

# CAMEL COURIER

VOLUME 28 ◉ ISSUE 9 ◉ SEPTEMBER 2014

## ALCOHOLICS ANONYMOUS

### District 11 – Area 34

coverage area includes:  
Antrim, Benzie,  
Grand Traverse,  
Kalkaska, & Leelanau  
counties.

### Central Office

124 N. Division Street  
Traverse City, MI 49684



### Hot Line

(231) 946-8823  
24/7 Service

### Business Line

(231) 946-6716

### Business Office Hours

Mon – Fri 10AM - 5PM  
Saturday 10AM - 2PM

### Email

district11centraloffice@yahoo.com

### Website

www.district11-aa.org

### Board

Rick C., Chair  
Kip M., Secretary  
Ken W., Treasurer  
Victor F., Literature Buyer  
Jodie S., Webmaster  
Mike H., Newsletter Editor  
Phil S.  
Dale B.  
Sue V.

### Volunteer Coordinator

Susan N.

# SEPTEMBER 15

# NATIONAL RECOVERY MONTH

In it's 25<sup>th</sup> year, Recovery Month's theme this year is

**“Join the Voices for Recovery:**

**Speak Up, Reach Out.”**

This month promotes the societal benefits of **Prevention, Treatment, and Recovery** for mental and substance use disorders . . . **A N D . . .** promotes ways **WE** can use to recognize behavioral health issues as well as reach out for **HELP..**

**WE** need to spread the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective . . . and . . . people can and do **RECOVER!** ☼

For more National Recovery Month information go to:  
<http://www.recoverymonth.gov/>

# Central Office Announcements

## SEEKING NEW OFFICE SPACE

Central Office is looking for office space. We need a minimum of 700 square feet that is ADA accessible, located in/near downtown, has two or more rooms, as well as parking available. If you have a lead, please call Central Office and leave a message at (231) 946-6716, or email [district11centraloffice@yahoo.com](mailto:district11centraloffice@yahoo.com).

## CENTRAL OFFICE ALWAYS IS IN NEED OF VOLUNTEERS

Whether you can help in the OFFICE, handle AFTER HOURS CALLS, be on the 12 STEP CALL or RIDES LIST ... We Need You! For more information and/or to volunteer, call **Susan N.**, Central Office's Volunteer Coordinator, at (231) 645-1267.

## SPEAKERS NEEDED FOR MUNSON OPEN TALK

Speakers are needed for the Open Talk that takes place every Saturday evening at 8:00pm in the Basement Conference Room of Munson Hospital. If you're interested in talking at this Open Speaker Meeting, please contact **Brian S.** at (231) 715-6866.

## AA LITERATURE PRICE INCREASE

Effective October 1, 2014, most book prices of Alcohol Anonymous World Service's Conference will be increased. Our Central Office will need to increase prices as well - all changes will be published shortly. If you have any questions, please contact Victor at Central Office at 231-946-6716.

## NEW AA MEETING

Sundays at 6:00pm – The new ATS – 'Porch' – 747 E. 8<sup>th</sup> Street in Traverse City. Men & Women – Closed Meeting.

# AA Archives - SEPTEMBER

<b>September 4, 1938</b>	First AA Group formed in Detroit by Archie T.
<b>September 13, 1937</b>	First female in AA in New York – Florence R.
<b>September 13, 1939</b>	First female in AA in Chicago – Sylvia K.
<b>September 15, 1948</b>	First issue of <i>Grapevine</i> published in pocketbook size
<b>September 25, 1946</b>	First AA Group in Mexico City is formed

## Open Speaker Meetings at Munson Hospital Basement Saturdays (8:00pm)

### Upcoming Speakers

September 6 ..... **Jeff C.**  
September 13 ..... OPEN  
September 20 ..... **Dianna J.**  
September 27 ..... **Eric W.**

**\*\* Speakers Subject to Change \*\***

If you're interested in talking at this  
Open Speaker Meeting, please contact  
**Brian S.** at (231) 715-6866.

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## **AL-ANON/ALATEEN**

### **District 39**

coverage area includes:  
Antrim, Benzie,  
Grand Traverse,  
Kalkaska, Leelanau  
& Manistee counties.

