

Plains States Zonal Forum Business Meeting

February 4th, 2018
Lubbock, TX

Moment of silence, followed by Serenity Prayer, Traditions, Concepts, Service Motivator

ROLL CALL: Best Little Region, Iowa Region, Mid America Region, Nebraska Region, OK Region, South Dakota Region, Facilitator, Secretary, Treasurer, Web Servant, PR Coordinator – Absent, SBTW Coordinator - Absent.

Trusted Servants:

Facilitator – Nate F
Secretary - Amber C
Treasurer – Carol P
Web-Servant – Barry B
PR Coordinator – Sam B – Absent – Resigning
SBTW Coordinator – Amanda M – Absent

Regions

Best Little Region – Leanne H.
Iowa – Kathy N & Michelle B
Mid-America – Jeffrey L & Rod D
Nebraska – Brian S.
OK – Kyle B. & Pam T.
South Dakota – Steve P. & Jeff S

Visitors

Cindi B, Jeff R, Sally R, Blue, Melvin M, Don H, Luis L, Gary R, Keith T

MINUTES

Minutes were read and approved.

REPORTS

Chair

Sam B has stepped down as PR Coordinator – will be an open position in elections.

Treasurer

PSZF Treasury February 2018

| | |
|--|-----------|
| Beginning balance: | \$3649.10 |
| Checks written | |
| 1166: Barry B. Web servant | \$64.62 |
| 1167: Amanda Murphy: SBTW | \$1310.00 |
| 1168: Lee Anne H. Best Little Start UP | \$300.00 |
| Balance 2/4/2018 | \$1874.48 |

Last night's auction net receipts \$906.00

PR Coordinator

No Report – position is now opened.
Next webinar in March for NAWS webinar.

Web Servant

Greetings in recovery,

The web site has been humming along since September. I have started to install the BMLT server on our site. My initial test is not positive, and we may have to change the host company. If this occurs, it will be at the end of current contract that ends in September. The Sponsorship Behind the Walls Page has been updated a couple of time and need another update since there have been some changes. Our zoom account has been used frequently. Averaging 6 to 10 different meeting a month. I had a discussion with our rep and some things are still unclear for me on how many meeting we can have at a time. Is the expense to renew our account at the same level \$149.90. I have started to update the site to the next version of Drupal. This way we can keep ahead of the curve. You can send your items to info@pszfna.org. You can send you photos for the Video to photos@pszfna.org.

ILS. Barry B.

Sponsorship Behind the Walls (SBTW)

Dear Zone,

We have had one prison respond with the go ahead to do SBTW at their facility in Iowa. We have had 2 men from that facility write into the mailbox in Tulsa and we were all doing the happy dance! The first guy that wrote is getting out this month, so too short of a time to work with him, but the 2nd guy that wrote has since responded again with his 1st assignment response and we've sent him his 2nd assignment. So, as soon as he completes that, we will assign him a sponsor!!!! We've had a few prisons respond no or not right now, and over half of the initial batch we sent to haven't responded at all. We sent follow-up letters to all and emailed, when we had it. But we've only received mail from the one affirmative prison's inmates, so either the others aren't hanging our flyer yet, or there aren't any interested addicts in there. More will be revealed. We will send out a new batch of letters, probably to two more in each state sometime in the near future. We wanted to give these initial facilities a chance to respond before sending out to more prisons in our zone, but given how slow everything is, I think we'll be safe to send a 2nd batch out. If your regions have suggestions on the next two prison facilities to reach out to, let your regional liaison or one of the other workgroup members know, as we'll be arranging that in the upcoming months.

Our workgroup continues to meet via the Zonal Zoom account and that is working great. We have standardized our workgroup meeting times to the 2nd Wednesday each month at 7:30pm CST and continue to have around 10 workgroup members each time.

