

Iowa Region of Narcotics Anonymous
PO Box 5164
Hosted by: SEINA
November 18, 2017

The Iowa Region of Narcotics Anonymous convened in Iowa City, IA. The region would like to thank SEINA, for hosting.

Opening Prayer: Sari –

I. 12 Traditions: 12 Concepts: Vision Statement:

II. Roll Call:

Facilitator:	Sari (P)	Regional Delegate:	Kathy (P)
Co-Facilitator:	Kevin B (P)	Alternate Delegate:	Michelle (P)
Recorder:	Marie G (P)	Treasurer:	Bill (P)
		Co-Treasurer:	Esti (P)

Regional Sub-Committee Facilitators:

IRCNA Standing:	Esti (P)	Archivist:	Mark F (P)
		Co Facilitator :	Jeff (P)
PR Facilitator:	Shane (P)	Insurance:	Christine (P)
Web Services:	Bob (P)	Fellowship Development:	Boone (P)
		Regional Facilities Workgroup:	Barry (P)
		Co Facilitator :	Shane (P)

Areas:

Clean & Free:	Boone	Members:	Nathan
MRVANA:	Nick	North Central:	Absent
Freedom & Serenity:	Jesse	Quad Cities:	Eli
Heartland:	Shane	Siouxland:	Toma C
South East Iowa:	Denny	South Central:	Jeff
Lakes:	Absent	Southwest Iowa:	Dave

Areas Present= 10 80% Present = 8 Block (Red) = 3

III. Approval of August Minutes – Consensus and Approval of Minutes – **Approved**

Please look at your Handouts. Treasurer report not submitted/ passed out. Electronic copy will be given to recorder. Also the Wording under the changes for Insurance was backwards. This change was made on the hard copy and will be resubmitted to the Web Servant to be posted.

IV. Reports:

A. Officers:

Facilitator:

Greetings Iowa Regional Family,

Thanks SEIANA area for hosting Region and for all your hospitality. Zoom meetings continue between Region. Our next rotation is Des Moines in Feb and then MANA in June, RCM's please have in the back of your mind when your Area will be hosting. Remember to have a flyer for next Region at the next Region Thanks everyone in advance for your service today.

ILS
Sari M

Co-Facilitator: [See Email](#)

Recorder: Minutes: Minutes:

Submitted Receipt for \$11.44 for supplies/Insurance binder. Requesting budget for 2018 in the amount of \$50.00 for supplies.

Regional Delegate:

RD Report

11-19-17

Thank you, Region members, for traveling to our Area this November.

News from NAWs:

- A literature price increase is scheduled for July 1, 2018, previously proposed 7.5%, now reduced to a 6% increase.
- The CAR is scheduled to be released November 29. We are proposing to purchase two copies each of the CAR/CAT for each area. The cost will be approximately \$540.00. The CAR for this conference contains

no board motions, though it will contain surveys similar to previous. It contains 25 regional motions.

- We will be attending a CAR workshop at the next Plains States Zonal Forum in Lubbock, TX, and presenting the CAR here in February. In the past few years, we have split the presentation over both days. Would you like to do the same this time?
- Following that, we will be prepared to come to your areas to assist with CAR workshops, should you choose.
- Will be needing an Area to host the CAR assembly.
- We have attended two Conference Participants Webinars since Region – September 9 and November 18: Unity and the third session of Future of WSC (Objective 4 of the Strategic Plan).

We attended PSZF in Sturgis, SD, in September. Michelle will cover that.

You will find the RD Team proposed 2018 budget below.

Financial requests: reimburse gas overage from September PSZF \$93.90; CAR/CAT purchases: \$540.00; PSZF – Lubbock, TX: February 2-4: \$1,200.00

Thank you for the opportunity to be of service.