### **Al-Anon/Alateen Family Groups - D39**

PO Box 5132  
Traverse City, MI 49696



### **Information Line**

(231) 938-7399  
Response within 24 Hours

### **Website**

[www.alanon-d39.org](http://www.alanon-d39.org)

# What Does Someone With 43 Days of Sobriety Sound Like?

Source: *After Party Chat* \* May 20, 2014

In AA meetings, you'll often hear that the newcomer is the most important person in the room. I tend to agree—and also to shudder when I hear stories about cranky old-timers ordering newcomers to take the cotton out of their ears and stuff it in their mouth. It's this interest in newcomers, in fact, that led me to the idea of regularly sussing out their thoughts at various stages of their sobriety. Sort of like that British 'Up' series documentary but with far less of a time commitment and without, of course, a film crew.

The first person we're tracking is 30-year old Sarah F., whose life looks quite good from the outside; she has an apartment, a car, good relationships with her family and friends and is working in the creative field of her dreams. But on the inside, she feels scared both about her future and her drinking, since she's always making commitments to stop or slow down and not being able to stick to them. Her desire to be sober and conflicting desire to be "normal" have created resistance that she battles; yet she continues to show up to her daily 7:30 am meeting looking for hope and a solution.

Danielle: What made you decide to get sober?

Sarah: There are a million reasons why I wanted to get sober but simply put, the cons of drinking gradually started to *drastically* outweigh the pros. It has been negatively impacting my life for years; over time, my alcohol abuse has become the obvious common denominator in almost all of my problems. I was continuously drinking more than planned, unable to control the amount I drank despite numerous attempts and suffering from blackouts, severe hangovers and other physical and mental side effects—raging anxiety, feeling hopeless and borderline suicidal, a total lack of productivity. But I feel like the days after drinking are more the reason for my quitting than my behavior while actually drinking. Having said that, there are countless things I regret doing or saying while drunk. When I am drinking, there is an entire compartment of my brain dedicated to anxiety and shame surrounding alcohol. When I'm sober, that compartment is free to think about other things. I can't afford to take that brain-space up with alcohol-related bullshit anymore.

Danielle: What led you to AA?

Sarah: When I started to think I had a drinking problem, I read anything I could get my hands on that related to alcoholism. Based on everything I read, AA was the most successful method for quitting drinking and dealing with the "ism"—the real reason you started abusing alcohol in the first place. I also had a few people in my life who didn't drink and the ones who maintained their sobriety by working the program of Alcoholics Anonymous were significantly calmer and more adjusted to the sober lifestyle. And I had kept trying to quit on my own and couldn't maintain it. I didn't feel like I had any other choice if I really wanted to be done with booze.

Danielle: Many people are resistant to AA and working the 12 steps. Did you have that?

Sarah: I think the resistance comes from really, really not wanting to be an alcoholic. If it's gotten so bad that you even consider going, you know deep down, it's truly a problem. And admitting you have a problem with something and knowing you will have to do a lot of work to deal with it is scary. Before I really committed to getting sober, I dabbled in meetings but had a tendency to compare myself to, rather than identify with, others in the room. As countless others will tell you, this makes you decide "you aren't *that* bad" which just leads you right back to drinking. Every time I go back to drinking, within a matter of time—and that time frame gets shorter and shorter—I am right back to facing all the reasons I need to quit drinking.

Danielle: Are there things that the people in the program suggest that you aren't willing to do?

Sarah: So far, no.

Danielle: Do you have a sponsor?

Sarah: No.

(Continued on Page 4)

## What Does Someone With 43 Days of Sobriety Sound Like?

(Continued from Page 3)

Danielle: Why not?

Sarah: I just haven't met someone I've felt comfortable asking to sponsor me. For now, I am just trying to not drink, to read the AA literature, to go to meetings and to come to grips with being powerless over alcohol, which is technically the first step.

Danielle: What is your definition of an alcoholic?

Sarah: My definition—and I truly believe it's different for everyone—is continuing to drink despite repeatedly suffering (and I do mean *suffering*) negative consequences.

Danielle: Do you think you are an alcoholic?

Sarah: Yes. The more I read and hear the stories of other alcoholics, the more I realize I am one. And I now know it's a mental condition that exists regardless of whether I'm actively drinking. I've always thought I suffered from depression or anxiety but I'm coming to realize it's all alcoholism—continuing to drink despite the negative consequences because I'm unable to deal with the inevitable emotions that come with growing up and life. My inability to sit in my own skin, in my own feelings, makes me abuse a substance that alters my brain.

