RSC Officers and Delegates in Attendance

Chair:	Michael F.	Х	Secretary:	Scott N.	Х
Vice Chair:	position vacant		Delegate:	Teri M.	Х
Treasurer:	Arnie B.	X *	Alternate Delegate:	J.T. W.	Х

Groups Represented

Group	GSR Name	Group	GSR Name
Atascadero, Tuesday ⁽¹³¹⁻⁰³³⁾	Larry B.	Monterey, Tuesday (131-028)	Cyndy G.
Atascadero, Friday ⁽¹³¹⁻⁰³⁴⁾		Monterey, Saturday (131-029)	
Bakersfield, Sunday (131-117)	Robert P.	Salinas, Monday ⁽¹³¹⁻¹³⁰⁾	Janet S.
Camarillo, Tuesday (131-112)		Salinas, Thursday ⁽¹³¹⁻⁰³⁰⁾	Kim K.
Carmel, Wednesday ⁽¹³¹⁻⁰⁷⁵⁾	Mary Lynn P.	Santa Barbara, Friday ⁽¹³¹⁻⁰⁶⁶⁾	Scott C.
Gilroy, Thursday ⁽¹³¹⁻⁰⁰⁹⁾		Santa Cruz, Sunday ⁽¹³¹⁻⁰²⁴⁾	Carole S.
Hollister, Thursday (131-138)	J.T. W.	Scotts Valley, Friday (131-025)	Teri M.
Los Gatos, Sunday ⁽¹³¹⁻⁰¹¹⁾		Seaside, Monday ⁽¹³¹⁻⁰³¹⁾	Linda S.
Los Gatos, Thursday (131-010)		Simi Valley, Saturday (131-068)	Peter S. *

*Arnie B. arrived at 6:23 PM; Peter S. arrived before 7:20 PM

Subcommittee Chairs in Attendance

Subcommittee	Chair Present		Subcommittee	Chair Present	
Outreach	Janet S.	Х	Conventions / Events	Scott C.	Х
Literature	Ruth K.		Technology Services	Robert P.	Х
Narateen	position vacant		Ad Hoc Elections	Michael F.	X

Quorum Summary

Total Groups	Registered Groups	Current Quorum
18	12	7

Agenda Summary

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1. Call to Order, Prayer, Roll Call, and Readings

6:00 PM to 6:15 PM

A) Resolve Free Conference Call issues

Dial-in Instructions

Number: (712) 775-7031

Access Code: 271-421-422

At the scheduled date and time of the meeting, dial in to the conference line. When prompted, enter the access code followed by hash (#).

(6:05 PM) Connection issues resolved.

Internet Online Meeting Instructions

Open this link: <u>https://join.freeconferencecall.com/scottfromsb</u>

To join the online meeting, click on the meeting link listed above, and follow the prompts to join the meeting. I suggest starting this process about 5 minutes prior to the meeting time, as there may be software to install on your computer or tablet.

- B) Open the meeting with the Serenity Prayer(6:06 PM) The meeting opened
- C) Roll Call / Introductions RSC officers, delegates, subcommittee chairs, GSRs, and other attendees. Michael F.: Chair - Present

Arnie B.: Treasurer - Present

Scott N.: Secretary - Present

Teri M.: Delegate - Present

J.T. W.: Alternate Delegate - Present

Janet S.: Outreach Subcommittee Chair - Present

Scott C.: Conventions / Events Subcommittee Chair - Present

Robert P.: Technology Service Subcommittee Chair – Present

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Larry B. - Atascadero, Tuesday

Robert P. - Bakersfield, Sunday

Mary Lynn P. – Carmel, Wednesday

- J.T. W. Hollister, Thursday
- Cyndy G. Monterey, Tuesday
- Janet S. Salinas, Monday
- Kim K. Salinas, Thursday

Scott C. - Santa Barbara, Friday

Carole S. - Santa Cruz, Sunday

Teri M. - Scotts Valley, Friday

Linda S. - Seaside, Monday

Members at large: Mary O. Members at large: Laura T., Chantal M. Toney M. Mari H. Debbie M. Mickey G. Jocelyn F. Remote participants: Robert P. – Bakersfield, Sunday

- D) Announce number of voting members Chair and Secretary 11 groups present of 11 registered groups.
 Quorum (51%) = 6 of 11 registered groups.
- E) Reading of the Twelve Traditions (6:13 PM) Read by Mary Lynn P.
- F) Reading of the Twelve Concepts of Nar-Anon Service (6:15 PM) Read by Cyndy G.

