

# Around the Coffee Pot...

Serenity House - Alano Club of Charlevoix

May 27, 2005

Volume 2, Issue 5

## 5/11/05 Board Meeting Notes

(1) Board minutes approved from 4/14/05; (2) Reviewed April financials (see below); (3) Reviewed property insurance and raised deductible to \$1,000 for an annual saving of \$318, deductible was \$250; (4) second appraisal has been received with a total property and building value of \$200,000 with comparison of \$235,000 from the first appraisal, thank you notes will be sent to both appraisers who donated their services for the Alano Club; (5) \$2,552 collected to

date from the March 19th bowl-a-thon, plans for a summer bowl-a-thon are in the works; (6) discussion about preparing for the Venetian Booth activities to see if we have interested individuals willing to work and coordinate the event with volunteer assistance, also discussion about changing the menu to simplify food preparation and provide something that might be different from other booths, Venetian Committee formed consisting of Betty, Richard, Terry, Liz and Helen; (7) Spring clean-up discussion; (8) 2004 annual taxes have been filed, prepared by Mason & Kammerman; (9) Presentation by Celia Kelly from BASES regarding a video educational series to be held on a daily basis from 11:00 a.m. to 12 noon prior to the noon meetings which will be

hosted by Tory Werth, Board thought it was a great idea and looked forward to the program; (10) Approval for memorial contribution of \$100 to CORE Ministries in the name of David Ray, club member who recently passed away; (11) Reviewed and discussed letter requesting community service opportunities at the Alano Club, response letter would be prepared by Richard outlining the board's discussion.

**NEXT MEETING,  
WEDNESDAY,  
JUNE 8TH  
AT 6:30 PM.**

**Pot Luck & Open  
Speaker Meeting  
Friday, June 17th  
Food at 6:30  
Speaker at 7:00  
Speaker - Tony B**

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.

### April 2005 Financial Summary

Income:	
Meeting rent / Coffee	\$ 485.56
Membership Dues	\$ 535.00
Literature & Pop	\$ 83.75
Bowl-a-thon	\$ 691.20
Interest Income	\$ 107.54
Total Income	\$1,903.05
Expense:	
Supplies	\$ 86.75
Utilities	\$ 286.22
Office Expenses	\$ 33.82
Snowplowing	\$ 45.00
Contractual Services	\$ 280.00
Total Expense	\$ 731.79
April Net Income	\$1,171.26

## Club Open Hours

June 1 - August 31

Monday - Friday

10:00 a.m. - 2:00 p.m.

Video Program begins daily at 11:00 a.m.

(closed on July 4th)

## Alano Club Open During Summer

Beginning June 1st through August 31st, BASES will provide a staff member at the club from 10 a.m.-2 p.m. Tory Werth, BASES prevention specialist, will be the primary person responsible for answering the phones, talking with anyone who drops in and assisting those in need of information about recovery or 12 step information. *There will also be a video educational program on a daily basis beginning at 11 a.m. with discussion to follow. All videos and discussion will be wrapped up in time for the noon 12 step meetings.*



**Tory Werth**, has been an employee of BASES since January of 1999. Tory's work at BASES includes facilitating the Life Skills group, AA/NA introduction group, small group counseling and individual sessions with teens. Tory has been working with young people who have alcohol and drug problems in the local area since 1995. He was also a volunteer Peer Helper at BASES in 1997 and 1998. Tory has been clean and sober since 1994 and in 1995, he was selected as Regional Teen of the Year by Probate Courts in northern Michigan. Tory and his wife, Melanie, live in Petoskey with their son.

## Chronic Illness/Chronic Pain: Getting out of the problem and into the solution.

Chronic illness/pain is a serious health concern that many people confront. It can be disabling and there are few alternatives when seeking help. It is difficult for the individual who has chronic illness/pain and for those who live with us and do not know how to help. Sometimes what we perceive to be our most impossible situation is really disguised as our greatest opportunity. There are no magical potions to fix the problem but there is an easier way through support. A support group offers us a way to live life to it's fullest.

**Interest & Informational Meeting for Support Group**  
**June 1st 6:30-7:30 at the Alano Club**

## Board of Directors

Richard O'Leary - Chair  
 Kent Warner - Vice-Chair  
 Helen Paul - Treasurer  
 Sue Goodwin - Secretary  
 Tony Blake  
 Betty Collins  
 Liz Gooch  
 Sonny Wright  
 Jeff Kirby (Alternate)  
 Terry Left (Alternate)

<i>Membership Updates</i>	<i>May 27, 2005</i>
Past Due or Due	4
Due in June '05	5
Due in July '05	3
Remainder of 2005	14
2006+	28
Lifetime	11
<b>TOTALS</b>	<b>65</b>

## **Summer Video Educational Series on Substance Abuse and Recovery (page 4)**

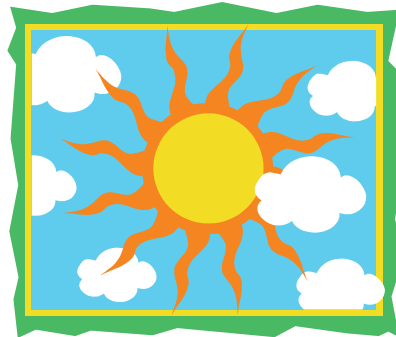
*No Charge - Open to Public*

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

### Serenity House—Alano Club of Charlevoix

"Chronic illness is a constant and sometimes overwhelming companion...only the power of a warm heart can alleviate the deep chill"

**Open Speaker Meeting**  
 Friday, June 17th  
 Potluck at 6:30  
 Speaker at 7:00  
 Speaker - Tony B



Your membership dues expiration date is listed on the mailing labels for those receiving them by mail. Email recipients are notified periodically.

