

Around the Coffee Pot...

Serenity House - Alano Club of Charlevoix

November 18, 2006

Volume 3, Issue 9

Board Notes...

(1) Net income for October was 602.83; net income for 2006 is \$8,211.25; (2) Update from the building and grounds committee that will be discussed in detail at the 12/11/06 annual meeting; (3) Established the final list of nominees for 2007 Board of Directors with a final list of 7 interested persons for 6 positions (2 lowest vote getters will be alternates); (4) Sue Goodwin, Tony Blake and Tony Swann were all thanked for their service on the board as they have chosen to not run for re-election; (5) Election ballots going out before 11/23/06 and need to be returned by 12/11/06.

NEXT BOARD

MEETING

MONDAY,

DECEMBER 11th

6:30 p.m. at BASES

(208 W Lincoln Street)

December 11th Annual Meeting...

On Monday, December 11th at 6:30 p.m., the Alano Club will have its regular monthly board meeting that will also serve as the non-profit corporation's annual meeting that will include announcement of the election results for the 2007 Board of Directors, an annual review of activities and detailed information about our long-term plans for the buildings and the organization as a whole.

Back in January of 2004, the Board developed five goals that included: (1) maintain a place for meetings to be held, (2) develop a volunteer system of operation, (3) navigate through the financial issues of the organization, (4) address the organizational needs of the non-profit corporation, and (5) develop a long-term plan with input from club members. Goals 1-4 were com-

pleted in 2004 and early 2005 and we began working on goal #5 where we have been investigating different options for the past 18 months. The board had to resolve the legal description of the property, had two appraisals completed (donated services), had the property surveyed, learned about the restrictions of the historic district status within Charlevoix as our front building dates back to the 1880's, obtained bids and estimates on repairing and renovating the facility to accommodate our needs and have been involved in some additional discussions about another option that is being pursued to see if it is feasible for our organization. The board is ready to report it's findings of the activities of the past 18 months and share details about our progress in developing a long-term plan for the organization. As we quietly celebrate our 20th anniversary as an organization, we'd like to give a full

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 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, \$50 per year or you can obtain a lifetime membership for \$1,000.

and detailed report to our membership about some very exciting plans as well as get your input. Please plan to attend the 12/11/06 meeting that will be held at BASES which is located at 208 West Lincoln. The meeting will begin at 6:30 p.m. Hope to see you all!

Relapse is a process

Relapse is the process of becoming dysfunctional in sobriety that will eventually lead back to active addiction. Recovery from addiction involves learning about this process and maintaining a program of action that will interrupt the relapse process before the individual finds themselves drunk and using once again. After you've been in recovery for a while, it gets easier to spot those poor souls that are on their way back to active use. But it is more than just, "don't drink and go to meetings." Some people have additional issues that require additional help. If a middle-aged adult quits drinking in the mid-phase of addiction with their family and job in tact, they have a relatively easy time of it as they develop a few quick tricks on keeping the cork in the jug and go to lots of meetings to meet their needs to create a significant lifestyle change. Now take a very young person or a person with "co-existing disorders" (a mental health disorder in addition to their chemical dependency) and they will experience a great deal more ups and downs in their initial attempts at recovery due to the lack of stability in their outside world as well as in their internal world now that they are without their chemical buffers.

Learning how to recognize internal signals of stress in response to outside changes is an important skill in recovery. Recovery language refers to these internal signals by a variety of things such as: "SAM—sober and miserable", "dry drunk syndrome", "restless, irritable and discontented". Alcoholics Anonymous literature encourages a daily inventory while being on guard for selfishness, dishonesty, resentment and fear. All of these things relate back to relapse being a process and the importance of staying active in our daily attention of our attitudes and actions.

As we have learned more about the brain and addiction as a brain illness, we are also beginning to better understand the biochemical connection between stress and relapse. When a brain is under

stress, there is a group of six symptoms that typically show up more often than not. These symptoms can be used as an early warning sign of relapse. These six symptoms include problems with: thinking, feeling, memory, coordination, sleep and stress (TFM-CSS). **T**hinking problems involve not being able to concentrate or being tunnel-visioned and obsessive about something. **F**eeling problems include being over-emotional where you cry at the drop of a hat or you have no emotional response when it would be normal to feel something. **M**emory problems typically reveal themselves as you find yourself wondering why you went into the other room as you stand there blankly or you've dialed someone on the phone and when you hear, "hello", you realize that you've forgotten who you called. **C**oordination problems show themselves when we get clumsy, get the dropsies, bump into things, stub our toes and so on. **S**leep problems involve not being able to get to sleep even though you may feel exhausted or waking up in the middle of the night and not being able to return to sleep, waking up feeling tired, or over-sleeping. **S**tress issues involve not recognizing our own stress symptoms and being overly sensitive to the least little things. (TFM-CSS)

Changes lead to stress. Changes are to be expected and so is stress. As long as we learn how to effectively deal with our stress and not deny it or ignore it, we can learn how to take a step back and regroup when we notice any of the TFM-CSS symptoms. Once you realize these symptoms are natural responses of the brain to stress, the issue becomes one of problem-solving and stress-management. Ask yourself, "what is causing my stress?" and "what am I going to do to reduce my stress?" 12-step recovery encourages us to utilize the Serenity Prayer in determining what course of action to take. The 3rd step guidelines in the Twelve Steps & Twelve Traditions book says, "at all times of emotional disturbance or indecision, we pause, ask for quiet, and in the stillness" say the Serenity Prayer followed by, "Thy will, not mine, be done."

By recognizing TFM-CSS and working your stress management program, the relapse process can be interrupted on a daily basis.

Speaker / Potluck Meeting on 3rd Friday of the Month moving back indoors to the club meeting room until next summer.

Speaker Meeting / Christmas Party:

December 15th

Potluck at 6:30 / Speaker Following

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

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.

2006 Board of Directors

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

Member-ship Updates Nov. 17, 2006

Past Due	3
Due in '06	3
Due in '07	40
2008+	10
Lifetime	13
TOTALS	69

Laughter is good medicine...

"They say that alcoholics have three kinds of memory loss: short-term, long-term, and convenient."

November '06 Grapevine