2. Adoption of Minutes of Previous Assembly

6:15 PM to 6:20 PM

- A) A motion is requested to approve minutes for the Assembly of July 27, 2019. See the Draft Minutes of Previous Assembly section of this packet
 Motion to approve the minutes for the Assembly of July 27, 2019 as presented.
 First: Scott C.; Second: Teri M.; Yes: 11; No: 0; Abstentions: 0; Motion Passes
- B) A motion is requested to approve minutes for the Special Elections Assembly of September 4, 2019. See the Draft Minutes of Previous Assembly section of this packet
 Motion is requested to approve minutes for the Special Elections Assembly of September 4, 2019 as presented.

First: Janet S.; Second: Cyndy G.; Yes: 11; No: 0; Abstentions: 0; Motion Passes

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3.RSC Reports

6:20 PM to 7:00 PM

 A) Chair Report – Michael F.
See Regional Chair's Report section of this packet Michael will present a brief oral report.
(6:21 PM)

Michael read out his report as included in the agenda packet. Arnie B. arrived at 6:23 PM

B) Treasurer – Arnie B.

See Regional Treasurer's Report section of this packet

Arnie will give an oral presentation of the state of the Region's budget and will take questions. (6:24 PM)

Arnie brough printed versions of the CCR 2020 Amended 2020 Budget. The biggest item is the Delegate and Alternate Delegate expenses. This year this amount was \$1,900 each. These expenses are only spent every other year.

California law requires the carry over as a motion.

Michael asked Arnie to make a few more comments as to how we arrived at this budget.

Income exceeded projections by about \$300.

Expenditures have not changed from the previous year.

- The Postal service item was raised \$10 from the budget item amount.
- i) A motion is requested to amend carry over funds in the amount of \$4,310.59 from the 2019 to the 2020 calendar year budget.

This is an amendment to a motion approved at the July 2019 Assembly.

Motion to amend carry over funds in the amount of \$4,310.59 from the 2019 to the 2020 calendar year budget.

First: Scott C.; Second: Larry B.; Yes: 11; No: 0; Abstentions: 0; Motion Passes

- ii) A motion is requested to amend the 2020 adopted budget. This is an amendment to a motion approved at the July 2019 Assembly. Motion to adopt the 2020 budget as amended. First: Mary Lynn P.; Second: Scott C.; Yes: 11; No: 0; Abstentions: 0; Motion Passes
- C) Delegates Teri M. and J.T. W.

See Delegates Report section of this packet

Teri and J.T. will give an oral presentation of the state of the Regions' groups.

(6:34 PM)

Teri introduced herself and J.T. introduced herself. Teri read out her report as presented in the agenda packet. Informational links are included: agenda, tally sheets, and associated information. Question: is there any consensus on concerns from meetings in the region?

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J.T. - meetings she visited did not ask anything from the region. They all seem to have a healthy core group of members.

Teri - the attendance of the Narathon came up from some of the groups. Attendance was about half of the previous year, maybe because of the change of month. Feedback from newcomers who attended the Narathon was good.

Question: how is group health, newcomers, sponsorship?

Teri - her home group started a Step Study group. Members grow in their recovery by attending this meeting. Teri sponsors newcomers. She has asked to chair a meeting on Tradition Five. When at the Scotts Valley she tries to lead on Traditions as it is valuable to the fellowship.

J.T. - lack of sponsorship is prevalent. Members would need to step up to service to fill this need. These could be topics for sharing with meetings and even at the Convention tomorrow.

Michael - all the motions from the CAR are in the agenda packet. There are 53 motions. Some member may find this number of motions overwhelming.

Question: will there be teleconferences?