Fall zone will be the end of my term, as well as of the elected workgroup members, so if you or anyone you know is interested in any of the elected positions, let us know. Zone elects the workgroup coordinator, and the workgroup elects all other positions, as it is currently written in our guidelines. The terms are for 2 years. Please spread the word. Since we are all just beginning to have our positions be in action, it probably wouldn't hurt for many of us to do another term, but rotation would be welcomed too. Sit in on our workgroup calls to see if this is something you would like to participate in, elected or not. We are still looking to fill the Iowa and South Dakota Regional Liaison positions, which remain open.

We've held around a dozen sponsor trainings since September 2017 Zone met, some online via Zoom, and some in person (at least one in-person in each of our zone's regions, except Iowa) and currently have 17 sponsors that have done the training and completed all paperwork. A couple times we have scheduled online trainings, but no one signed up for it or they didn't show when the time came. Aside from a few technical difficulties, and the orientation could benefit from a little revamping and streamlining, the orientations seem to be going well overall. We have two more online trainings scheduled for the near future: Saturday February 17th at 11:00am CST and Thursday February 22nd at 7pm CST. Email to sbtw@pszfna.org. Check the calendar at www.pszfna.org or the SBTW flyer for upcoming times in the future. Many are on an email list I send the latest flyers out to as well.

We have \$1466.85 remaining in our budget. Since we met in September, our only expenditure has been \$9.80 to the US Post office for stamps. What little mail that has been received, has scanned and emailed fine with the cell phone

scanner app, so we haven't needed to purchase a desktop scanner. I'm sure we'll put in an order for IPs soon, but otherwise we've made our initial purchases, and until we ramp up with more sponsees, but expenses will probably be at a trickle.

Since we aren't up to full speed, it's difficult to assess our needs and what will be most practical in terms of needing a workgroup treasurer or not, or how to word budgetary needs in the Zonal guidelines, other than to say, the approved workgroup budget amount needs to be held back somehow and not sent on to NAWS and should probably be a budget approved on a yearly basis. Currently I've got the funds, but I also think the money could just be held back in the regular zonal account (and is probably more prudent than in a servant's personal account) in addition to prudent reserve, and the zonal treasurer could reimburse or pay in advance expenses to workgroup members. At some point it may be too much work/accounting for the zonal treasurer to want to do in addition to their current zonal duties, but for now, it seems as it would be manageable, and we certainly don't need to create a whole other account and treasury position yet.

We're also working on spreadsheet logs, a few more types of correspondence response letters, and updating our info on the zonal website. I don't think we've added or updated anything to the guidelines or orientation since we last met.

As always, any input and guidance you can provide us is welcomed. We look forward to developing this project further and carrying the message to incarcerated addicts in our zone and working the 12 steps with them!

With gratitude and love in service,
Amanda M, SBTW Workgroup Facilitator
& the entire SBTW Workgroup

Best Little Region (TX)

Greetings from the Best Little Region! Thank you so much for all your help in learning how to host a Zonal!

Our previous AD stepped down, and our Regional Chair has appointed Gary R as AD Pro Tem as per our policy. I am grateful to be assisted by such a competent individual and know he will be an asset to us at the WSC.

I missed our last Region, but the Unity Area RCMA gave me notes! We have voted to become a 501(c) 3 with Louis T from the Big Country Area heading that up.

The Best Little Region Convention XXX will be held on Oct 12 - 14th. We filled our H & I position and the Alternate Secretary Position.

WE are looking at creating a budget which we have not had, seems most Regions do have, and will benefit us greatly. Our Chair and Vice-Chair are really committed to leading us toward more discussion-based meetings and are working on fostering unity throughout our Region. Our furthest southern Area is struggling with members who have a lot of clean time but not much service experience. Members of our Region are trying to nurture and educate this Area.

Always an honor and privilege to serve
Lea Anne H
Best Little RD

Iowa Region

Hello Fellow Regions!

Thank you Best Little and Lubbock.

Since we last met:

- Iowa Region has met once in November. This was our off year for the planning session, so the work primarily consisted of reviewing the prepared plan and preparing budgets for the coming year.
- A Regional Phoneline workshop was held at an area function.