ILS,
Kathy N., Iowa RD

2018 Budget Breakdown:

WSC Conference	\$3,000
Plains States Zonal Forum x 2 (MZSS/Winter 2019)	2,000
Printing (Region Guidelines)	\$500
Workshops	\$150
Total	\$5,650

Alternate Delegate: [See Email](#)

Treasurer Report: [See handout also see Attachment](#)

\$9169.07 – Start this session

Co -Treasurer: [See Attachment](#)

B. Sub Committees:

IRCNA Standing: IRCNA Standing: I am putting this as an attachment due to content not wanting to copy over very well. Thank You.

Public Relations: Facilitator said - Budget breakdown will be given.

PR Facilitator November 19, 2017 Report
Good morning Region,

PR met at approximately 1:30 PM with the standard moment of silence and Serenity Prayer. Readings were read. Roll call was taken and 8 of 12 areas were represented. Minutes from August were approved unanimously. Reports were given. During Open Forum, we learned that Close Encounters is offering facilities and people with limited access to physically being at the convention the opportunity to hear the main speaker via a Zoom or conference call. Pat K. from SCANA asked if Region wanted to take part in SCANA bringing a meeting to the Iowa State Fair. We added this to the Conferences workgroup, which had been previously disbanded and after much discussion, as well as new Conferences workgroup coordinator, Jesse M., the body agreed to reinstate Conferences workgroup. We took a break before breaking into workgroups.

Workgroups met for a short period of time focusing on goals and a 2018 budget proposal. Reports are as follows:

H&I

1. Database - Sari working on getting Dave up to speed on this.
2. Reconstructing Committee –
 - A. getting position filled - Co facilitator,
 - B. Update info for database, including forms handed out each region and can also be accessed on website.
3. Three workshops around the state
 - A. Clean and Free
 - B. Siouxland
 - C. Fort Dodge (each will bring info in February)

Budget request - Lit - \$25 each totaling \$75, Travel – up to \$75 each totaling \$225. For a total budget request of \$300.

AWARENESS

We are still compiling a database for radio PSA, how often each station rotates PSA's so we know when to resubmit, who to contact for

submissions. Secondly we are working on new TV PSA's as the ones we have are aged. We have not had much reaching out too radio stations via email. We are trying a different approach; phone calls during business hours. Awareness is requesting sourpuss for this group because in the last planning session, Awareness was an important issue from this body. So much so that we have reinstated Awareness twice. Jess L. was the only one in attendance today at this workgroup. She is stepping down as PR Recorder in an effort to better focus her attention on this workgroup but needs committed folks to help.

PHONELINE

We held a phone line learning day at the HANA Turkey fry November 11t. There was a good turn out with 14 people signing up to local contacts or phone line volunteers.

There have been some calls coming in on the helpline that shows a restricted number. I contacted Phone.com for more information. They are looking in to it, but this was the first time they heard of this happening with the service and didn't know it was possible. The call is coming from treatment center in Des Moines.

Phone.com is showing a credit of \$536.72. Regarding the invoice for \$1.17. This balance will remain until it gets above \$4.00, then our credit will be applied. This balance will not incur any late fees if left unpaid. Phone.com could not identify where this charge came from. Since the schedule has been updated calls to the admin que have decreased. I will be putting a new schedule together soon.

The proposed budget is shown below:

Phone Line 2018 Proposed Budget	
Phone line service	\$600.00 (annual)
Learning Days 4	\$300.00

CONFERENCES

As previously mentioned, conferences met and there was a lot of volunteers and support for attending the Governor's Conference on Substance Abuse and to explore the option of the Youth Recovery Conference and we also discussed setting aside money for repairs and upkeep on the PR Presentation booth display and to purchase literature for PR. Also agreed to help SCANA with their Iowa State Fair project in whatever way we can. They will come to February with their plans and needs (more will be revealed). Did propose a fairly steep sounding budget of \$1600 which will more than cover any expenses foreseen from these endeavors.

Nominations were made for Reid C. to move from PR Co Facilitator to being nominated as PR Facilitator, as the previously nominated Victoria R. stepped down due to personal conflicts. Reid C. accepted the new nomination. A nomination for the PR Recorder position was made for Rianne K., who accepted. The PR Co Facilitator position remains open. Please bring back to your groups and areas that this position needs filled.