Danielle: What are your fears around staying sober?

Sarah: I have the cliché fears everyone who's newly sober has—worried I'll never have fun again, worried I will face a stigma in the dating scene, sad about never going wine tasting again, never drinking beer at the beach...I could go on for a while, unfortunately, but I know at this moment and for the rest of this day, I can't drink. If I tell myself it's forever, I will want to say, "Fuck it" and keep drinking. Thankfully, the fear of what will happen if I do drink again is overshadowing every single one of the fears I have about being sober "forever."

Danielle: What do you expect out of sobriety?

Sarah: I expect clarity, emotional growth, peace, a restored sense of spirituality, more productivity in my career, a healthy romantic relationship...and a smokin' hot body.

**About the author:** *Danielle S. is a recovering stand-up comedian and alcoholic. She is also a writer, a shopper, and a veteran of many failed relationships. You can listen to her talk about her strong and typically uninformed opinions on #TheDaniStew Experience on iTunes*

## Calendar of Events - SEPTEMBER, 2014

**September 6, 13, 20, 27** Open Talk at Munson Hospital basement, 1105 Sixth Street, Traverse City, 8:00pm. Please contact Brian S. (231) 715-6866 if you would like to be a Speaker.

**September 10** Central AA Office Board Meeting, 124 N. Division Street, Traverse City at 5:30pm. All AA and Al-Anon/Alateen members are welcome. For More Information: Call (231) 946-6716.

**September 12-14** Women for Freedom Retreat in Petoskey. For More Information contact: Charmaine G. (734) 379-6617, email [cguerriero1@comcast.net](mailto:cguerriero1@comcast.net), call Karen K. (248) 410-3745.

**September 14** District 11 Meeting, Munson Hospital at the Cafeteria Dining Room #2, 1105 Sixth Street, Traverse City at 9:30am. For More Information: Email [area34.district11@gmail.com](mailto:area34.district11@gmail.com).

**September 20** *Gratitude in Action* – Hosted by District 11 of Area 34. Kalkaska Senior Center, 303 South Coral Street in Kalkaska. Doors open at 9:00am, Keynote Speaker at 2:00pm. Lunch and beverages will be provided, bring a dish to share. For More Information contact Rick T. (231) 879-3878, [rickydean1@charter.net](mailto:rickydean1@charter.net).

**September 21** Western Michigan Area 34 Assembly. For More Information go to: <http://www.wmaa34.com/>.

## FUTURE EVENTS

**Michigan Women's Conference**  
 "A conference for women in recovery through AA"  
**October 10-12**

Treetops Resort in Gaylord, MI  
 For More Information:  
 Check out their website at:  
[www.miwcaa.com](http://www.miwcaa.com)

**26<sup>th</sup> Annual Fall Weekend**  
**October 17-19, 2014**

**Mission Point Resort ♦ Mackinac Island, MI**  
**Hosted by Lansing Central AA Office**

For More Information:  
 Check out their flyer at  
[www.aalansingmi.com/docs/Mack14RegForm.pdf](http://www.aalansingmi.com/docs/Mack14RegForm.pdf)

### *2014 Traverse City Fall Roundup*

♦ ♦ ♦ ♦ ♦  
**October 31, November 1 and 2**  
**Park Place Hotel ♦ Traverse City, MI**

For More Information:  
 Website: <http://tcfallroundup14.eventbrite.com>, Email: [tcroundup@gmail.com](mailto:tcroundup@gmail.com),  
 Like Us on FaceBook: <http://www.facebook.com/tcroundup>



### **Central Office Always Needs Volunteers**

Whether you can help — in the OFFICE, handle  
 AFTER HOURS CALLS,  
 be on the 12 STEP CALL or RIDES LIST ...

**PLEASE WE NEED YOU!!!**

For More Information,  
 call **Susan N.**, Central Office's Volunteer Coordinator,  
 at (231) 645-1267.