- Our Awareness workgroup is revitalized and preparing a database of radio stations airing PSAs and working on revamping outdated television PSAs.
- The RD team facilitated the Atmosphere of Recovery in Service workshop at region in November.
- Iowa currently holds 269 meetings weekly.
- Iowa Regional Convention will be held in Rock Island, IL July 5 – 8, 2018

ILS,

Kathy N. and Michelle B.
Iowa RD Team

Mid-America Region

Dear PSZF Family,

Mid-America Region is doing well. We have a consistent nine or ten Areas consistently attending our RSC. We had great turn out for our Thanksgiving feed after the RSC with loads of Food and Fellowship.

Our convention committee is getting fired up for the April 27th start of the Mid-America Regional Convention of Narcotics Anonymous in Topeka, Kansas. The committee is well staffed, and we are looking forward to a terrific convention.

Just a reminder that the Mid-America Regional campout is in Beloit, KS. The campout committee is fully staffed and is working towards having an awesome event in this new location. This event is the weekend after Independence Day which is the 5th through the 8th of July.

Flyers for both Events are on the brand new Mid-America website at marscna.net. Please check out our new website and you can download the flyers from the Events page. Our new website is built using the Drupal content management system and is connected to the NA Basic Meeting List Toolkit or BMLT and how you can view our meetings on a Google calendar. On a technical note, we have implemented a SSL certificate on our website for encrypted connections to users for all content on our site. This is for compliance changes for Google which is requiring encryption for all content in the Chrome browser.

Our PR committee is busy. We attended a booth at the Governor's conference in Topeka Kansas in preparation for the PR to Professionals presentation prior to the convention on April 27th. Our phone line facilitator wrote guidelines for operating our regional phone line which was voted on by the RCMs and it passed and became part of our Regional Guidelines. Our H&I facilitator is building momentum and having fund raisers for the Basic Text project. The goal is to put at least one and probably more than one Basic Text in every county jail in the state of Kansas.

The Fellowship Development committee is moving forward. Our 2017 Soul-to-Soul retreat was a success with 43 people in attendance. The 2018 Soul-to-Soul chair was voted in. Thank you, Shelly W., for stepping up and we look forward to the September 21st through 23rd event.

Finally, we have been asked to complete "local committee questionnaires" for two members of our Region. One member is seeking a position on the World Board and another is interested in being on the Human Resources Panel. More will be revealed.

We have already conducted a CAR workshop in Salina, Kansas. We additional CAR workshops planned in Parsons, Lawrence and Wichita. We are doing an online Tally and the RD team is asking the Region if we can take Group, Area and Individual Tallies. Our plan, if approved, is to weight the tallies heavy on the groups but have the information from individuals/areas as guidance for non-CAR motions.

Thank you.

In Service,

Jeffry L.
Regional Delegate
Mid-America Region
785-550-0849
jeffry_na@outlook.com

Nebraska Region

Hi,
Not a lot has changed in Nebraska Region. There are 57 monthly H&I commitments with 147 weekly meetings in the region right now; with 7 areas and 64 groups. The NRCNA convention will be held Oct 5-7th, 2018 in North Platte, NE. Pre-registration flyers are available at nebraskana.org; under NRCNA 35 2018. The Eastern area will be holding its annual Close Encounters of the Clean Kind, Feb 23-25th 2018 at Hotel RL Omaha and Omaha Conference Center, 3321 S 72th St, Omaha, NE 68124. There is a link to the website @ nebraskana.org as well. If you haven't been there its an awesome convention! I have 1 CAR workshop scheduled so far for March 25th at the Fremont Freeze Campout. All positions at Region are open due to rotation except: RDA, it is still vacant, and the RD position doesn't rotate until July NRSCNA. The region did vote on and pass new policy to coincide with CBDM at Regional Meetings. All areas did vote and pass that that they would support Zonal seating. They also passed that the Zone could create policy to support and finance standing committees at Zonal.