As this is my final report as PR Facilitator, I just want to thank everybody and tell you how grateful I am to have been allowed to learn and grow and serve with this body.

ILS, Shane R.

Web Services:

November NAGS Report 2017

Hello Region,

There has been quite a bit that has happened again since the August IRSCM.

On October 27th, the site was taken off-line and I received an email saying that our site (and host) has been disabled and that we had some corrupted files and was hacked. This time I was much more prepared in handling issues like this so I called JustHost and asked for a scan of our site. I was informed that we had 266 infected files and we would have to have them removed or cleaned before they would turn the site back on.

It was not feasible for me to evaluate and disinfect every file in a timely fashion so I had to make a decision to delete those files altogether; get the site back up and running and fix things after-the-fact.

I was able to remove all infected files except for one that was embedded deep (approximately 13 folders deep) – Barry and I even tried using the FTP client without success so I asked JustHost to see if they could and after about 2 hours they were successful in removing it and the site was turned back on and I thought “Geez, about time - all is well” – not so; SEIANA, SANA, CAFANA and FASANA (the 4 sub-domains that were the most affected) were off-line showing a totally different domain with the same URL. After some confusion, Barry finally figured out the some necessary files were deleted; these files were eventually restored and in time those sites came back.

As a result of this last ordeal, I downloaded a complete set of files (over 173,000 files which took 2 ½ days) on my server at home as a backup should something like this happen again.

As a result of having to delete these files and not having a current file backup it is not feasible to restore them at this time but we may be able to restore them after we move to the new site using an old backup that is not compatible with our current Joomla version.

Area web servants, please reevaluate those who have admin access and change the admin passwords immediately just to be on the safe side.

As a reminder that on 3-23-2018 our account with JustHost site expires, with this being said, we are requesting that we do not renew with JustHost but around February, purchase an agreement with A2Hosting at a cost of \$131.88 yearly which includes the following: Unlimited websites, unlimited databases, unlimited storage, unlimited transfers, a new C-Panel, SSP (solid state drive) and SSL (secure socket layer).

The last 2 regions it was asked to have you go to the new website, register and test the site and report back any issues and/or suggestions – to date; I have not received any responses back. For that reason, I have asked to share the URL on the projector to go over the look during this IRSCM. We are also asking that the region gives us the green light to take the new site active ASAP. The new site is completed with the exception of transferring some extra files over (they are now transferred) and getting the PayPal add-on which is an additional \$39/year.

One issue that we are facing is getting the area subdomains current and ready to get transferred to the new hosting site. We will be working with the areas to have this done soon and as efficient as possible – did I mention that we need to do this SOON ?!?

I look forward to continue to serve and I thank you for this opportunity.

I.L.S.

Bob K (aka Bobrito)

- **Remind your area when new region website is up each individual will need to register.**
- **Once new site is up then there will be a new training session at Region.**

Insurance Workgroup:

Insurance Coordinator Report-November 2017

Hello Family, My name is Christine and I am a grateful recovering addict. Things are going well in insurance. There were three in attendance during workgroup. We did receive a bill from Philadelphia; however our check just crossed in the mail so we are current on our premium. A spreadsheet has created to track claims. As previously stated there was one claim in July. I will contact Philadelphia on Monday to determine status of that claim. I will put the findings in my report and email to our recorder. Due to the clarity of the claims process, we have a proposal.

After several calls to Brenda Lee the Insurance examiner on the claim we submitted in July, We finally connected today December 8, 2017. She did state that the claim has been resolved. Philadelphia did pay \$355.78 for the broken car window.

In loving service, Christine M.

- 1. Proposal :** In order for a claim to properly be submitted, a police report must accompany each claim

Intent: To provide the insurance company with a clear account of the claim. In order to determine legitimacy

Fellowship Development:

Greetings,

In F.D. we had great discussion on what areas are doing on starting new meetings. F.D would like to know what nights of the week work best for small town meetings.

