OUR ACCOUNT HAS BEEN FLAGGED SO THAT IF THE CHECK SHOULD SOME HOW MAGICALLY REAPPEAR THEY WILL NOT DEPOSIT IT. INSTEAD THEY HAVE AGREED TO CALL ME IN THE EVENT THAT IT DOES SHOW UP. I TOOK NO FURTHER ACTION ON THIS PENDING OUR DISCUSSION HERE TODAY.

<u>ACCOUNT BALANCE AS OF 9/28/14</u>	<u>\$ 2584.62</u>
EXPENSES	
CK# 1024 NAWs DONATION	-\$ 584.62
CK# 1025 BEST LITTLE REGION START UP FUNDS	-\$ 200.00
WEBSITE <u>3@11.99</u> & <u>1@14.99</u>	-\$ 50.96
BOA SERVICE FEES <u>4@14.00</u>	-\$ 56.00
<u>GREAT WESTERN BANK NEW CHECKS</u>	<u>-\$ 50.27</u>
TOTAL EXPENSES	-\$ 941.85
<u>BALANCE</u>	<u>\$ 1642.77</u>
INCOME	
CK# 1024 NAWs (NEVER RECEIVED/CASHED)	+\$ 584.62
<u>OK REGION DONATION</u>	<u>+\$ 100.00</u>
TOTAL INCOME	+684.62
<u>BEGINNING BALANCE 1/25/15</u>	<u>\$2327.39</u>

ILS MARK B.

PR Coordinator:

The 12th annual Midwest Conference on Problem Gambling and Substance Abuse will be held June 24-26, 2015 in Kansas City, Mo. The cost for the booth is \$325. we need to decide if we want to do a workshop, as well. That information needs to be in before month's end. We will also need a group of people who are willing to man the PR booth, as well as two or more people to do the workshop.

So today the proposal is to do a workshop as well as provide an exhibitor booth at the upcoming Midwest Conference June 24-26. The financial cost will be \$325.00. We will require 3-5 members to be of service at the event.

In Service,
Carol P

Web Servant:

Well howdy;

I like to thank the PSZF for the opportunity to serve. I had an opportunity to get brought up to speed by both Barry and Joe, much appreciated.

One of the first things on the agenda was to get current which has been accomplished.

Secondly, how much of an archive is wanted? Do we have space/size constraints for the entire site; per folder or per document?

Has anyone taken the time to look over the site; do you like what you see so far and/or do you have any suggestions?

Last Zone each delegate team was asked to go back to your regions and seek qualified addicts interested in being on a Web Team. I have not heard back from anyone including my own region, so I am asking this service body on a course of action; do you still want a team involved and if so-who? One of the concerns this body expressed is the follow-through needed to maintain the website and keep it current; has that been achieved; if not, any suggestions?

Joe has started to work on a timeline banner, however, that was disabled until it can be completely in its entirety which I will be doing over the next several months.

Nate reported a duplicate listing on the calendar which has been corrected. The listing of the regional meetings has been extended on the calendar as well.

Please get me copies of the workshops so they can be added to the website.

Barry and I have been discussing changing the look of the website, we will prepare a test site for review and input.

In Loving Service;

Bob K
Plain States Zone Web Master

Best Little Region (TX):

First I would like to thank the Big Country Area and the Living Free group for being such wonderful hosts of the PSZF, and a huge thanks to Joe, Shirley and Theresa for planning and coordinating this weekend. Thank you so much for your service, you have made our region shine. We learned a lot of things to do and some things to not do at the PR presentation, and we learned many new things in the workshops! We are so grateful for Jon and Lea Anne from the Panhandle area for putting on that great workshop yesterday afternoon.

The BLR will be holding our convention October 23-25 in Lubbock, Texas. We are in the planning stages now and we are looking for speaker recording submissions. I've already received some, but I would love to present more from our zonal representatives to our programming committee. If you are interested please get with me after the meeting today. Also the Diamondback Area 35th Anniversary Campout will be in mid-May and Cindi B. will be our featured Saturday night speaker. Let me know if you need more info.

The potential next MZSS was discussed at our last regional meeting and we are in favor of continuing this groundbreaking event. We also are prepared to make a donation for startup funds when it is needed.