Nebraska is making a \$100 donation to PSZF.

ILS,
Brian S.

OK Region

We last met December 10th 2017 and our next Regional meeting is on February 11th, 2018.

During our FD meeting last 2 times we met we conducted a Regional inventory. We found some things we are doing real well and some not so well. We are trying to come up with ideas to move forward in doing the not so well stuff better.

We still at this date have 3 area service committees. 2 fairly large areas and 1 small.

We submitted a Regional recommendation form as per a proposal that we made and sent back to groups and passed in favor for Cindy B as a World Board Member.

We attended a PR effort at the Oklahoma Criminal Justice Association.

We haf our Fall Spiritual Retreat in November. It went real well but facility that it has been at for several years in a row changed pricing so we may have to move the event.

General Service Assembly is February 9,10, 11 2017 at St Grove Camp. We will be doing a CAR/CAT presentation.

OK Regional Convention is March 23, 24, 25 2018 at Tulsa Southern Hills Marriott.

ILS
Kyle B

South Dakota Region

South Dakota Region

The RD Alternate resigned las week. We will have an emergency meeting 2/10/2018 to decide what to do. We are not sure whether an alternate will attend with the RD or not at this point.

We will be reviewing the CAR/CAT in West River Area, Rapid City, on February 10, and East River on March 3 in Sioux Falls.

Serenity in the Hills, is our small spring retreat. It will be held in Hot Springs, SD March 16-17-18. The Regional Convention will be held in Sioux Falls in September.

West River Area had a PR table available for a Native American Methamphetamine/suicide prevention conference in December with literature available. All of the literature was taken, which is a perfect response. The dispersed literature included the most recent meeting list as well as some pr IP's and Am I an Addict.

We have had some new meetings start within the region: Spearfish has meetings 4 times a week, with a couple of them being held in a treatment facility, so they may or may not be open to the public. Lead has a new meeting again, and the meeting in Huron has reopened. We have heard that Redfield also has a new meeting.

At this time, only West River Area is a functioning area within our region, as the SOAR area still has no trusted servants willing to be of service. We are holding the next region meeting there and are having the next convention there to hopefully encourage some participation in that neck of the woods.

Some exciting news is we finally have some interest in outreach in West River Area, with a committee formed to take meetings to Philip, SD and to Porcupine, SD on the reservation. They have a \$1500 budget to help support those two meetings for the next year.

There has been some talk of dissolving the region, stop participating in zone, but hopefully the review of the CAR will redirect those sentiments.

In Service,

Steve P

OPEN FORUM

Facility Liaison for SBTW – causing some issues in BLR. There was confusion on who elected the liaison, and confusion on responsibilities. Liaison is a point of information, not an elected position, and is to provide information for workshops, etc. Need some communication with the workgroup. This is a volunteer from the SBTW workgroup. Not creating a new regional position. Clarification from a couple of committee workgroup members. When project began, it was stated that they would need a liaison from each region. People are showing up on the workgroup calls volunteering to be the liaison without going to their regions first. It was mentioned that the regions should be providing the liaison to the committee, not the other way around. The position is a workgroup position, not a regional position. There are internal guidelines for this committee. The accountability to the committee is skipping the zone, and more information may need to go to the RD teams, to be able to answer questions also. Not a lot of clear guidance for this position right now. A workgroup member will contact SBTW coordinator to figure out the best way this can be handled moving forward. Need to put some processes in place for the services we provide, so that everyone knows what is going on. Overall, they have done a great job, this is just a snag in the process. The qualifications were read from the SBTW guidelines for this liaison position. It was clarified that the liaisons are elected on the SBTW workgroup. Suggestion that it stays as a SBTW position, but have the regions suggest the person Proposed that we take back to regions if we want the SBTW liaison elected by the SBTW workgroup or by our regions? This will be discussed in New Service.