We also get our goals for the next year:

1. Encourage help start 3 meetings in the region.
2. Two (2) workshops outside of NE Iowa
3. Outreach to the Old Southern Miracles Area. In which Steve has volunteered to look into this Ottumwa Area

Our budget is \$500.00 for starter packs, literature, supplies for workshops and travel expenses.

We have decided to move forward with capture the flag. We need to know what Areas are participating.

In Loving Service,
Boone.

Archivist Workgroup:

Archivist Work Group

REPORT FOR
11/19/17

Greetings, Yesterday, Jeff, Mike and myself and I sorted out minutes, and got these into notebooks with many more to come. Thousands of pieces of paper have been scanned, and thousands more to go,

If memory serves me right we have Regional Minutes scanned up to 1992, PI minutes up to 1987. As go along we find more and more things, so it is both exciting and sad.

Something humorous, yesterday Jeff came across an agenda I had sent out in 1992 when I served as Regional Chair. This agenda was 10 pages long, at the meeting prior the ASR's/RCM's were complaining they did not have information to take back to their Area's. Guess I went a bid overboard, the information was in the Agenda.

One last thing, originally, we had planned to transfer all documentation to flash drive and cd's. After some thought and discussion, it makes more sense to purchase a cloud server and when all scanning is done and uploaded this cloud can be linked to the iowa-na.org

For our goals:

- 1) To continue gathering documents to scan.
- 2) To build a travelling display case, ideas are appreciated
- 3) To be available for all questions
- 4) To assist Areas with them achieves if needed

Budget:

\$500- for notebooks, cover sheets etc.

This is a joke: Jeff and I would like to make a financial request of \$5,000 so we can take our archives and display them at the World Convention in Orlando ☐

As always it is an honor and privilege to serve the Iowa Region and Narcotics

Anonymous.

The Iowa Achieves Workgroup

Regional Facility Workgroup:

Facilities Workgroup.

We meet on Zoom on October 23, 2017. We also meet briefly yesterday during workgroup time. We have a map that that has possible locations. This will be on the regional web site when we have more places contacted on them. Mark contacted 2 places and Shane contacted 4 places. We have not heard back from any of the facilities yet. We will continue to work though the list of places. We will meet on zoom. Shane has a list of items that we will ask the facilities.

ILS Barry & Shane

C. Areas:

CAFANA:

Greetings Region,

The Clean and Free Area is doing ok.

Attendance at meetings is steady. Finances are stable with a donation today.

Participation at Area has been lacking. We have several Area positions open. We have a proposal on the table right now to have area every 2 months rather than monthly.

We are looking at ways to improve our attendance at events.

In Loving Service,
Boone

LAKES:

MRVANA:

MRVANA Report 11-2017

We have a speaker breakfast on the 2nd Saturday of each month at 1166 ½ Main St Dubuque IA 52001, breakfast at 10, speaker at 11

QCANA:

SANA:

Good morning region addict name Toma C..

Sana Area participation is well. 30 meetings a week 3 new meetings added to our list. Halloween was a great turn out. Upcoming events Christmas bingo Dec. 16th. Thanksgiving dinner day before Thanksgiving. Winter wonderland prom on New Year's Eve. Will update web services with meeting list and activities. No donations at this time.

In loving service Toma C.

MANA:

Hello region

I am an addict named Nathan I do not have much to report meeting attendance at the group levels in our area are staying pretty consistent the meetings in our area are all meeting as scheduled our previous RCM had to step down so I am no longer the Alt RCM I am the RCM for the mana area we do not have an alternate at this time other than that there is nothing new to report at this time

Thank you for letting me serve,
Nathan

HANA:

Howdy Region,

Things are well in the Heartland. Area is well attended. Most of us are new to recovery and new to service. I feel in part it's due to the fact we feed attendees well!! "If you feed them they will come."

I've not heard the numbers from the Turkey Fry! It was well attended and thanks to all who showed up!

We are mostly young inexperienced, however; that's what makes this work.