## **THANK YOU**

To all the **AUGUST 2014**  
 Central Office Volunteers:

Alex	James	Mandy
Charlie	Jim	Rick
Daniel	Joseph	Ruthann
Deb	Josh	Roy
Ed	Ken	Susan N.
Edwina	Kip	Susan V.
Eleanor	Lisa	Tamara
		Victor

**RECOVERY ★ UNITY ★ SERVICE**

### **Central Office AUGUST 2014 CALL LOG**

- \* **87** Females & **64** Males contacted Central Office
- \* **79** by phone & **72** walk-ins & **13** after hours calls

#### **INQUIRING ABOUT:**

- \* **24** Conference Approved Literature
- \* **13** Non-Conference Literature
- \* **07** Al-Anon Literature
- \* **04** Pamphlets
- \* **28** Gift Items
- \* **02** Special Items
- \* **48** AA Meetings in District 11
- \* **04** AA Meetings in Other Areas
- \* **06** Al-Anon Meetings
- \* **00** Other Alcoholism Resources
- \* **04** Other 12 Step Programs
- \* **00** Ride to Meeting
- \* **01** 12 Step Call
- \* **01** Drinking Problem—Self
- \* **05** Drinking Problem—Family
- \* **01** Drinking Problem—Other
- \* **19** Other



## Central Office Treasurers Report of JULY 2014

<b>Checking Account Balance .....</b>	<b>\$ 3,572.42</b>
<b>Total Deposits .....</b>	<b>\$ 4,714.43</b>
<b>Before July Expenses .....</b>	<b>\$ 8,286.85</b>
<b>Expenditures In July 2014</b>	
Rent	-735.00
Volunteer Coordinator	-460.00
Phone/Internet	-176.10
Liberty Tax Services	-300.00
Office Supplies and Checks	-172.93
Northern Fire & Safety Inspection	- 33.00
Postage	- 85.81
Moving Savings Account Per Month	-250.00
Literature Purchased	-3,329.80
July Sales Tax Paid to State	-162.00
Bank Fees	-38.49
<b>Total Expenses for July</b>	<b>\$ -5,419.13</b>

<b>Checking Account Balance July 2014</b>	
CD Saving	\$514.12
CD Saving	\$545.40
Sales for July 2014 (before Sales Tax)	\$3,364.38
Donations to Central Office	\$1,063.29
Savings Account Balance	\$1,255.32
<b>Remaining Balance</b>	<b>\$6,742.51</b>

### Contributions Received in June

West End Group,  
Fife Lake Jack Pine Savage Group,  
Williamsburg Group, Copemish AA Group,  
Benzonia Big Book Group,  
Clear Minds AA Group,  
Lake Leelanau Tues Nooners Group

✦ Report compiled by Ken W. ✦

## THOUGHTS FROM KRISTEN J.

**M**y friend Liz said it best last night when she sighed, "It feels like nobody is safe."

The world is taking it hard. The recovery community is taking it harder. American media is

American media is

preoccupied with this one particular tragedy and yet it seems blasphemous to grieve too much amidst the collapsing world around us. I suspect many feel this so deeply, because the death of Robin Williams is a safe place... to channel our underlying grief. After all, where would I go to talk about the 200 young school girls that were kidnapped in Nigeria? Where do I safely go to express my fear over the genocide like behavior taking place in Gaza without eliciting an argument? As Americans, where do we take our grief?

I texted my friend in France last night saying, "We are sad about Robin Williams." He quipped, "That's funny, we are sad about Palestine." I understood his jab, but isn't there room for both? I am sad about Palestine too.

What about the boy shot in Missouri? How do I, as a white American address the crippling racism that has our country increasingly paralyzed in fear, without soliciting a defensive argument from someone? How and where do we cry together that everything seems to be falling apart?

It will be incredibly sad if we miss this opportunity to have a national conversation about why nearly 40% of Americans are depressed and on antidepressants in the first place. Aside from the toxic food and water sources and the links to processed foods and artificial sweeteners, maybe we should also discuss the fact that we have a reason to be depressed! We live on what can largely be looked at as an island surrounded by water, and while that has worked to our utopian benefit for a long time, it has also kept us isolated physically from the rest of the world.

I don't want to sound didactic, and gloomy. I have just learned that feeling connected to others is an enormous part of emotional stability.

If culture does not know how to grieve together, and instead resolves to be distracted by the inane uselessness of the vacuous Kardashians and their ilk, or tirelessly working out at the gym, or hooking up, or partying, or the accumulation of resources, we are left with very little options. When the most worshipped God in America, named money, fails, we are left standing on a house of sand. How do we reconcile a culture that has placed all of its fragile eggs into the wrong basket?

If Robin Williams, a rich, genuinely admired and respected talent, couldn't take it anymore, where does that leave the rest of us?

I believe it leaves us where we originally started.

