

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>

Volume 6, Issue 8 – December 17, 2009

1) Upcoming events

- a. 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.macroidinternational.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.
- b. Friday, 12/18, Monthly Potluck 6:30 pm and Speaker 7:30 at the club – speaker will be Charlie R from BayShore
- c. Saturday, 12/19, 3:00 pm – Red Wings on the big screen at the club
- d. Saturday, 12/19, 8:30 pm – **NEW MEETING – YOUNG PEOPLE’S GROUP** will have their first meeting at the club and meet every Saturday night, contact Kyle W and Emily C for more information.
- e. Monday, 12/21, Monday Night Football week #15 at the club – New York at Washington
- f. Monday, 12/28, Monday Night Football week #16 at the club (final week of the regular season) – Minnesota at Chicago
- g. Thursday, 12/31, New Years Alcathon at Charlevoix Alano Club - 12 noon to 12 midnight – food sign-up form is available at the club; Rich B is the primary contact for this event that is being sponsored by the Legacies Group
<http://www.wmaad13.org/documents/Alcathon2009b.pdf>
- h. Thursday, 12/31, New Years Eve - potluck, speaker meeting and fun will be held in Petoskey at the Fairgrounds – flyer on the web -
<http://www.wmaad13.org/documents/d13newyearcelebrationflier.pdf>
- i. Monday, January 11, 2010 – 5:00 pm Board of Directors meeting
- 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.macroidinternational.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** – November 2009

- a. total savings and checking balance 10/31/09 - \$22,676.45
- b. income for the month - \$3,332.04
- c. expenses for the month - \$4,927.54
- d. total savings and checking balance 10/31/09 - \$21,080.95
- e. Notes – \$1,938.11 of income was from United Way and lifetime membership; \$3,455.50 of the expenses were toward the building project (payment for the sliding partition door, bike racks and signs)

3) **Membership updates**

- a. total membership = 86 (14 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, Dave G, Linda T)
- c. due in next month = 4 (Karl B, Chuck J, Doug H, Gary G)
- d. due in 2010 = 40
- e. due past 2010 = 6
- f. lifetime members = 32
- g. What does membership do? Alano memberships help to provide this incredible facility offering 20 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.

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

- a. done in the past month – Rich B & Guy C finished the trim, baseboard and electrical access to the new coffee cupboard; Richard O installed one of the lockable outside display cases; Sonny and Betty C put x-mas lights on two trees outside of the club; Kyle & Co. set up and decorated the Christmas tree; Plumbers came and fixed the lack of hot water in the two front bathrooms; Richard & Linda O spent several hours prepping the gardens and landscaping for winter; Dave B and Co. cleaned out the leaves from the back garden and yard; Scott and John F installed the boxes outside to cover the security wiring that was exposed to the weather; bike racks were received and placed in yard by Gregg; Matt C and numerous others have pitched in with sidewalk and steps shoveling duties with the first snows of the season; purchased a bag of environmentally safe ice melt; Dave B helped out with some plowing of the parking area and helped us develop a snowplowing plan for the winter.

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.
- b. Richard O, Judy R, Sonny W and Richard M will be departing the board at the end of 2009 – Thank you all for your many years of service!!
- c. Sonny will continue on as the “Facility Cleanliness Coordinator” (final job title is still in the works). Sonny has been responsible for keeping the building looking so nice along with the carpets vacuumed, bathrooms cleaned, tables

wiped down and numerous other activities. (Please remember – Just because we have someone helping to keep the place clean DOES NOT eliminate each person and each group’s responsibility for helping to maintain the facility – thank you one and all for the times that you’ve wiped things down, refilled empty supplies, straightened things up on the tables, grabbed the broom, vacuumed and cleaned things up. 5 months in and things are still looking great!)

- d. The board approved expanding the number of board slots to “8 or more” at the last meeting so more people could become involved with guiding the club into the years to come.
- e. Barb W, Barry L, Cela L and Ken W will be new board members. Bruce H and Linda B will be new alternates. Returning board members include: Terry L, Sue G, Wally R, David J, Kathy P and Gregg W for a total of 10 board members with 2 alternates.
- f. This new slate of directors elected three officers at the December board meeting on 12/14/09 of Terry L as Chairman, Sue G as Vice-chair, and Ken W as Treasurer with the Secretary position to be filled in January. Elections were done at this time to assist in transitioning to new signature cards for the bank accounts to be ready for the transition in Management Coordinators and Officers of the Board.
- g. Stuff on the “To Do List” - final reports to foundations from fundraising project, ongoing computer and book keeping training to the next Management Coordinator, closing out of the books with an accountant review at the end of 2009 along with preparation of the 2009 taxes and reports for the non-profit corporation, Gregg and Rich B are looking into the possibility of a Super Bowl Party at the club.

6) Recovery related topics:

- a. New Meetings in the area: (1) Young People meeting on Saturday at 8:30 pm in Charlevoix at the Alano Club, (2) Big Book study meeting in Pellston on Sunday at 3:00 pm at the City Hall, and (3) Women’s meeting in Petoskey on Tuesday at 6:30 pm at Harbor Hall’s basement meeting room. For a full list of area meetings in District 13, please go to: <http://www.wmaad13.org>
- b. Fr. Martin video clip from Chalk Talk on youtube:
<http://www.youtube.com/watch?v=K8EtijkXQ-U&feature=related>
- c. Craig Ferguson, host of the Late, Late Show talks about his recovery from alcoholism in a 2007 episode on youtube:
<http://www.youtube.com/watch?v=7bbaRyDLMvA&feature=related>
- d. Kids and Prescription Drugs – one hour video program by Frontline
<http://www.pbs.org/wgbh/pages/frontline/medicatedchild/view/>

7) **Joke of the Month** – Scott thinking he’s nearly done!!

8) **A final farewell, for now (from Scott)**. – Thank you one and all for the opportunity to learn, grow and challenge myself over these past five years to give back a very small portion of what was given to me so freely. I have thought back several times to

January of 2004 when we had some very difficult decisions to make. Please refer to the first edition of "Around the Coffee Pot" published on 1/30/04:

<http://www.charlevoixalano.org/files/alano1-30-04.pdf> If you'd like to get a glimpse of the journey that we've all taken these past five years, I'd encourage you to follow along with the newsletters in chronological order that are all available on our website. Please note the many, many names that helped out as board members, meeting contacts, volunteers and donors during the past five years. The next time you see them, please tell them thank you for their vision, their determination, their grit and their willingness to become part of the solution.

During the first open speaker meeting where we had founding members of the club come and speak, I shared a presentation titled "Lessons Learned" that summarized my experiences with the Alano Club from 2004-2009 which can be viewed at this link: <http://www.charlevoixalano.org/documents/LessonsLearned.pdf> Thank you once again, and may my gratitude be shown through my actions. - Scott

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 86 members = \$1,032. And I doubt the cost of a stamp will be going down any time soon!