Forever Grateful,
Shane R

LANA:

SOUTH CENTRAL:

Greetings from the South Central Area,

Our Area is alive and well. We currently have 49 meetings per week in our Area. We donated \$771.06 today. All of our officer positions have been filled except for RCM Alt.

Public Relations We have new officers for next year. We are in the planning stages of having meetings at the state fair and having meetings at Sober Under the Stars, We have a phonline awareness workshop coming up at the holiday dinner. We attended the DMACC resource fair and put on a PR presentation for DMACC Human Services class at the end of the October.

Hospitals & Institutions Everything is running smoothly in the SCANA area! We have all of the facilities covered with strong and able members. We have voted new officers in. We closed our presentation at the VA hospital due to patient's not coming. We were sad to see it go.

Activities The activity we have coming up are. On December 2 we are having the Holiday Dinner. We didn't have anyone willing to fill the officer positions, until we do there won't be any other activities.

In Service *Jeff McD. - RCM*

NCIANA:

SWINA:

SWINA Area 11-17

Greetings Region

We have several open positions we are trying to fill.

We are doing functions as they come. We are doing away with Calendar of Events.

We have approved consensus for Capture the Flag.

We are digging out of a bit of a hole financially. We have no donation this month.

Hopefully we will be in better shape next Region

We are having a Gratitude Dance in Council Bluffs & Holiday Bash in Villisca.

There are Bowling Nights scheduled for several nights throughout the year in Harlan.

Dates are on the SWINA website.

We are substituting support other area functions in place of having our own for New Year and several others throughout the year.

We unfortunately have had one meeting taking a break and being removed from the meeting list. Simple Serenity in Sidney will no longer be meeting.

Atlantic meeting has moved location (on website). 7pm Wednesday @ United Church of Christ. 1607 Hazel.

All H&I meeting at Pott County are covered nicely. We need Women volunteers
ILS Dave R.

Siouxland:

SEIANA:

**SEIANA Report to Iowa Region
November 19, 2017**

We currently meet as a Local Service Conference Quarterly. Our last LSC was held in Iowa City on October 14th.

We are currently holding 19 meetings per week in 8 communities:

Burlington	3	Monday, Tuesday & Thursday
Coralville	2	Thursday & Sunday
Fairfield	2	Tuesday & Friday
Iowa City	6	Monday, Tuesday, Wednesday (2), Friday & Saturday
Keokuk	1	Wednesday
Mt. Pleasant	2	Monday & Wednesday
Muscatine	2	Sunday & Wednesday
Washington	1	Monday

Our annual Pajama Jam will be held March 24, 2018. Flyers are available here today and online. We hope to see many of you and other members from your Area there.

All of our Public Relations efforts are included in the Regional Public Relations Report.

In Service,
Denny V. SEIANA RCM

FASANA:

Hello Iowa Region my name is Jesse and I am an addict. First I would like to thank Christine for bringing our proxy last Regional. We have had some meeting changes in our Area. We also had our 35th annual Area Anniversary and had a great time. We have also changed our Policy for RCM and RCM ALT. to 2yrs to help the ALT to get a better understanding of what goes on here at Region. We have a donation for Region for this quarter. We are looking forward to our Spring Fling in May... In Loving Service Jesse M.

V. Financial Request:

1. CAR / CAT –

- 2 for each area suggestions
- Always order extra 2 some only take 1 or none/sold the rest. People wanting their own copies.
- Straw poll wanting on 1 for each area –
- Thought trying to save money. Getting 1 copy /do workshop in area/ need it when come to region workshop/ having extra available is good idea/ no money was lost to region.
- History was given on how region got started supporting this
- Recommendation 2 per area

Consensus – 9 green, 2 white - Pass

2. Plain States Zonal Forum – Part of budget
3. Recorder – Part of budget
4. Treasurer to order checks – **Consensus – Pass**

Attendance re-taken – 10 areas present / original count off by 1

VI. Unfinished Service:

A) Treasurer Nominations/Elections

Esti – **unanimous pass**

B) Co-Treasurer Nominations/Elections

Take back to areas. We need a treasure at Region

C) Recorder Nominations/Elections

Eli – **unanimous pass**

-qualifications were asked for, will be submitted to this report.