We are excited to be participating in the Traditions Book Project, and plan to expand our participation as we move forward.

The Big Country area is asking for an additional \$134.83 in reimbursement for food and supplies. We are not sure if this is acceptable, if not we will ask our region for this additional money. I have receipts for the original \$200.00 seed money and for the additional funds.

We are participating in the Texas Unified Services Project, however, as I am technically challenged, I have not been very successful so far. I am committing myself to this project as we move forward and I promise (Mary) that I will be better.

On a personal note, I'm very grateful that this program meets me exactly where I am, and this weekend has once again been a learning process for me in my personal recovery. You guys continue to show me how to be a grateful recovering addict and I can't thank you enough for your experience, strength, and hope. Also I would like to thank Louis L. for a powerful and honest share on Friday and to genuinely apologize to Barry for the miscommunication. The fault lies with me and I love you for carrying the message last night with zero notice.

In Loving Service,
James S.

Iowa Region:

Greetings from Iowa,

The Iowa Region has held elections and with the exception for the delegates, all positions have been filled and we are excited to roll up our sleeves and dig in.....

Barry is up for approval and ascent as the new RD, he is well qualified, outspoken and I have all the faith in the world in him and his abilities.

We are in the process of developing a new Outreach committee. I am currently facilitating the inaugural process of setting up the processes, the vision and scope as well as finding local Area personnel to help bring this proposal to fruition and of course a facilitator to organize the whole thing, more will be revealed.

A proposal was brought forward regarding a donation (possible ongoing) to Project Primary Purpose, the proposal failed due to lack of understanding of what exactly **IS** P3. (Insert **OFFS**)

I thank Mark B. from Omaha for sending me some documents providing clarification of which was forwarded to all the RCM's; this proposal will be brought back to the table for consideration.

We are still in the process of looking into the viability of an umbrella insurance coverage for all NA functions within the Iowa Region; not an easy task; hopefully this can be in place soon.

The Iowa Region is wanting the delegates to continue with workshops during the first day of Region, however, a list of available topics as well as a set schedule is wanted so the local fellowships can also be informed and given the opportunity to participate.

We are looking into revamping the Iowa NA map since there has been several changes within the boundaries and so Barry can finally chillax - lol.

The Iowa Region has been in support of the Multi-Zonal Service Symposium from its inception and the RCM's has given the green light to continue to support this endeavor.

The Iowa Region is interested in moving forward with looking into Sponsorship Behind the Walls.

The next Iowa Regional Convention will be July 3rd-5th, in Des Moines. Flyer in on the Iowa website and will be placed on the PSZF website soon.

This is my last report as the Iowa Delegate. I stand before you with humility and a whole lot of gratitude and love in my heart. The love, support and respect that we have for each other has been nothing short of friggin awesome!! When I first became involved in the Plain States Zonal Forum, if the Iowa Region would have asked me back then if it was worth the time and finances, I would have had to be honest and said "No," however, today would be a different answer due to the PR efforts and the contacts being developed so we can further carry the message – now we ROCK !!

You're not getting rid of me that easy though, I will continue as Zonal Web Master so you will still get to see my ugly mug.....

In Loving Service;

Bob K
Barry B
The Iowa Delegate Team

Mid-America:

Hello Zonal Family,

1-25-15

Our convention is fast approaching. MARCNA will be in Wichita, Ks. April 10-12, 2015. You can register on our website. Preregistration ends February 15th. Our Annual 4th of July Campout is also set for July 4-7, 2015 at Bloomington West, Clinton Lake. Right outside Lawrence and Topeka, Kansas. Our spiritual retreat, Soul to Soul, is also scheduled for September 25-27 this year. We held a P3 fundraiser for the project out of Nebraska. It was an amazing success and the funds generated will buy over 120 Basic Texts. That was amazing.

Our Region continues to work towards restructuring our policy to become project and purpose driven. We have sent out a policy for review and input and are currently awaiting the areas input. Our regional phone line 855-732-HOPE (4673) is up and we are looking at a future of live addicts being a part of the phone line. We have also started to get things going for PSAs around the region. We have a workgroup working hard to plan a PR presentation at the same place and weekend as our upcoming Convention. This will be done the Friday before our convention as to not be comingled with the actual recovery event.

We have pledged our support for the MZSS to continue and we will also support it with a financial donation.

