

Around the Coffee Pot – news & updates from Serenity House – Alano Club of Charlevoix – 106 Mason Street, Charlevoix, MI 49720 – (231) 547-9184 - <http://www.CharlevoixAlano.org>

We are testing out a new format for our newsletter to make it simpler to create, which will make it easier to keep people up-to-date and also have something that is viewable in a format agreeable to electronic handheld devices which are becoming more popular. Please let us know your thoughts and ideas on how to improve these informational updates that will be emailed to members who provide an email address, mailed to those without email, and posted on our web-site under the newsletter category as a pdf file. It is doubtful that future updates will be so lengthy but there was just lots of stuff going on since the last communication.

1) Upcoming events:

- a. Sunday, 10/25, 11:30 am Legacy Group Conscience meeting to discuss cash disbursements, ideas about workshops
- b. Monday, 10/26, Monday Night Football - <http://www.docsports.com/monday-night-football-schedule.html> - Gather with football fans at the Alano Club every Monday night beginning at 8:00 pm, bring a snack to pass
- c. Saturday, 10/31, Open Speaker Halloween Party in Petoskey (Tory W from Petoskey & Charlevoix) at Family of Christ Church, 30 Bridge Street, Petoskey ([mapquest link](#)) potluck 6:30 pm (bring a dish), speaker 8:00, fun and games 9:00
- d. Saturday, 11/7, District 13 hosted 3rd Annual Gratitude Dinner in Petoskey at NCMC ([mapquest link](#)) - tickets \$5, see Michelle or available at door, coffee & beverages at 6:00 pm, soup buffet at 6:30 (bring a salad or dessert to pass), guest speaker at 8:00, board games / euchre tournament / social hour 9:00-11:00 pm
- e. Monday, 11/9, Alano Board Meeting 5:00 pm at the club - finalize board member election slate for 2010, review of budget for 2010
- f. Friday, 11/20, 10:00-11:30 am Community Education Series – “Knowing the Signs: Recognizing and Identifying Drugs” – We will view this one hour web-cast program and briefly discuss the highlights with those in attendance. To view the program prior to attendance, please visit this web-site: <https://secure.macroiinternational.com/mctft/webcasts/w.aspx?ID=502>
Objectives of this program: 1) learn to identify drug paraphernalia and indicators, 2) understanding signs of drug behavior, 3) learn how to identify different types of drugs. Please bring a friend or relative to this free community awareness program that is open to all people.
- g. Friday, 11/20, Monthly Potluck 6:30 pm and Speakers 7:30 pm at the club - Kathy P OA talk, Sonny W AA talk
- h. Monday, 12/14, Alano Board meeting 5:00 pm at the club - final plans for new years eve alcahthon; 2010 board election results and finalize 2010 budget
- i. Friday, 12/18, 10:00-11:30 am Community Education Series – “Not What the Doctor Ordered” about the growing problem of prescription drug abuse. To view this one hour web-cast program prior to attendance, please visit this

web-site:

<https://secure.macrointernational.com/mctft/webcasts/w.aspx?ID=573> Please bring a friend or relative to this free community awareness program. Recent data from 2006 shows that Michigan is one of 18 states in the US that has more deaths from prescription drug abuse than traffic fatalities.

- j. Friday, 12/18, Monthly Potluck 6:30 pm and Speaker 7:30 at the club - speaker yet to be determined
- k. Thursday, 12/31, New Years Alcathon at Charlevoix Alano Club - 12 noon to 12 midnight – food sign-up will be available at the club in December

2) Monthly financial update – September 2009

- a. total savings and checking balance 9/1/09 - \$14,183.55
- b. income for the month - \$36,471.80
- c. expenses for the month - \$28,360.37
- d. total savings and checking balance 9/30/09 - \$22,294.98
- e. Notes – income and expenses still elevated due to building project

3) Membership updates

- a. total membership = 81 (largest number in a very long time – 19 more to reach 100!! Ask a friend if they'd like to become a member. \$5 per month, \$50 per year, \$75 married couple annual membership, \$1,000 lifetime with payments over several years available)
- b. past due = 0 ☺
- c. due in next two months = 11 (Mary Ellen C, Linda T, Joe B, Jon S, Dave G, Karl B, Chuck J, Matt Ch, Doug H, Gary G, Ross V)
- d. due in 2010 = 35
- e. due past 2010 = 5
- f. lifetime members = 30
- g. What does membership do? Alano memberships help to provide this incredible facility offering 19 weekly meetings, 1 monthly meeting, phone service to those seeking information, web-site for those looking for meetings, cable tv and wifi in the clubhouse, social and educational opportunities for members and the community, literature, handouts and copies and a place to call our own!
- h. Members are encouraged to utilize the club house anytime they wish to drop in as long as they accept responsibility for the care and upkeep of our facility. The board will be developing a "facility use policy" in the weeks to come. It is hoped that activities can be coordinated for all to enjoy the fellowship opportunities that our facility can offer.