## Quote of the Month

*"The great secret of getting what you want from life is to know what you want, and believe you can have it"*



**Around the Coffee Pot...**

# Informational/ Interest meeting for Chronic Illness/Pain Support Group

Serenity House - Alano Club of  
Charlevoix

When: June 1, 2005

Time: 6:30 p.m.—7:30 p.m.

For more information contact:  
Celia 231-547-1144

*If there is enough interest we will develop  
a plan to organize a weekly support group.*

“Chronic illness is a constant and sometimes overwhelming  
companion...only the power of a warm heart can alleviate the deep  
chill” Robert K. Massie

Topic of the Week	<i>ALANO CLUB</i>	<i>SUMMER 2005</i>	<i>VIDEO</i>	<i>EDUCATION</i>	<i>SERIES</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Alcoholism</b>	All Videos begin at 11am	No Charge Open to Public	<u>June 1</u> The Disease of Alcoholism	<u>June 2</u> The Disease of Addiction	<u>June 3</u> The Voice of Addiction
<b>Relapse Prevention</b>	<u>June 6</u> Preventing Relapse	<u>June 7</u> Recovery & Relapse Part 1	<u>June 8</u> Recovery & Relapse Part 2	<u>June 9</u> Recovery & Relapse Part 3	<u>June 10</u> Restless, Irritable, and Discontented
<b>Moyer Series on Addiction</b>	<u>June 13</u> The Politics of Addiction	<u>June 14</u> Portrait of Addiction	<u>June 15</u> Changing Lives	<u>June 16</u> The Hijacked Brain	<u>June 17</u> The Next Generation
<b>Bio/Psycho/Social Model of Addiction</b>	<u>June 20</u> Bio/psycho/social Part 1	<u>June 21</u> Bio/psycho/social Part 2	<u>June 22</u> Bio/psycho/social Part 3	<u>June 23</u> Addiction in the Family: The Domino Effect	<u>June 24</u> Legal Consequences of Alcohol & Other Drug Use
<b>Dual Diagnosis</b>	<u>June 27</u> Understanding Depression & Addiction	<u>June 28</u> Understanding Bi-Polar & Addiction	<u>June 29</u> Eating Disorders In Recovery	<u>June 30</u> Driven to Distraction - ADD	<u>July 1</u> Inside Alcoholics Anonymous
<b>Recovery</b>	<u>July 4</u> <b>CLOSED</b>	<u>July 5</u> Women in Recovery	<u>July 6</u> How to Sabotage Your Treatment	<u>July 7</u> The Process: Toward Healing	<u>July 8</u> Stop the Chaos
<b>Relationships</b>	<u>July 11</u> Relationships in Recovery	<u>July 12</u> Relationship Building	<u>July 13</u> Family Issues for the Chem. Dep.	<u>July 14</u> Relationship Styles	<u>July 15</u> Compulsive Relationships
<b>Life Skills</b>	<u>July 18</u> Managing Money	<u>July 19</u> Refusal Skills	<u>July 20</u> Looking for Work	<u>July 21</u> Hygiene & Self-Care	<u>July 22</u> Making Decisions
<b>Over the Counter &amp; Prescription Drugs</b>	<u>July 25</u> Prescription Drug Addiction	<u>July 26</u> Over the Counter Drug Abuse	<u>July 27</u> Oxycontin & Other Prescription Drugs	<u>July 28</u> Methamphetamine: Deciding to Live	<u>July 29</u> Meth: Shadow Across America
<b>Street Drugs</b>	<u>August 1</u> Ecstasy & Club Drugs	<u>August 2</u> Hooked: Illegal Drugs and how they got that way - Part 1	<u>August 3</u> Hooked: Illegal Drugs - Part 2	<u>August 4</u> Ecstasy & GHB	<u>August 5</u> Cocaine & Crack
<b>Addiction</b>	<u>August 8</u> Face of Addiction	<u>August 9</u> Cross Addiction	<u>August 10</u> Medical Aspects of Chem. Dep.	<u>August 11</u> Fetal Alcohol Syndrome	<u>August 12</u> Alcohol: Brain Under the Influence
<b>Marijuana</b>	<u>August 15</u> Marijuana in the '90's	<u>August 16</u> Marijuana in the New Millennium	<u>August 17</u> Marijuana: The Escape to Nowhere	<u>August 18</u> Hemp: Chasing Smoke	<u>August 19</u> Hooked on Illegal Drugs: Part 1
<b>Movies: "My Name is Bill W." and "28 Days"</b>	<u>August 22</u> My Name is Bill W Part 1	<u>August 23</u> My Name is Bill W Part 2	<u>August 24</u> My Name is Bill W Part 3	<u>August 25</u> 28 Days Part 1	<u>August 26</u> 28 Days Part 2
<b>Consequences of Use</b>	<u>August 29</u> DUI & DWI (Drunk Driving)	<u>August 30</u> The Cool Spot: Preventing Underage Drinking	<u>August 31</u> A Stone's Throw & Lift It Up	No Charge Open to Public	All Videos begin at 11am