Some motions are procedural, and others may impact Nar-Anon as a whole. There is a tally sheet available on the CCR website.

https://www.naranoncentralca.org/member-services/conference

Teri and J.T. will give an oral presentation of the CAR and will take questions. (6:45 PM)

J.T. - What is the World Service Conference (WSC)? J.T. read out a definition. The CAR is the means by which the WSC transmits the motions to be deliberated at the conference. The Tally Sheet (page 47 and 46 of the Assembly agenda packet) is a way GSRs can tally their group's conscience and transmit it back to Teri and J.T. GSRs should download and print the CAR and the Tally Sheets to gather their group conscience. Contact information is in the report.

Wednesday, April 21 is the deadline to provide group conscience on the CAR motions.

Teri – there are 53 motions for the 2020 conference.

Teri passed out a printed schedule of teleconferences to assist members achieve a group conscience on these motions (see the Delegate's Report section of the Assembly Agenda Packet).

The text of the report will be found in the posted version of the Assembly agenda packet.

Question: how many do you need to take a group conscience? What if no one stays?

Two makes a meeting and there is also one in Higher Power.

It may be difficult to entice members to participate.

Some meetings use the last 5 minutes of their regular meeting to process the motions.

The motions might scare away newcomers. A suggestion is to invite interested members to meet over coffee outside of the regular meeting time.

There are 11.5 weeks to the April deadline. This is about 5 motions per week.

It was suggested one member (maybe GSR) learn about the motions and make recommendations to the group. Some motions may be easy to understand. The group might be able to process more than 5 motions per week. Some motions may take much longer to process. One leading member can help to facilitate this process.

How do the Delegates process the group consciences?

The process is one vote per group. GSRs should provide tally sheets with the conscience of the group, and not the actual number of members voting for and against. The Tally sheet should be the singular conscience of the group. One member suggested "what happens inside the group, stays in the group."

When does a group abstain? If members don't understand a motion, they may wish to abstain. One member's group abstained from all Narateen motions as they region did not have any Narateen meeting.

The group's email list may be used to communicate the motions to the members.

Then the Delegates come together around the number of groups "for" and "against," and use this to guide their votes at the conference.

Members who attend more than one group should participate in only their "home group" or select one group and should not vote in the conscience of multiple groups.

The motions at the conference tend to be amended at the conference in ways that may change the conscience of the region as represented at the Conference by the Delegates.

Intent of a CAR motion cannot be changed, but the wording can be amended.

The Delegates are trusted by the region to change their minds based on what happens at the conference.

(7:06 PM)

Motion to take a 10-minute recess. First: Teri M.; Second: Scott C.; Yes: 10; No: 0; Abstentions: 1; Motion Passes

4. Recess

7:00 PM to 7:15 PM (7:17 PM) Assembly in recess.

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5. Reconvene

7:15 PM to 7:20 PM D) Roll Call (7:20 PM) **Roll call by Scott N.** Michael F.: Chair - Present **Arnie B.: Treasurer - Present Scott N.: Secretary - Present Teri M.: Delegate - Present** J.T. W.: Alternate Delegate - Present Janet S.: Outreach Subcommittee Chair - Present Scott C.: Conventions / Events Subcommittee Chair - Present **Robert P.: Technology Service Subcommittee Chair – Present** Larry B. - Atascadero, Tuesday **Robert P. - Bakersfield, Sunday** Mary Lynn P. – Carmel, Wednesday J.T. W. - Hollister, Thursday Cyndy G. - Monterey, Tuesday Janet S. - Salinas, Monday Kim K. - Salinas, Thursday Scott C. - Santa Barbara, Friday Carole S. - Santa Cruz, Sunday Teri M. - Scotts Valley, Friday Linda S. - Seaside, Monday Peter S. - Simi Valley, Saturday

Members at large: Mary O.

12 of 12 registered meetings present. Quorum (51%) = 7 of 11 registered groups.

6. Group Reports

7:20 PM to 8:00 PM

A) Group Reports – GSRs

See Group Reports section of this packet

Each group service representatives will be invited to give brief oral presentation of status, challenges, and successes of their groups followed by questions.

(7:20 PM)

Michael - it is not necessary to read the group report. GSRs may leave out treasury numbers. Larry B. - Atascadero

7 core members and great progress. Healthy financially. The group is steady and strong.

Michael F. - Atascadero

Robert P. - Bakersfield

Meets on Sunday in a coffee shop. The focus is on a Step Study. Generally, 5 to 7 attendees. This is sometimes an all-male meeting.

