

# AROUND THE COFFEE POT..

Volume 4, Issue 6  
September 24, 2007

## BOARD MEETING HIGHLIGHTS

The Board met on 6/17/07, cancelled the July meeting due to lack of business and summer personal activities and met again on 8/13/07.

Meeting highlights involved votes to have no involvement in Venetian and no involvement in Apple Fest due to downtown construction and wanting to avoid the mess of alternate locations. No action on the building and grounds activities as the City Manager was hired but not expected to take office until after Labor Day. Did vote to remove the drawings of the building plans until there is some interest and activity on the part of the City or DDA. Richard O and Scott K will work on developing a meeting with the new City Manager to investigate any possible return to the plans of February of 2006.

Discovered there was misinformation being circulated to the AA Hotline and District 13 representatives—made some phone calls and communicated directly with the persons involved and all issues resolved.

Dave J was elected as an alternate board member.

Carpet cleaning of the back room will be scheduled after Labor Day.

The picnic table was replaced back in late June with a very nice, sturdy table that is being used before and after meetings.

Discussion about getting the front door to the meeting building replaced. There was an offer to provide a free door and will try and follow up on this.

Ink pens with the web-site and meeting schedule cards

with a spot for phone numbers will be ordered for distribution at the club.

Board elections will be coming in November and we are in need of interested board members who would like to run for a seat on the board. If interested, you will need to be a member in good standing and are asked to please contact an existing board member or alternate or contact Scott by phone or email (547-1144 or [scott@charlevoixalano.org](mailto:scott@charlevoixalano.org)).

Next meeting October 8th at 6:30 pm at BASES.



### Current Membership

Past Due	9
Due in 2007	9
Due in 2008	26
Due in 2009+	5
Lifetime	18
TOTALS	67

### Upcoming Events:

- Board Meeting - Monday, October 8th at 6:30 pm at BASES
- Speaker meetings at Alano Club—3rd Friday of the month—6:30 potluck, 7:00 speaker
- Thanks to Terri S for coordinating past 2 years of speaker meetings!

## NEW COFFEE POT AT THE CLUB

If you haven't noticed yet, there is a new coffee maker at the club. The new machine has the three warmer plates and the automatic water feed as before with one new addition—a hot water spout on the side. This

provides instant access to hot water, one cup at a time, for those interested in drinking tea or hot chocolate. Packets of tea and hot chocolate will be available for purchase soon for 50 cents each at the club.

### Just for fun!

Trick or Treat:

Q: What do you call a drunken goblin?

A: A BOO-zer!

October 2007 Grapevine

**SERENITY HOUSE - ALANO CLUB OF CHARLEVOIX, INC.**

106 Mason Street  
Charlevoix, MI 49720

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*Helping you help yourself.*

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



**Recovery Happens Too!**

## FIVE TYPES OF ALCOHOLISM

*Reprinted from October 2007 Grapevine:*

A national survey conducted by the National Institutes of Health's National Institute on Alcohol Abuse and Alcoholism (NIAAA) revealed five distinct subtypes of alcoholism.

Young adults comprise the largest subtype. Also, nearly 20% of alcoholics are highly functional and well-educated with good incomes, according to the study of 1,484 respondents to the National Epidemiological Survey on Alcohol and Related Conditions who met diagnostic criteria for alcohol dependence. The subtypes identified were:

**Young Adult Subtype:** 31.5% of U.S. alcoholics. Mostly young adults, with low rates of other substance abuse and other mental disorders, and a

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".

low rate of family alcoholism, who rarely seek help for their drinking.

**Young Antisocial Subtype:** 21% of U.S. alcoholics. Most in mid-twenties, with early onset of alcohol problems. More than half come from families with alcoholism, and about half have antisocial personality disorder. More than one-third seek help for their drinking.

**Functional Subtype:** 19.5% of U.S. alcoholics. Mostly middle-aged, well-educated, with stable jobs and families. About one-third have a family history of alcoholism.

**Intermediate Familial Subtype:** 19% of U.S. alcoholics. Middle-aged, about 50% from families with alcoholism. Only 25% sought treatment for drinking.



The Alano Club is supported by the Charlevoix Emmet United Way.

**Chronic Severe Subtype:** 9% of U.S. alcoholics. Mostly middle-aged, with early on-set of alcohol problems and high rates of antisocial personality disorder and criminality. Almost 80% come from families with alcoholism. Two-thirds seek help, making them the most prevalent type of alcoholic in treatment.

Source: National Institute of Alcohol Abuse and Alcoholism

[www.niaaa.nih.gov/NewsEvents/NewsReleases/alcoholism\\_subtypes.htm](http://www.niaaa.nih.gov/NewsEvents/NewsReleases/alcoholism_subtypes.htm)