OK Region wondering if anyone provides travel money for trusted servants to travel for RSC meetings? Areas have funding for RCM to go to RSC. Nothing for trusted servants from the RSC's. BLR, does not either, but may put this in as a motion to change this. Iowa region rotates but asks local members to help house some of the trusted servants coming from other areas.

SD Area/Region question about liability insurance again. Members feel like this is important again. SD finding it difficult to find an insurance company that will provide liability. Philadelphia insurance is what Mid-America and OK regions use. SD RD would like any information from other regions with insurance policies. Suggestion to have a procedure on what to do when/if there is a claim.

Question was asked if we need to have a budget for zone. If motion passes the motion regarding have a 3-day event for zonal representatives, should think about this with the money aspect, as far as sending money today. There is no extra money to send to NAWs today, because we didn't have an event in South Dakota, and we won't have an event in April or November. Before our zone sends anyone, it will need to go back to our regions on if they would be willing to send a person or not. Suggestion on talking to your regions now about this as an FYI that this could happen. At some regions

all policy changes or money stuff have to go back to groups to vote on. This could be putting the cart in front of the horse. Strength of this zone as always been forward thinking, it would be responsible to work towards a budget for the future. A proposal was made to create a budget available at the next PSZF meeting. Proposal will be in new service.

OLD SERVICE



Proposal from last Zone

Proposal: Talk to regions and ask if they are okay with us creating guidelines that allows the zone to budget for ongoing projects that are approved by the regions.

A couple of regions talked about standing committees, no problem with having the standing committees. It was discussed that having a budget is what we need to do moving forward. Budgets will be discussed in New Service.



Zonal Tally

Zonal Tally discussion on how we voted as a group last time. This will help with moving forward with zonal positions. This will be sent to the secretary and included in the minutes.

NEW SERVICE



Next meeting @ WSC

Discussion on if PSZF will meet at WSC or if they will participate and attend other zonal meetings. It was suggested to have a brief meeting and visit other zones, but it may not be possible, due to time and space at the WSC. It was asked if we should assign RD's to go to specific zones so not everyone is going to the same meetings. Not all zones will meet, and it was mentioned it may not be a real picture of how those zones function due to only meeting because the RD's are just there. In 2014 zone had an actual meeting, but trusted servants were all RD's at that time. But that is not the way our PSZF is working now. It was suggested to have a zoom meeting so that all trusted servants can meet. It was suggested to meet. Secretary asked when the meeting usually happens, and her question was answered. A vote was taken 4 – 2 – 0. PSZF will meet at WSC. It was suggested that the AD's visit other zones if possible. Jeffry will be point of contact for when the meeting will take place, so he can let everyone know when this meeting will happen for those on the executive members that will be attending via Zoom.



Election – PR Coordinator

PR Coordinator – elections are up in November, it was asked if we want to have this election today or in November. No current PR events scheduled between now and November. It was decided not to do the Governor's conference, due to not being cost effective for the booth. Our zone wanted to do a presentation, but they wanted more information that what they could provide. Take back to your regions that this is an opened position at this time. This election will take place in November. A question was asked regarding PR/FD Zonal Webinar for NAWS, they sent out a schedule request. Facilitator will contact the PR Coordinator that has resigned, to let her know it was decided Cindi will represent until November.



SBTW Liaison Position

Proposal: Take back to regions if regions want the SBTW liaison elected by the SBTW workgroup or by our regions. No opposition to take back to regions. Take back to regions. It was suggested to have the SBTW coordinator to put together this proposal with intent and send back to regions within 10 days. It was then decided to go forward with the proposal. Regional Liaison qualifications are:

Regional Liaison (one for each region within zone)

Position Description: Is the communication link between SBTW zonal workgroup and respective Region service bodies. Responsible for orientating/training sponsor volunteers within respective Regions.

Recommended requirements:

1. Three (3) years of clean time;
2. One (1) year experience on SBTW zonal workgroup;
3. Experience sponsoring a SBTW sponsee.