Mary Lynn P. - Carmel

Excited that 10 members and 9 the week before attended. There are 5 steady members.

J.T. W. - Hollister

We are 5 months old. All members are newcomers. There is a core of 7. Some are from other groups. Started a Step Study held every two weeks. It is normal to have newcomers at this meeting. There are some interesting outreach areas. They found a way to connect with County agencies that are providing referrals. Only one member has the experience to be a sponsor. Thus, they created the Step Study meeting.

Cyndy G. - Monterey, Tuesday

Group is 9 years old in August. Core group of 5 or 6 members. They didn't have a GSR for over 2 years. Cyndy stepped in to be the interim GSR and is still the GSR. It is difficult to inspire members into service beyond the group level. The meeting used to get overflow from outreach. Maybe we can discuss service and help members want to participate to feel comfortable to step into service. Janet S. – Salinas, Monday

The group is struggling with attendance. They participated in a group inventory. There is another church close by that provides services to homeless. There was a stabbing there. The facility landlords suggested locking the door after the meeting starts. They got a portable doorbell. They will put up the doorbell and a sign to enter the meeting by using the doorbell.

Kim K. - Salinas, Thursday

This group meets in the same facility as the Monday group. However, regular church members are there on Thursday nights, so there is less of a security issue. There is a core of 7 to 8 members. Some members attend multiple meetings, and some have adopted other meetings as the main meeting. This group split off from the Monday meeting and is still healthy. They would like to encourage men

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to attend the meeting. The treasury is strong.

Scott C. - Santa Barbara, Friday

The group is about 14 years old. Attendance is about 7 to 15 per meeting. There about 4 or 5 newcomers who have a year. The meeting is healthy. Shares are in the solution, not about the addict. The group attendance has come back in the past year after an unhealthy time. Long timers are helpful, and the group has strong sponsorship. The treasury is healthy.

Carole S. - Santa Cruz, Sunday

This group has been around 15 years, and only a part of the CCR for 2 years. The meeting has 6 to 7 regular members. Attendance could be up to 14 members. This is good growth. They have newcomers who have a year who are stepping into service. Healthy meeting and supportive. members are close and make an effort to attend. The meeting runs 1.5 hours. Why? It is the same format as other meetings. The length of time gives members a lot of opportunities to share. Most times members share until 8:00 PM. There is one man who attends this group.

Teri M. - Scotts Valley, Thursday

The group meets from 6:30 PM to 7:45 PM. There are 5 core members, and the meeting is 14 years old. The group is recovering from a time when Traditions were not observed, but it is healthy at this time.

Linda S. - Seaside Monday

Started in October 2009. There is a core of 6 and most meeting are up to 9 members. Members support each other outside the meeting with activities such as "game night." They meet for lunches and hikes. They will be trying a "craft day." One of the challenges that there is a steady flow of newcomers who do not comeback. There are very few men in the meeting.

Peter S. - Simi Valley, Saturday

Simi Valley is a suburb of Los Angeles. There are a lot of police officers and fire fighters that live there. This makes it a very *open* community. Peter has attended for 9 years. The group has been around for 15 years. Thousand Oaks has more men than Simi Valley. The group averages 10 members and fluctuates from 7 to 20. A Saturday night meeting requires commitment. The group struggles with sponsorship. The group decided to make the group itself a sponsor, rather than "one person" sponsorship. On the phone list members who have completed the 12 Step Study put a star by their name. They are available to help other members with issues. The core members are tight. Members are mostly women. The treasury is healthy.

(7:51 PM)

Questions?

Are we supposed to exhaust the treasury to nothing?

Michael - This is a group conscience decision. It is generally recognized group expenses for several

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months are kept in a prudent reserve. It is also helpful to have a fund for the GSR.

Teri - Members can make a motion at a business meeting to send excess funds to the service arms. Michael - The WSO budget and CCR budgets are available in the Serenity Connection and online respectively. The CCR sends funds to WSO by conscience of the Assembly.

We want more men to participate in the meeting. Is there something that men look for in a meeting in order to stay?

"You can never understand how a mother loves her child." statements do not help. It seems to exclude men for being hurt, which is not true.