D) Web

Request move forward with new web site –

- \$40 for Pay Pal add on. Web wants to pay for it first then submit receipt. In
- March renew 1 month on justhost / then yearly on new site.
- Area subdomains need to be created then can go live.
- Can look at new site now.
- Test site turns live go to normal address.
- IRCNA registrations still go to old site. Pay Pal not added on to new site
- This will be moved to current site address.
- Use old site until get new one live for phone line ect.

Consensus - Unanimous Pass

E) Capture The Flag

- Clarification was asked for / the area sets guideline on who can capture their flag, has to be on the flier and posted on web site.
- Suggestions were made on how this should work
- Contact fellowship development for further information.

F) IRCNA Policy

- This will become part of regional policy on web site
- Changes on banners

Consensus – Unanimous Pass

VII. New Service:

A) **Budget Submissions** – Treasurer will submit budget layout from last year and current

i) Board Budget -

- Last year budget was given for total \$2400
- Fac. / Co – Fac \$25.00
- Treasurer - \$2125 last year, \$2500.00 this year – increase in storage
- Recorder - \$50.00 last year, \$50.00 this year
- Archivist - \$250 last year (not spent), \$500 this year (has goals this year)
- RD / RD – A \$5650.00 (In Report broke down)

ii) PR Budget - \$3050.00

- Phone line – \$900
- H&I - \$300
- Awareness - \$250
- Conferences - \$1,600

iii) IRCNA Standing Budget

\$1,000.00 in Report

iv) Insurance Budget

\$2500.00

v) Fellowship Budget

\$500.00

vi) Web Services

\$1,000.00

B) Bids for Regional Assembly - CAT / CAR Workshop

- \$300.00 will be given to hosting area
- Full day
- To be hosted April 7 or April 14, 2018
- CAR - Nov. 29 order available/ CAT – Jan. Between Feb – April workshops will be given at Region and to areas.
- Why are we waiting until Feb to get them when available in November?
- RD and RD-A Having opportunity to go to workshop to understand it/so they can answer our questions.
- Link will be emailed and password will be given.
- It will also be available on world web site.

Bring back information with Bid in February

C) IRCNA Bids – NONE placed at this time for 2019. **Open to any area that want to host. Bring back in Feb. If none it will be appointed/chosen.**

D) New Proposals

2. Proposal : In order for a claim to properly be submitted, a police report must accompany each claim

Intent: To provide the insurance company with a clear account of the claim. In order to determine legitimacy

- Always a report to make claim
- Want to avoid calling the police.

STRAW Poll – 1 white, 2 orange, 7 green .

- We are putting this in our policy
- Perhaps an incident report w/ trusted servant in charge of the event.
- Not every situation warrants a police report.
- If workgroup recommend then we should go with it
- Police don't do anything/ won't come out to make a report.
- You can also call in the report, to have document.
- Problem with us making our own. We are keeping records and who wants to put their name tagged on it.
- Can put on report police contacted/ they failed to come out or reply.
- Need to be based on case by case situations.
- Possibly hospital/ambulance there is a report with them.
- It is not our responsibility to call the police. It is the person that has damage/injury responsibility to file the claim.
- Having this requirement will keep us from having petty claims
- This is an addendum/ this can be made on regional floor.

Consensus – 9 green, 1 white – Consensus Pass

VIII. Treasurer's Closing Report: See your hand out that was given at Region and Attachment

Close November- \$7057.84
Open next Region - \$9913.90
Donations \$2856.06 – Deposit

IX. Designation of next IRSC:

Des Moines – Feb 17 &18
See Flyer passed out – This will also be posted on Web Site.

X. World Service Donation:

\$1617.84 above reserve

Feb Region we have a LOT of expenses / \$3000 conference travel, phone line, zoom, storage.
Recommendation to wait - Postpone until next region.

IX. Closing: