

AROUND THE COFFEE POT..

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BOARD MEETING HIGHLIGHTS

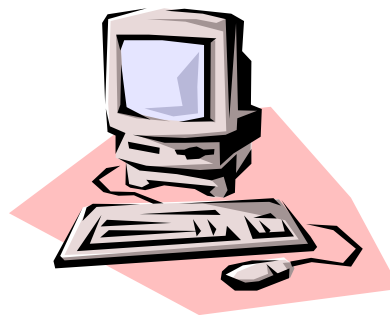
The first meeting of the new board of directors following elections in December of 2006 took place on January 8, 2007. New members were welcomed and a slate of officers was elected that includes: Richard O'Leary—President, Kent Warner—Vice President, Sonny Wright—Treasurer and Liz Gooch—Secretary. Other board members include: Richard Mueller, Judy Russell, Betty Collins and Terry Left. Alternate board members to fill-in when regular board members may be absent include: Joanne Beemon and Mary Ellen Pierce. Scott Kelly will continue to serve as Management Coordinator through a contract with BASES.

Financials for December and for 2006 were reviewed and accepted—2006 net income was \$11,769.75 with total

cash assets on 12/31/06 of \$43,599.58. With the pending building project and unknown fundraising needs and possible expenses of furnishing a new facility, the Board re-affirmed their previous decision to leave the majority of the funds in a high yield savings account that can be accessed without penalty. It was noted that additional funds came into the checking account through three lifetime membership contributions after January 1st and additional funds were transferred to the savings account.

The board also discussed feedback about the proposed building ideas. The need for the apartment was discussed as well as daycare possibilities were mentioned. At this time, the Board is

waiting for input from the City related to proposed costs of building a new facility. More information will follow.



Web-site hits: September—37; October—266; November—1,177; December—1,889.

Laughter is Good Medicine

“You know you’re an alcoholic when you wrap your car around a tree and blame it on a landscaping error.”

Dec. '06 AA Grapevine

Current Membership

Past Due	3
Due in Jan, Feb, Mar	15
Due in 2007	23
Due in 2008+	11
Lifetime	16
TOTALS	68

Upcoming Events:

- Pot-luck and Speaker Meeting - Friday, January 19 at 6:30 pm food / 7:00 pm - speaker (Ryan S. from Charlevoix)
- Board Meeting - Monday, February 5 at 6:30 pm at BASES (208 W Lincoln, Charlevoix)
- Next Speaker Meeting - Friday, February 16th

NEW YEAR'S ALCATHON A SUCCESS

Thank you to the many volunteers and coordinators of the alcathon that was held on New Year's Eve from 2:00 pm to 1:00 am. The event was stocked with plenty of tasty food, snacks and non-alcoholic beverages. It is estimated that a total of 50-60 different people utilized the opportunity to gather, at-

tend meetings that were conducted on the even hours, enjoy fellowship with acquaintances and new faces and participate in some relaxing activities such as cards, puzzles, board games and conversation.

Future events would like to be encouraged utilizing what seemed to be a very

successful format. Feel free to brainstorm your ideas and possible dates and “together, we can git'r'done!”

Looking for a reason to take a trip this winter?
Maybe you'd like to go to New York City and see the play, “Bill W. and Dr. Bob” at New World Stages on 340 W. 50th Street. Performances begin on February 16th. For more information, you can go to <http://www.billwanddrbob.com> or to order tickets, call, 1-800-432-7250. Group discounts available.

SERENITY HOUSE - ALANO CLUB OF CHARLEVOIX, INC.

106 Mason Street
Charlevoix, MI 49720

Web-site: charlevoixalano.org
E-mail: info@charlevoixalano.org
Phone: 231-547-9184

Helping you help yourself.

**We're on the web:
charlevoixalano.org**



Recovery Happens Too!