The masculine culture is not oriented toward sharing feelings, especially in front of women. The message of recovery is important, even though I was left out of the hugging and fellowship after the meeting. It would be helpful if men are welcomed after the meeting. Reaching out to a

newcomer is critical to help them want to come back.

Maybe ask the monthly speaker to be a man to entice men to try the meeting.

As a man, I didn't identify with being a victim as seemed the position of many women. When a man shared when he and the addict were in the same room, he was the scary one in the room, I identified with him and new I could find the solution in the rooms if he could. Without some identification, I wouldn't have stayed.

Men would like solutions, not addict updates and feelings.

Men are supposed to be fixing everything, so Step 1, being powerless, is not intuitive. Taking Step 1 helps us to stop trying to fix.

The meeting is about recovery. Recovery is attractive. Meetings are about solutions, not about pollution (addict updates). If the signs and symptoms of the disease are being shared, it can be depressing. Solutions are important. It can take years for a man to get a sponsor.

Nar-Anon CAL includes a piece of literature for men that was originated in this region (Men Sharing Their Experience, Strength, and Hope [B-216]).

I felt left out of the group - felt resentful about the women when I first arrived. Literature was helpful during this time. The group is now focused on recovery.

When a newcomer walks in the room, you read the newcomers welcome. When numerous newcomers walk in late, do you still read the Newcomers Welcome for each time?

It was encouraged to observe the common welfare of the meeting and adhere to the time and meeting format. It may be more important to treat the newcomer with warmth.

In one group they give the newcomer a small version of the "Blue Book."

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7. Subcommittee Reports

8:00 PM to 8:45 PM

- A) Ad Hoc Elections Subcommittee Michael F. See Committee Reports section of this packet
 - A motion is requested to confirm Michael F. as Ad Hoc Elections Subcommittee chair. (8:18 PM)

Motion to confirm Michael F. as Chair of the Ad Hoc Elections Subcommittee. First: Scott C.; Second: Teri M.; Yes: 12; No: 0; Abstentions: 0; Motion Passes

Michael will give an oral presentation and will take questions regarding the election process outlined in the attached report.

(8:22 PM)

Michael - Next elections assembly will be in June to coincide with the Narathon (this changed). Michael will continue as Chair, unless it is not the conscience of the region. Michael has one more term he can take. Scott N. will keep the Secretary position if it is the conscience of the region. Arnie B., treasurer, will "terming out." The Treasurer position is a requirement to be a region. We are seeking nominations for Treasurer to move forward. Teri M. is currently the Delegate and she will stay on in the position if it is the conscience of the region. J.T. would like to continue in the position if it is the conscience of the region. The Vice Chair position is open, so we need someone to step up to this position.

Others may be nominated for members to run against any of these members.

Arnie will remain a resource to any successor. He is more than happy to help whoever take over the Treasurer position.

Michael read out his report included in the Assembly agenda packet.

All positions are described in the GRS posted on the CCR website.

Does holding the Narathon and Elections Assembly on the same day help or deter attendance? In this case, the Narathon is only half day, with the Assembly being in the morning.

At Elections Assemblies, we traditionally have had regular agenda items, such as approving the budget for the next year, hearing a delegate report of the assembly, and other business of the region in addition to the elections. The Election Assemblies tend to be longer Assemblies. We are attempting to have member travel once for two different events.

Rules of order were suspended by consensus of the Assembly. No minutes will be taken while the rule are suspended

Rules of order were reinstated.

Michael has completed the report. We have the room for the Narathon on June 27, 2020. The GRS recommends having the Elections in July.

Motion to ask the Ad Hoc Elections Committee to choose a date in July for the Elections Assembly. First: Robert P.

No second, so the motion was not considered by the Assembly.

 The Ad Hoc Elections Subcommittee requests a motion to hold an elections RSA at this coming 2020 Elections Assembly. The motion is to elect the RSC chair, secretary, treasurer, delegate and alternate delegate following process and procedures detailed in the GRS under Elections RSA's.
Motion to hold an Elections RSA in Atascadero on August 1. The motion is to elect the RSC chair, secretary, treasurer, delegate, and alternate delegate following process and procedures detailed in the GRS under Elections RSA's section.