That is all for this time, till next time, have a good time in between time!

ILS,

Daniel C.
Mid-America Region RD

Nebraska Region:

Hi Family,

The Nebraska Region is working to fill recently resigned service positions. They include PI Chair, IT Chair, and Policy Chair. Our financials are struggling somewhat, therefore, I was hesitant to request any financial support to help continue the MZSS at this time, but will give it a try at our next RSC.

I reported to our RSC that NAWS is requesting that members cease the illicit copying and distribution of literature, as the Baby Blue has surfaced in Nebraska.

The past quarter has been spent doing CBDM workshops, in Fremont, Grand Island and Lincoln, NE. We will be facilitating a Welcoming All Members IDT workshop in Columbus, NE on 2/7/2015, and at our next General Assembly during our April Regional business meeting on 4/11/15.

The Eastern Nebraska Area of Narcotics Anonymous is facilitating weekly Traditions Book Review and Input meetings every Wednesday, in Omaha, NE.

The following activities are coming up:

- Primary Purpose Project (P3) annual winter steak feed will be held 1/31/2015, at St. Matthews Church, 60th and Walnut, Omaha, NE, from 4-10pm. \$15/person. Rib eye dinner at 6, Speaker at 7, Auction, Raffle & Fellowship
- 28th Annual Close Encounters of the Clean Kind – Feb. 27-Mar. 1, 2015, at the Marriott Regency, 10220 Regency Circle, Omaha, NE. Rooms are blocked until 1/31/15. Register online at <http://check.omaha-na.org/>.
- The 7th annual Wings of Surrender Women's Retreat will be held at the end of April, 2015, at Camp Moses Merrill, near Linwood, NE. No fliers are available yet.
- The pre-registration deadline for NRCNA XXXII is 4/30/15. Flyers are available.
- The 35th annual Run For Fun NA campout will be held Memorial Day weekend, at Alexandria State Park, near Alexandria, NE. No fliers are available at this time.

ILS,
Diane K. & Brian S., Nebraska RD Team

Oklahoma Region:

Hi Zonal Peeps!

Start will the not so good news.....

We have postponed any future movement on the regional phoneline project. Lack of collaboration and agreement on specific details areas has stalled the project. We have decided to not spend any more time discussing the project due to lack of participation and lack of ability to fill the Phoneline Coordinator position.

We have shut down the discussion forum due to lack of participation and multiple spam posts.

Baby Blue is being distributed in our region. Much discussion and much concern on this subject.

General Service Assembly, Feb 6, 7 and 8th.

Regional Convention April 10-12th. Discussion generated from last committee meeting to have a PR presentation for professionals on the Friday of the convention. MWBR.

We made a \$500 to P3 and are having a workshop at the assembly to educate our fellowship and decide how become self-supporting in these efforts be that through another donation, a fundraiser or do.

Regional convention April 10-12th. Committee discussed having a PR for professionals presentation on the Friday. MWBR.

We are in support of another MZSS.

We are in support of a zonal Sponsorship Behind the Walls project.

ILS,
Cindi & Kyle.

South Dakota Region:

South Dakota Region: January 2015

South Dakota is in a transition phase. The eastern half of the region is restructuring. A group of members there met in December to see if there should be 1 or 2 functioning areas, as neither one of the current "areas" have done any business for quite some time. Their next meeting is February 8th in Watertown.

Due to those 2 areas not functioning, only West River Area has been in attendance at the region meetings for the past 9 months. Therefore, no business could be done, no budget passed, with only one vote.

We do not have an Alternate RD, because of the inability to do business as well. So with only one functioning area, we would like some feedback from Zone as to the ability to do business if only one area is functioning.

The convention committee stands alone, and has secured a location for the 2015 SDRCA #18. It will be held in Rapid City on September 18, 19, and 20 at the Ramkota Hotel on North La Crosse Street. Fliers will be available on the region website SDRCA.com.

Yours in service,

Steve P.