The "Serenity House - Alano Club of Charlevoix, Inc." was organized in 1986 to provide an alcohol and drug-free environment for 12-step recovery programs. The organization is a non-profit corporation governed by a volunteer 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. Alano Club membership dues are \$5 per month or \$50 per year or you can invest in a lifetime membership for \$1,000. For your membership, you will receive monthly newsletters, have voting rights in determining the activities of the organization, receive an anniversary coin at no cost, have more opportunities for fellowship and service through our annual bowl-a-thon, Venetian Booth and special events. As a club member, you will also be making a positive contribution toward the continuation of recovery support services in our community. Meetings held at the Alano Club in Charlevoix account for over 30% of available meetings within a 40 mile radius. Revenues to cover the \$25,000 annual operating budget for the Alano Club come from the following sources: 36% from Meeting Rent, 32% from Fundraising Activities, 20% from Donations, and 12% from Membership Dues. You can join the Alano Club by using one of our donation envelopes at the Club or mail in your membership dues along with your name, address, city, state, zip and e-mail address if you have one. Checks can be made payable to "Charlevoix Alano Club".

FLU SEASON PRECAUTIONS & FACTS

Earlier this week, staff at BASES attended a workshop on community planning for crisis situations. The discussion focused on a hypothetical situation involving a pandemic flu outbreak. **THERE IS NO FLU PANDEMIC AT THIS TIME.** This is an exercise in education and preparation. The Alano Club Board of Directors will receive detailed information from this workshop and information will be shared with all of you as more details are received from the local health department, state health organizations and national health organizations. All citizens are welcome to attend the next Alano Board meeting scheduled for Monday, February 5th at 6:30 p.m. at BASES. The following information fits in the category of "an ounce of prevention is worth a pound of cure." Plan, prepare, stay informed and be healthy.

Approximately 1/5 of the US population attends or works in schools. Some viruses and bacteria can live from 20 minutes up to 2 hours or more on surfaces like tables, door-knobs and desks. Nearly 22 million school days are lost annually due to the common cold alone. Addressing the spread of germs in schools and gathering places is essential to the health of our youth, our schools and our nation. Students (and adults) need to get plenty of sleep and physical activity, drink water, and eat good food to help them stay healthy in the winter and all year.

Here's some tips from the Department of Health & Human Services and the Center for Disease Control to stop the spread of germs that make you and others sick.

Cover your cough. Cover your mouth and nose with a tissue when you cough or

sneeze or cough or sneeze into your upper sleeve, not your hands. Put your used tissue in the waste basket. Clean your hands after coughing or sneezing. Wash hands with soap and warm water for 20 seconds or clean with alcohol-based hand cleaner.

The information that follows is for ordinary influenza. Other strains of influenza may or may not differ clinically from ordinary influenza.

Appropriate treatment of patients with influenza is dependent on early, accurate and timely diagnosis. Signs and symptoms are characterized by abrupt onset and usually resolve after a few days, but may last greater than two weeks. These include: fever (usually high), body aches, headache, severe discom-

fort or uneasiness, non-productive cough, sore throat, inflammation of the nasal area and children may experience nausea and vomiting. The incubation period is 1-4 days. The infectious period for adults is day before symptoms begin through approximately 5 days after onset and for children it can last up to 7 days after onset.

Healthy habits can protect everyone from getting germs or spreading germs at home, school, or work. Simple actions, like covering your mouth and nose and cleaning your hands often, can stop germs and prevent illnesses and reduce sick days. Use the following web-site as a resource for tips, tools, and facts to stop the spread of germs. <http://www.cdc.gov/germstopper/>

Some helpful tips: teach your children to stay away from others as much as possible if they are sick. Stay home from work or school if sick. Teach children to wash hands frequently with soap and water and model good behavior. Teach children to cover coughs and sneezes with tissues, while modeling good behavior.

Stay informed and educated. Plan ahead by making sure you have food and water supplies for a couple weeks in the event of emergencies. Talk with family and loved ones about how they would be cared for if they got sick, or what you will need to care for them in your home. And make a list of phone numbers. If you are home caring for sick family members, who can you call to keep your lines of support open?

Please join us for the Feb. 5th Board meeting at 6:30 p.m. at BASES.



During the winter months, stock up on your supplies at home to be prepared for power outages, snow storms or extended stays at home.