

Around the Coffee Pot...

December 15, 2005

Volume 2, Issue 12

12/8/05 Board & Annual Membership Meeting Notes

(1) Board minutes approved from 11/10/05; (2) Reviewed November financials (see below); (3) Election results were reviewed with 50% of eligible voters submitting ballots (see bottom right); determination that top five vote getters will serve as full board members and next two would be included as alternate board members; (4) Credit balance with DTE for natural gas of \$932.42-try to see if the two accounts can be combined; (5) Board asked Scott to send a let-

ter inviting those members whose dues have lapsed during the past two years to renew their membership along with a copy of the December newsletter; (6) Open Speaker / Potluck meeting with AA & Alanon speakers will be held on Friday, 12/16 - also asking for donations to the Charlevoix County Humane Society with either goods or financial contributions in place of the typical gift exchange done in past years; Richard & Linda M are the speakers; (7) Lengthy and detailed discussion about options with what to do with the buildings with an update on Historic District status - renovation estimates coming in very expensive that would include an expansion of the main building to make it more usable for large group activities; **UNANIMOUS DECISION BY**

BOARD AND MEMBERSHIP TO PURSUE SPLITTING THE PROPERTY, SELLING THE FRONT BUILDING AND RENOVATING THE BACK BUILDING TO BETTER ACCOMMODATE LARGE GROUP GATHERINGS; (8) Board approval for purchasing Post Office Box for mailing address for the Alano Club at \$38 per year; (9) Discussion on reviewing meeting contact list due to recent concerns that meetings were advertised but no one showed up to open the meeting room - Kent will review this list.

NEXT BOARD MEETING
THURSDAY,
JANUARY 12TH
6:30 p.m. at BASES
(208 W Lincoln Street)
Due to 12 step meeting at Club at 6:30.

The "Serenity House - Alano Club of Charlevoix, Inc." was organized in 1986 to provide a meeting place for 12 step meetings. The organization is a non-profit corporation governed by a Board of Directors elected from its membership.

Club membership is never required and should never be implied for participation in 12 step meetings held at the club.

We request each group to organize itself as suggested through their respective 12 step program to avoid any violation of their traditions.

The Alano Club is a group of people interested in helping those seeking relief from addiction related problems by providing a place for 12 step meetings to be held.

November 2005 Financial Summary

Income:	
Meeting rent / Coffee	\$ 605.59
Donations	\$ 100.00
Membership Dues	\$ 65.00
Literature & Pop	\$ 54.50
Total Income	\$ 825.09
Expense:	
Office Expenses	\$ 276.92
Utilities	\$ 69.06
Professional fees	\$ 100.00
Coffee & Supplies	\$ 50.00
Contractual Services	\$ 380.00
Total Expense	\$ 875.98
November Net Income	\$ (50.89)

Board Election Results

33 of 66 eligible members submitted ballots by the deadline to be counted - 50%

2006 New Board Members

Sue Goodwin—32 votes
 Terry Left—32 votes
 Tony Blake—30 votes
 Sonny Wright—29 votes
 Betty Collins—29 votes

2006 New Board Alternates

David Demeree—17 votes
 Joanne Beemon—16 votes

The Changing Faces of 12 Step Work

In the old days, an AA member would get a distress call from an alcoholic or their family, grab his pigeon (sponsee) and the two of them would make the trek to the home of the new person and outline their experience, strength and hope just like portrayed in the picture of the man in the bed. Today, there are more and more meetings available and 12 step groups are much more known and accessible. Quite often these days, new and shaky members will just walk in the doors of an AA group and hope that somehow, somehow, they will learn what they need to get the monkey off their back. Attending meetings out of gratitude with a willingness to help the newcomer are key values of the 12 step way. Recently we have had newcomers come to the meeting room to find the door locked because someone didn't show up to open the door and extend the hand of hope to those that are struggling. Am I ready to give something back? Do I truly understand the meaning of give it away to keep it?

Coping with Holidays

From Thanksgiving through New Years, many people in recovery talk about some of the struggles they experience due to the change in their routines with more time off work, more contact with extended family members, more parties and events involving alcohol and the holiday blues over financial concerns. To help with this difficult time, we thought we'd include a few reminders that help get us through those early days of staying clean and sober:

- 1) *Know your high risk situations and plan ahead for how you will deal with them.*
- 2) *Laughter helps. Watch or read something funny.*
- 3) *If you have a party to attend, bring a non-alcoholic beverage with you just in case, arrive early and leave early before the volume increases, have your own transportation to leave whenever you feel ready to go, keep a non-alcoholic drink in your hand to avoid being offered something you don't want.*
- 4) *Keep phone numbers of supportive friends and family close by - call your sponsor.*
- 5) *Remember your reasons for quitting, make a gratitude list and don't forget, anything could be made worse...*
- 6) *Set aside some small rewards for yourself for passing a difficult hurdle.*
- 7) *Attend meetings and find someone else to help.*

***Holiday Speaker / Potluck Meeting
Friday, December 16th at 6:30 p.m.***

Speakers

Linda M—Alanon

Richard M—AA

(Held at the Alano Club Meeting Room)

**Newsletters & updated Alano Meeting Schedules
now available on the internet!! Email to Scott to
get more info: scott@basesteencenter.org**

2005 Board of Directors

Richard O'Leary - Chair
Kent Warner - Vice-Chair
Sonny Wright - Treasurer
Sue Goodwin - Secretary
Joanne Beemon
Tony Blake
Betty Collins
Liz Gooch
Jeff Kirby (Alternate)
Terry Left (Alternate)

<i>Member- ship Updates</i>	<i>Dec 15, 2005</i>
Due in '05	5
Due in '06	42
Due in '07	3
2008+	5
Lifetime	13
TOTALS	68

Serenity House—Alano Club of Charlevoix

106 Mason St.
Charlevoix, MI 49720
231-547-9184

Your membership dues expiration date is listed on the mailing labels for those receiving them by mail. Email recipients are notified periodically.

Laughter is good medicine...

***"I came to AA because of back problems—
My wife was on my back, my boss was on my back,
my creditors were on my back..."***

Dec '05 Grapevine