OPEN FORUM:

- ❖ SD Region is currently only having one functioning area, what should they do? They have held off doing elections, and doing a budget. It has been 9 months since others have been functioning. It was asked if the reasoning was distance or willingness. One area has chosen not to participate for a couple of years. There has been talk of other groups forming an area. There was a suggestion to do some Skype meetings for area meetings. Suggestion to call Robb from Show Me Region, also some suggestions on some training and mentoring. There was more discussion and questions to the SD RD for clarification on what is going on. A Regional meeting list is still being done. Suggested to address strengthening the groups and making them strong home groups, then hopefully they will grow together in their own time. Reach out to other groups even if they aren't in your region.
- ❖ It was mentioned this event was uninformed. We had gotten one email about the event. Joseph apologized and said he didn't get the itinerary together until right before his surgery. Information didn't get sent out until December. Make sure we are in the loop for the next event. It wasn't posted on a website. No one in Abilene knew this event was going on. Kyle apologized that his email address was incorrect, so that is why he did not get the information. It was also mentioned that we need to make sure we get the information out there because we are a good zone for other zones to come watch to see how we do things. It was also mentioned to let NAWS know when our event is. It was also shared that the address on the flier for the PSZF flier was incorrect. Also was mentioned that since nothing was done at the motel, we could have possibly stayed at a cheaper motel. Workshops were also planned last minute, but the workshops went great and it was a great event. Would have liked to see IDT's this weekend so that we could have trained our delegates on those IDT's.

OLD SERVICE:

❖ **Banking information**

We have changed banks, and Daniel and Amber has signed some paperwork. May have more paperwork to sign in the next couple of weeks. There was a proposal to re-issue another check with that same dollar amount (\$584.62). It will put us at the same balance. It was suggested to use the debit card. It was asked if we can put a stop payment on the outstanding check. Mark said he will call the bank and ask if we can put a stop payment on this account. He was asked how much we should allow for a stop payment. It was suggested not above \$50.00. We will give Mark the judgment on this.

❖ **Audit**

This has not been done yet. This will remain in old business until this has been completed.

❖ **PSZF Event**

Receipts have been turned in. The total spent was \$334.83. \$200.00 was given to the region for the event. The amount still owed is \$134.83. It was mentioned that we didn't pay anything out of the \$200 for the meeting hall, and it was just for food. It was mentioned that the Best Little Region will take this to their region to see if their region is willing to pay for the food. It was mentioned to have the PSZF pay for this, and if the region wants to reimburse us that would work. There was more discussion on what direction we should go with this. It was

mentioned we have gone over the \$200.00 many years, so we should just write the check. It was suggested that we raise the start-up money we give to \$300.00. Was also shared that it was confusing because we had our meeting during the same time their home group meets. There was a proposal that we pay the extra funds. No opposition. Proposal passed. It was proposed that we write a check for \$300.00 to Iowa Region – no opposition – proposal passed.

❖ **Start-up Funds**

It was suggested that we should change the start-up to \$300.00 instead of \$200.00. The policy was read regarding funds. Barry shared that Iowa already has money budgeted for if we do a PR presentation at the next meeting. Discussion was had on what direction we should go. It was proposed that we amend our policy to change the start-up funds to \$300.00 rather than \$200.00. No opposition – proposal passed.

❖ **Multi Zonal Service Symposium**

All regions in this zone had support for the MZSS to continue, not all regions were able to be financially in support. Daniel will pass that information on the MZSS committee. All the regions in the Southern Zone were in support.

❖ **Sponsorship behind the walls**

An informational sheet was sent out about sponsorship behind the walls to all the regions, and the regions were to take that to their regions. We need to gather regions input to see if regions were in support of moving forward with a proposal. OK Region and IA regions are in support and wants more information on this. Mid-America and Best Little Region are in favor of getting a proposal. NE region did not take this back to their region but she will find out. SD would like to see a proposal on this as well. This will be a project that needs other people besides zonal members. The zone agrees that it would be appropriate to move forward with getting a proposal together to send back to the regions. A question was asked if this would be a subcommittee formed at this body or how it would be formed. Amanda answered that it should be a workgroup of the zone, since this will be a zonal project. A question was asked how we would like to have this proposal delivered. Amanda said they will try to get proposal together before February 7th, if not by then for sure by the 14th to get to regions to discuss with their areas. Daniel, Kyle, Mary said they would be willing to be on the workgroup for this. Amanda will be the coordinator for this project.

