

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>

1) Upcoming events

- a. Thursday, 11/19, Great American Smokeout – If you've thought about quitting, now's the time to take action, go here for a "Quit Smoking Toolbox" <http://quitsmoking.about.com/od/preparetoquit/a/quitsmkingtools.htm?nl=1>
- b. 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.
- c. Friday, 11/20, Monthly Potluck 6:30 pm and Speakers 7:30 pm at the club - Kathy P OA talk, Sonny W AA talk
- d. Monday, 11/23, 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
- e. Sunday, 12/6, 11:30 am – Legacy Group Conscience meeting with agenda items of District Inventory and discussion about the New Year's Eve Alcathon
- f. Monday, 12/14, Alano Board meeting 5:00 pm at the club - final plans for new years eve alcathon; 2010 board election results
- g. 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.macroiinternational.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.
- h. Friday, 12/18, Monthly Potluck 6:30 pm and Speaker 7:30 at the club – speaker will be Charlie R from BayShore
- i. 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
- j. Friday, 1/15, 10:00-11:30 am Community Education Series – "Addiction: Signs, Symptoms & Effects" To view this one hour web-cast program prior to attendance, please visit this web-site: <https://secure.macroiinternational.com/mctft/webcasts/w.aspx?ID=537>
Learning objectives of this program: a) understand the disease of addiction, b) distinguish between "normal" adolescent behavior and the red flags of addiction, c) learn about the current trends, hiding places, street names, computer lingo and code words, d) familiarize yourself with telltale signs of

addiction and withdrawal, e) explore the world of drug abuse, hear first-hand knowledge from addicts and addiction experts, f) discover addiction resources.

- k. Friday, 1/15, Monthly Potluck 6:30 pm and Speaker 7:30 at the club – speaker will be Jim S from Boyne Falls.

2) **Monthly financial update** – October 2009

- a. total savings and checking balance 9/30/09 - \$22,294.98
- b. income for the month - \$12,782.96
- c. expenses for the month - \$12,401.49
- d. total savings and checking balance 10/31/09 - \$22,676.45
- e. Notes – income and expenses still elevated due to building project

3) **Membership updates**

- a. total membership = 81 (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 = 4 (Joe B, Mary Ellen C, Jon S, Linda T)
- c. past due or due in next month = 7 (Dave G, Karl B, Chuck J, Matt Ch, Doug H, Gary G, Ross V)
- d. due in 2010 = 34
- e. due past 2010 = 6
- 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.
- i. Facility Use Policy approved by the Board of Directors at the 11/9/09 meeting:

SERENITY HOUSE ALANO CLUB BUILDING USE POLICY

1. THE RESPONSIBLE PARTY (ANY CLUB MEMBER IN GOOD STANDING*) WILL SUBMIT IN WRITING TO THE MANAGEMENT SERVICES COORDINATOR A BRIEF DESCRIPTION IN DETAIL OF THE ACTIVITY AT LEAST 14 DAYS PRIOR TO EVENT**.
2. NO ACTIVITY WILL PREEMPT ANY REGULARLY SCHEDULED 12-STEP MEETING.
3. THE RESPONSIBLE PARTY WILL ABIDE BY THE CLEAN-UP AND CLOSE-UP CHECK-LIST.
4. EVENTS WILL BE ALANO CLUB RELATED OR 12-STEP PROGRAM RELATED AND OPEN TO ALL CLUB MEMBERS AND THEIR GUESTS.
5. THE SERENITY HOUSE ALANO CLUB OF CHARLEVOIX MAY POST DETAILS OF EACH EVENT ON ITS WEBSITE AND PROMOTE EVENTS THROUGH OTHER MEDIA OUTLETS.
6. COFFEE WILL BE PROVIDED. SODA AND WATER ARE AVAILABLE FOR PURCHASE.

7. THE BASKET WILL BE PASSED AT ALL EVENTS TO HELP DEFRAY THE COSTS WITH THE PROCEEDS DEPOSITED IN THE LOCK-BOX NEAR THE BACK DOOR.

* NO MEMBER MAY ACT ON BEHALF OF A NON-MEMBER TO PROCURE USE OF THE BUILDING.

** EXCEPTIONS TO #1 MAY INCLUDE EMERGENCY EVENTS SUCH AS A WAKE FOR A FELLOW RECOVERING PERSON.

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

- a. done in the past month – Ray W arranged for the partition door to be completed and installed, Richard oversaw rain gutters getting installed all around the building, Richard and Sonny were present when book shelves were delivered and set in place, draining and winterizing of the irrigation system with the company that installed it was completed, lockable outside display cases are on-site and ready for installation, Sonny installed three door closers on the bathroom doors, Gregg purchased two small bike racks, dry wall patch work in the basement is being completed, United Way mid-year report was submitted.

5) What's in the works at the club

- a. Scott will be completing his term as Management Coordinator at the end of 2009 and Richard O has agreed to fill this position. Richard will vacate his spot on the board to fill this role.
- b. Board Member Changes coming in 2010 – The board is looking to expand its numbers in 2010 and voted to amend the bylaws to read “8 or more” which was approved at the 11/9/09 meeting and will come up once again for final approval at the 12/14/09 membership meeting. 2/3 of the membership present can make this by-law change official with an affirmative vote. With this amendment to the by-laws, there will be no need for an election as five new club members have expressed an interest in joining the board. There are currently 8 board members and 2 alternates. With four current board members likely to depart the board (Richard O, Richard M, Sonny W and Judy R), the two alternates from 2009 (Gregg W and Kathy P) would become full board members with four returnees (Terry L, Sue G, Wally R and David J) and three (Barb W, Barry L, Cela L) of the new members would become full board members. Two of the new faces (Bruce H and Linda B) would become alternates covering for full board members who may be gone for part of the year. The new board would have 9 members and 2 alternates. This new slate of directors will elect officers of chairman, vice-chair, secretary and treasurer and set their 2010 meeting schedule.
- c. Stuff on the “To Do List” - final reports to foundations from fundraising project, computer and book keeping training to the next Management Coordinator, closing out of the books with an accountant audit at the end of 2009 along with preparation of the 2009 taxes and reports for the non-profit corporation.

6) Recovery related topics:

- a. iPhone App for 12-Steppers Developed -
<http://www.jointogether.org/news/headlines/inthenews/2009/iphone-app-for-12-steppers.html>

- b. "Teen Heroin Use – and Deaths – On the Rise" -
<http://www.cbsnews.com/stories/2009/10/29/eveningnews/main5453772.shtml>
 - c. AA's Monthly Magazine – The Grapevine – now available on-line:
<http://www.aagrapevine.org/>
 - d. Want a searchable, on-line, Big Book link? You can have it right here:
<http://www.serenityclub.info/bigbook.php> This link can be found at the local AA District 13 web-site on their home page <http://www.wmaad13.org> and we can thank our recovering friends in Wisconsin for having this great resource available.
 - e. Need to find a licensed substance abuse treatment program anywhere in the nation? This link will help you: <http://www.findtreatment.samhsa.gov/> This link can be found at our own web-site on the links page.
- 7) **Joke of the Month** – from the December 2009 Grapevine – "I knew I was beginning to get well when my car broke down... and instead of calling the suicide hotline, I phoned a mechanic." Anonymous, Canberra, Australia

If you have an email address and get this newsletter in the mail, please send an email to: info@charlevoixalano.org and request to receive your information electronically. By doing this, we can save nearly \$12 per year on mailings just to you. \$12 per year times 81 members = \$972. And I doubt the cost of a stamp will be going down any time soon!