First: Scott C.; Second: Larry B.; Yes: 11; No: 0; Abstentions: 1; Motion Passes

Motion to extend the Assembly for 30 minutes. First: Teri M.; Second: Cyndy G.; Yes: 12; No: 0; Abstentions: 0; Motion Passes

Mary Lynn P. left at 9:01 PM 11 of 12 registered meetings present. Quorum (51%) = 7 of 11 registered groups.

B) Outreach – Janet S.

See Committee Reports section of this packet Janet will give an oral presentation and will take questions.

(8:59 PM)

Janet - nothing to add to the report. Members of the subcommittee are committed to attending panels and community outreach: therapists, etc. There may be an interest in having meetings in Spanish, but the previous time the question was put out, there was no response. Janet brought literature for outreach members to pick up tomorrow.

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Janet left the meeting at 9:03 PM. 10 of 12 registered meetings present. Quorum (51%) = 7 of 12 registered groups.

C) Literature – Ruth K.

See Committee Reports section of this packet Ruth will give an oral presentation and will take questions. (9:03 PM) Ruth was not in attendance. J.T. - the committee is still working on the "Addiction in Marriage" piece. She read out the report submitted by Ruth K.

D) Conventions / Events – Scott C.

See Committee Reports section of this packet Scott will give an oral presentation and will take questions. (9:05PM) Scott C. - The Narathon has a "Save the Date" for June 27 (this date was changed). There is discussion about moving the Narathon to September. It is believed attendance will be better in September. September is National Addiction Awareness month.

Rules of order were suspended by consensus of the Assembly. No minutes will be taken while the rule are suspended Rules of order were reinstated.

Role call: Michael F.: Chair - Present Arnie B.: Treasurer - Present Scott N.: Secretary - Present Teri M.: Delegate - Present J.T. W.: Alternate Delegate - Present Scott C.: Conventions / Events Subcommittee Chair - Present Robert P.: Technology Service Subcommittee Chair - Present Larry B. - Atascadero, Tuesday Robert P. - Bakersfield, Sunday J.T. W. - Hollister, Thursday

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Cyndy G. - Monterey, Tuesday Kim K. - Salinas, Thursday Scott C. - Santa Barbara, Friday Carole S. - Santa Cruz, Sunday Teri M. - Scotts Valley, Friday Linda S. - Seaside, Monday Peter S. - Simi Valley, Saturday

10 of 12 registered meetings present. Quorum (51%) = 7 of 12 registered groups.

Motion to hold the CCR 2020 Narathon on Saturday, September 12, 2020 in Atascadero. First: Kim K.; Second: Scott C.; Yes: 10; No: 0; Abstentions: 0; Motion Passes

E) Technology Services – Robert P.

See Committee Reports section of this packet

Robert will give an oral presentation and will take questions.

(9:15 PM)

Robert – Please review the report in the agenda packet. Please review the document, "The CCR Guide to File Storage." Please review in your groups and at the next assembly vote whether or not to approve the document. We are currently using the Google storage. RSC members have accounts and are using the storage. Because this is technology being used in the region it is important for the Assembly to be aware of it and approve.

There was no movement to approve this at this assembly. It will become an agenda item on the next assembly agenda.

Remind your groups of the February Western Regions convention.

8. Administration

8:45 PM to 9:00 PM

A) Next Assembly

The next assembly is an elections assembly traditionally in July 2020, somewhere on some day at some time.

(9:20 PM)

Michael

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This has already been handled in section 7. Subcommittee Reports, A. Ad Hoc Elections Subcommittee, item ii.

B) Take Back to Meeting Information and Announcements

The Assembly will decide which items should be brought back to meeting by GSRs.

(9:25 PM)

- 1) Narathon flyer update the date
- 2) Election information
- 3) Assembly date
- 4) Open positions for elections assembly
- 5) Delegates report with the CAR teleconference dates
- 6) Western Regions Convention
- 7) Subcommittee meeting times

9.Adjournment

Adjourn at 9:00 PM (9:24 PM) Motion to adjourn the CCR Assembly of January 17, 2020. First: Larry B.; Second: J.T. W.; Yes: 10; No: 0; Abstentions: 0; Motion Passes

A) Close the meeting with the Serenity Prayer.
(9:25 PM)
The Assembly adjourned.