Duties:

- Responsible for orientating/training sponsor volunteers within respective Regions in SBTW, and yearly thereafter;
- Keep records of orientations given;
- Attend all SBTW workgroup meetings;
- Report to your region and give updates on SBTW;
- Maintain current records of sponsors in your region & their sponsee(s);
- Keep in contact with Sponsor Communications coordinator and give regular updates;
- Assist with institution communications, if requested by SBTW facilitator;
- Encourage members in your region to volunteer for sponsorship & create/maintain awareness of the sponsorship service opportunity within region/zone.



Budget Proposals

- Proposal: That the executive committee (Web servant, Sponsorship behind the walls, and PR) provide a budget before the next PSZF meeting to go back to the regions for approval at our Nov 2018 PSZF meeting. Take back to regions. Within a week, these committees should be able to have their budget together. Barry will be the point of contact and the secretary can send it out all together. Take back to regions.
- Proposal: Form a guidelines workgroup that will meet on zoom and come back with changes to send back to our regions for approval by November. Executive committee will be involved in that. Facilitator single point of accountability. Cindi, Michelle and Rod is willing to be on the committee also. Proposal passed.



Zoom Bill

Zoom bill is due on February 6th. The cost annually is \$399.80, which is \$33.22/month to pay this for 2 hosts. Discussion on if there has ever been a conflict in times for meetings, none that the web servant is aware of, but as MZSS gets closer, more meetings will need to be happening, so as more groups and subcommittees use Zoom, more conflicts may arise. No oppositions.



Discussion on workgroup coordinators be available via zoom if not able to attend if not able to attend in person. This discussion will be on the agenda in April at the WSC meeting.



Donation to NAWS

No donation due to being under prudent reserve.

Announcements



Close Encounters of the Clean Kind – Feb 23rd – 25th, 2018 – Omaha, NE



MARCNA – April 27th – 29th, 2018, Topeka, KS



IRCNA – July 6th – 8th, 2018 – Rock Island, IL



OK GSA – Feb 9-11th

Recap



Zonal Tally information will be sent by Cindi to include in minutes



Jeffrey is point of contact for setting up the Zoom meeting for the WSC Zoom meeting.



Cindi will participate and report on PR/FD Webinar



Take back to Regions: Proposal regarding SBTW Regional Liaison position.



Kathy and Jeff – fill in SBTW workgroup regarding concerns.



Barry is point of contact for budget, so the secretary can get the information out prior to RSC meetings.



Workgroup for policy guidelines has been created. Facilitator will get a date to set up a meeting for this.



Email photos to Barry for zonal video – info@pszfna.org or photos@pszfna.org

In loving service Amber C
PSZF Secretary

Attachments



Budget proposals

Proposed Budget 2018 -2020 Plains States Zonal Forum

| Sponsorship Behind the Walls | | |
|-------------------------------------|--|-----------|
| 1 | Workshop Materials | \$400.00 |
| 2 | Mailing postage and materials | \$400.00 |
| 3 | IP's for initial sponsee assignments (before they get a sponsor) | \$100.00 |
| 4 | NA Books (Step Working Guides and It Works: How and Why) | \$1000.00 |
| 5 | 2 year mailbox rental (needs to be renewed July 2019) | \$400.00 |
| Total Sponsorship Behind the Walls | | \$2300.00 |
| Plains States Zonal Meetings | | |
| T | Meetings 4 in two years at \$400.00 each | \$1600.00 |
| Public Relations | | |
| T | Public Relation events | \$700.00 |
| Information Technology | | |
| 1 | Web Site Hosting. Two-year hosting. Due September or (1 year is at 251.88) | \$455.76 |
| 2 | Zoom 299.80 a year due in February | \$599.60 |
| 3 | Miscellaneous Web Site Charges. (New Modules) | \$200.00 |
| 4 | Domain Registration for URL (Two years due in September) | \$65.00 |
| Total Information Technology | | \$1320.36 |
| Total of all Budgets | | 4720.36 |