

Around the Coffee Pot...

March 13, 2006

Volume 3, Issue 3

Board Meeting Notes

The March board meeting was cancelled due to lack of pressing issues and board member schedule conflicts. The news of this cancellation would be that this is the first time since January of 2004 (26 months) without a monthly board meeting.

NEXT BOARD MEETING
TUESDAY,
APRIL 11TH
6:30 p.m. at BASES
(208 W Lincoln Street)

Taking a Break, Or Else...

<p>Stephen Covey refers to “sharpening the saw” as one of his 7 Principles of Highly Effective People. The example that I’ve heard used to illustrate this point was the jet pilot that refused to land for fuel because he was making such good time. Learning how to rest and take a break are common hurdles for the recovering soul. Some are driven by guilt and shame to do more than the rest in some foolhardy attempt to “prove” their worth and value. Others are terrified that if they take a break, they will become couch potatoes extraordinaire and never get back up. Balance</p>	<p>seems to be one of the keys while the other is perseverance. Do we want to be like the shooting star or like the sun, coming up day after day? Remember the story of the tortoise and the hare? Step 11 encourages us to “pray <u>and</u> meditate” but it’s difficult to listen when we are in constant motion. Here’s one for the road: “prior planning prevents poor performance.” Healthy people move forward when their head and their heart both agree on a course of action with the right motivation and the right timing to proceed. Don’t be like the jet pilot who says “not right now.”</p>
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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.

<u>February 2006 Financial Summary</u>	
Income:	
Meeting rent / Coffee	\$ 692.80
Donations	\$ 20.00
Membership Dues	\$ 325.00
Literature & Pop	\$ 121.40
Total Income	\$1,159.20
Expense:	
Office Expenses	\$ 147.26
Utilities	\$ 65.99
Coffee & Supplies	\$ 193.76
Snowplowing	\$ 27.00
Contractual Services	\$ 300.00
Total Expense	\$ 734.01
February Net Income	\$ 425.19

Adverse Reactions to Prescription Drugs Leading Cause of Death in U.S.

“Adverse drug effects...are a primary reason why a leading cause of death is iatrogenic illness, i.e. illness resulting from medical treatment. According to conservative estimates published in the *Journal of the American Medical Association*, iatrogenic illness is the third-leading cause of death in this country. More than 120,000 people die from adverse effects of prescribed medications each year. [Starfield 2000] However, last year a new study, came up with even more dismal figures. [Null, et al, 2003] That study concludes that iatrogenic illness is actually the leading cause of death in the United States and that adverse reactions to prescription drugs are responsible for more than 300,000 deaths a year.”

The Biology of Belief by Bruce Lipton, Ph.D. 2005, pp. 107-108.
 Null, G., Ph.D., C. Dean, M.D. N.D., et al. (2003). *Death by Medicine*. New York, Nutrition Institute of America.
 Starfield, B. (2000). “Is US Health Really the Best in the World?” *Journal of the American Medical Association* 284(4): 483-485.

A.L.L. We Need

By D. Scott Kelly

Recovery from an addiction / compulsive behavior requires three main ingredients. First, we need to **ABSTAIN** from self-defeating behaviors. As we expand our definition of health, we include more self-defeating behaviors to abstain from. The second main ingredient of recovery involves **LIFESTYLE CHANGE**. As we change our behaviors and habits to better reflect our new definition of health, we find new faces and new places. The third ingredient of recovery involves **LEARNING**. Learning how to learn is a crucial skill in recovery. None of us lives long enough to learn only from our own mistakes. Learning from the experience, strength and hope of others are cornerstones of 12 step recovery. A - abstinence, L - lifestyle change, L - learning: these are the three main ingredients of recovery.

Knowledge is power. I was told many years ago that my life would be greatly influenced by “the people I met” and “the books I read.” I have since added “the personal experiences I survived.” Knowledge about myself and how to live becomes self-empowering. Through our addictions we are faced with powerlessness and in our recovery, we learn how to align ourselves with this power, clean house and then help others. Learning this template for change, we begin to apply these principles to other areas of our life and we become healthier than we could have imagined. Through learning, our whole attitude and outlook on life can change.

Many of you have heard of the *placebo effect*. Some people get better when they *believe* (falsely) that they are getting medicine. Some call it the perception effect, while others refer to it as the “belief effect” because whether our belief is accurate or inaccurate, our attitudes and behavior are impacted just the same. An example of the placebo / belief effect comes from a 2002 study from the Baylor School of Medicine where

they evaluated surgery for patients with severe, debilitating knee pain. The lead doctor in the study was quoted prior to the study as saying, “All good surgeons know there is no placebo effect in surgery.” But he was trying to figure out which part of the surgery was giving his patients relief. Patients in the study were divided into three groups. Damaged cartilage was shaved in the knee of one group. For another group, he flushed the knee joint, removing material thought to be causing the inflammatory effect. Both of these are considered standard treatments for arthritic knees. The third group got “fake” surgery. Patients were sedated, three standard incisions were made, the doctor talked and acted just as he would have during the real surgery and after 40 minutes, the doctor sewed up the incisions as if he had done the surgery. All three groups were prescribed the same postoperative care that included an exercise program. The results for the first two groups were as expected—significant improvement; however, the placebo group improved just as much as the first two groups! (*The Biology of Belief* by Lipton, 2005)

“Studies have shown the placebo effect to be powerful in treating other diseases, including asthma and Parkinson’s. In the treatment of depression, placebos are stars... eighty percent of the effect of antidepressants, as measured in clinical trials, could be attributed to the placebo effect...in more than half of the clinical trials for the six leading antidepressants, the drugs did not outperform placebo, sugar pills.” (Lipton, p.141)

“Almost every major illness that people acquire has been linked to chronic stress.” (Lipton, p.152)

Attending meetings gives us support to abstain, encouragement to change our lifestyle and opportunities to learn more from others. Attending meetings is an easy way to connect with other like-minded people. By reducing our stress, our health will improve. Doing what we believe to be “the next right thing” probably will be. Choose change - it is worth the initial discomfort and temporary struggle. New habits can be learned!

Reference: *The Biology of Belief* by Bruce Lipton, Ph.D. 2005 - www.brucelipton.com

Speaker / Potluck Meeting

3rd Friday of the Month - March 17th
Potluck at 6:30 / Speaker at 7:00
Speaker—Gary C. from Petoskey
(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

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)
 David Demree (Alternate)

<i>Membership Updates</i>	<i>Mar 12, 2006</i>
Past Due	9
Due in Apr	2
Due in ‘06	21
2007+	21
Lifetime	13
TOTALS	66

Serenity House—Alano Club of Charlevoix

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 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...

“A pessimist sees the glass as half empty, an optimist sees the glass as half full, an economist sees the glass as too large, and an alcoholic sees the glass as pointless.”
March ‘06 Grapevine