4) What's been going on lately at the club

- a. done in the past month – Richard installed the outside mail box, PO Box was cancelled and keys returned, Scott purchased smoking butt cans, Richard got patio furniture, Terry took care of flat screen tv & installation, Sysco switched coffee makers & recalibrated and are coming back to fix one of the machines, Wojan's fixed new furnace when it quit working, Mark M power washed the outside of the building and put on the canvas air conditioning covers, Sonny & Bill B mounted the sign on rock outside, Richard ordered rain gutters, book shelves, counters & new

coffee station cupboard, Scott picked up the new donor plaque on 10/19, Richard had new frames made for steps traditions promises and preamble, Scott got supplies from GFS (including C fold paper towels and put them in the women's bathroom on 10/5), Sonny cleaned up the furnace room upstairs and downstairs as well as cleaned up the basement with help from Gregg, Gregg got rid of the old literature rack, Dave B helped to coordinate the draining and winterizing of the irrigation system with Rainmaker Irrigation, Ray W is working on partition door issues, Scott had Northern Fire & Safety recertify and hang fire extinguishers in the new building, Rich B and Guy C installed the new coffee counter, Terri S purchased a bird feeder and had it installed in Serenity Garden, purchased a hand held vacuum for easier way to clean the chairs and furniture, initial arrangements for snow shoveling services in the early morning hours at no cost to the club, and paid off the short-term note at the bank that was needed for cash-flow purposes related to the building project – completely debt free!

- b. Attendee survey results and comparison to previous surveys:
 - a. October 2009 Survey results (10/4/09-10/10/09) – 75 total participants, 4.2 meetings per week avg attendance, 3.1 meetings per week avg attendance at the Chx Alano Club, 8.5 avg years clean, 49.5 avg age, 56 from Charlevoix County, 10 from Antrim County, 3 from Emmet, 2 from Oakland, 1 Ingham County, 1 New York state, 1 California, 1 no response. 4.8 avg score on the satisfaction rating on 0-5 scale where 5 is very important.
 - b. 40 comments were written in the “other services” section with highlights being 12 said great job, no other services needed; requests for more Alanon, NA, Alateen, more night meetings, more social activities, educational presentations, have more drop in hours, outdoor group activities, teach how to sponsor, drop in coffee hours from 4-5 pm, bowling team, more AA study meetings and one comment that we need to have Monday night football (umm, already going on?)
 - c. Comparison highlights from surveys completed in January 2009 and August 2008:
 - 1. Meeting attendance is on the incline – weekly avg 3.4 in 2008, 3.7 in Jan 2009, 4.2 in Oct 2009.
 - 2. Avg clean time declining indicating newer people sticking around – 10.5 years avg clean time in 2008, 8.5 years avg clean time in Oct 2009
 - 3. Average age is getting younger – 52.9 in 2008 to 49.5 in October 2009
 - 4. Satisfaction ratings remain very high – 4.7 avg in 2008, 4.8 in Jan 2009 and 4.8 in Oct 2009.
- 5) What's in the works at the club
- a. Stuff on the “To Do List” - door closers for bathroom doors, install rain gutters, fix dry wall in basement, bike rack, installation of partition door, United Way mid-year report, final reports to foundations from fundraising project, 2010 budget development, computer and book keeping training to the next Management Coordinator.
- 6) Recovery related topics:

a. **New Advice to Parents: Tell the Truth About Your Past Drug Use**

The latest research from the Hazelden Foundation comes down firmly on the side of truthfulness when it comes to discussing drugs with kids. More than 90 percent of both parents and teens see parents as role models on drug-use issues, whether or not teens were aware of their parents past drug use. Full article can be found here along with reader comments -

<http://www.jointogether.org/news/headlines/inthenews/2009/new-advice-to-parents-tell.html>

b. **AA Attendance and Abstinence** - Even those who connect with Alcoholics Anonymous meetings for a short while appear to benefit years later, though higher attendance was associated with a greater likelihood of long-term abstinence.

Research Summary While Alcoholics Anonymous (AA) is a preferred form of aftercare for patients "completing" formal treatment programs, little is known about AA involvement and its effects on abstinence over time. In this study, researchers assessed participation in AA, abstinence, and other alcohol outcomes over 5 years among 349 patients who entered treatment at baseline and attended AA at least once during follow-up.

- i. Four patterns of AA attendance emerged: low (mainly during the year following treatment entry); medium (about 60 meetings per year with a slight increase by year 5); high (over 200 meetings per year with a slight decrease by year 5); and declining (almost 200 meetings the year following treatment entry and about 6 meetings in year 5).
- ii. Abstinence (past 30 days) in year 5 significantly differed across groups: 79 percent of patients with high attendance reported abstinence, followed by 73 percent with medium attendance, 61 percent with declining attendance, and 43 percent with low attendance.
- iii. Patients with medium or high attendance had the largest social networks of people who supported patient abstinence or decreased alcohol use.
- iv. Patients across the groups had similar numbers of dependence symptoms and social consequences of drinking. - Source: JoinTogether.org News 3/10/06