❖ **NAGS (NA Geek Squad) for the Zone**

We had talked about needing some other members for continuation of website training and mentorship. Nate, Joe, Daniel and Amanda are interested in learning. We can put as much information on the website as we need to, we have an unlimited database. Nebraska would like to join efforts, one they have a web-servant they will get in contact with PSZF web-servant. Suggested to provide a BMLT (Basic Meeting List Tool) for our zone. Barry explained what this would entail. Some members shared concerns that it would be difficult to maintain and that it would be difficult to keep up to date. It was mentioned that it would be the regions would be responsible for making sure their meetings are correct and up to date. Daniel explained that BMLT is a very easy tool to use. All the information from the BMLT will go to NAWS to update after it gets downloaded and sent to NAWS to update.

❖ **Policy Review**

Daniel reviewed the policy and mentioned it may need complete review. It was suggested to ask for volunteers to be a part of the workgroup to amend the policy. Diane, Carol, Bob and Joseph would be willing to be on the workgroup, and Daniel will facilitate that workgroup. It was asked if this workgroup would take into consideration that our prudent reserve is \$2000.00, and would like to see that lowered back to \$1000.00. Amanda clarified the reason it was put to \$2000.00 was due to the PR position was formed at that time. It was suggested that \$1500.00 may be a better amount to be put at a prudent reserve. A recommendation will be made to this committee based on how today's finances end up.

NEW SERVICE:

❖ **PR Booth – Mid-West Conference – Kansas City**

The registration for this conference is \$325.00. This amount is the same whether we attend for 1 day or all 3 days. Will also need literature. Carol will get with Mark once she knows how much the literature will cost. The cost will not exceed \$175.00. Mark will write Carol a check for \$175.00 today. No opposition to paying those amounts. It was recommended to do 1 or 2 days for the booth. The event is June 24th – 26th, 2015. Volunteers for this event are needed – Cindi, Barry, Nate are willing to help with the booth. John S may be willing. Carol

may be going, depending on if she can get the time off of work. There is a possibility that we can do a presentation during this event. If we do a presentation they usually pay for a room. It was mentioned this may be an outside contribution and we can decline the room. It was suggested the zone pay for a motel room for 1 or 2 nights so it's not a burden for members who may want to know. It was mentioned that we don't fund zonal members to attend zonal events. It was suggested to take back to regions whether we should pay for a motel room or not. It was suggested to contact a couple of members from Kansas City to see if they would possibly have some room to stay at their houses.

❖ **Website**

Take back to regions to let them know that their websites can be hosted on our website. It was decided to allow the workgroup decide on how much archives to keep. The cost of the website has gone up \$3.00 a month. It was suggested we pay a year at a time rather than monthly and it may be cheaper. Barry found that if we paid 3 years at a time, it would be the equivalent of \$9.99/month, a total of \$360.00. A proposal was made to pay 3 years on the website. No opposition – proposal passed.

❖ **Next Zonal meeting in Iowa**

The best available date for our next zonal meeting is August 28th – 30th, 2015. Location is still to be determined. Will be notified on February 22nd where the event will be.

It was mentioned we would like to keep in mind dates for the next zonal meeting in Mid-America in 2016. January 22nd or the 29th would be good dates to keep in mind. Possible location would be Lawrence, KS.

❖ **Workshops – Leaders**

It was asked what workshops Iowa will need. It was mentioned that it may depend on where we meet.

- Welcoming All Members – Diane K. & Bob K.
- Group Support – Nate F. & Kyle B.
- Planning – James S. & Steve P.
- Role of Zones – Cindi B. & Barry B.
- Would like to leave one slot open in case we need to add an additional workshop based on the region's needs.

❖ **MZSS Shirts**

We have 7 leftover MZSS shirts. A proposal was made to give 2 of the shirts to the P3 fundraiser, 2 to Iowa for Zonal, 2 to Mid-America Zonal and 1 to the zonal following Mid-America. No opposition – proposal passed.

We closed the meeting at 1:15pm with the 3rd step prayer.

In loving service Amber C.
PSZF Secretary

Announcements:

- ❖ January 31st, 2015 is the last day to receive input for first phase of Traditions Workbook. Will probably get the next chapters 3rd week of February. April 31st will be the cut off for these next chapters. Basic input for 7-12 is still needed.

Attachments: Updated Trusted Servants Contact List