If we are all connected (and I believe we are) as sentient beings, we are not autonomous from the pulsing beat that is life. We cannot escape the breath that binds us to all of humanity, the earth and the animal kingdom... and hence, the suffering therein. Somewhere, we all feel the fear in Ukraine. Somewhere, our skin is absorbing the community tears of a young man senselessly shot going to his Grandmothers house, and somewhere, our souls are utterly sickened by the idea of innocent people being blown into bits and falling from a plane the sky.

Since many people have found organized religion to be underwhelming, we don't meet in churches anymore when a crisis happens. We don't gather at the town hall. Try bringing up racism at the bar. Give border control a whirl at your next coffee date. Post something about our misguided leadership on FB and see how many people are excited to engage in that conversation. Ask a group of women to discuss politics without their husbands influence and watch grown, educated women become deer in headlights and frozen in panic.

No wonder we go home and drink.

No wonder we inexplicably channel so much grief in the direction of one man. It is a safe way to surrender the deep sadness that is already running through our veins. In Robin Williams, and Phillip Seymour Hoffman, and Whitney Houston and Michael Jackson and other creative geniuses we can honor the fragile humanity and look at the demons of addiction that took their lives. While drugs and alcohol were fatal coping mechanisms for them, we must address the propaganda induced coping mechanisms provided for us. We must refuse the anesthetic and commit to waking up. As American citizens, we have to find a way off the island and learn to engage in an informed, and rational way in the International conversation the rest of the world is having.

When I texted my friend in Nigeria a few weeks ago about the ebola virus, he responded by saying thank you. He expressed sincere gratitude in knowing that someone cared. I told him that many of us care, we just don't know what to do.

Depression and addiction are hideous purveyors of pain. Both encourage isolation, and convince us that nobody else would understand. If they can get us alone, they can kill us. If we commit to awaken and connect, we will have half a chance. I have suffered from both severe clinical depression as well as alcoholism. My tendency to isolate is something I have to closely monitor. My need to escape from my feelings is something I also have to talk about regularly. I like a good Beyonce, marriage crisis story as much as anybody when I need relief. However, my tolerance for that kind of cheap drama is waning. I am committed to staying awake and facing the real news.

My heart literally aches over the loss of Robin Williams, a man that at one time had 20 years of sobriety. His death reminds me of the fragility of life. It reminds me to be gentle and to assume that everyone is carrying a heavy load. It reminds me to have the courage to reach out and check on people I care about. It reminds me to have the strength to ask for help, when I am afraid... not once, but over and over again. It reminds me to write to my congressman yet again, to let him know I am still paying attention.

And finally, his death reminds me in a paradoxical shift, that beauty is everywhere if I am awake. Stunning genius is born in all colors of the rainbow, with every combination of humor, and brilliance and vulnerability. People are placed on this earth with varying gifts and proclivities, even those odd and special blessings that arrive in a giant egg, from the planet Ork.

EDITOR'S NOTE: Thank You to Kristen J. (Traverse City – West End Group regular) for giving me permission to publish her post. Kristen is a talented artist and loving mother. As for Robin Williams ... Kind Heart. Generous Spirit. Profound Loss.



**“From experience, I've realized that I cannot go back and make a brand-new start. But through A.A., I can start from now and make a brand-new end.”**

**— Alcoholics Anonymous**

# DISTRICT 11 MEETING MINUTES

August 9, 2014

The meeting opened at the Munson Hospital Cafeteria Dining Room #2 at 9:34 a.m. with the Serenity Prayer, followed by the opening readings and roll call:

1. District 11 Statement of Purpose – Mel H.
2. 8th Tradition – Jodie S.
3. 8th Concept – Alex H.
4. Declaration of Unity – Paul R.
5. Roll Call – 10 voting members

## **OFFICER REPORTS**

**Secretary** – Deanna D. is not present. Phil Swink read the July 2014 minutes and they were accepted as corrected. **CORRECTION TO FOLLOW:** The July 2014 minutes should not show an incomplete Treasurer's Report. The July 2014 Minutes will be amended as soon as the secretary receives a complete Treasury report for July 2014.

**Treasurer** – Jodie S. August 2014 treasury report was read and accepted.

July 31, 2014 balance \$2,905.01. Contributions=\$193.70 from: District 11 June and July Meetings, West End Group, Surrender Today Group, Eastside Group and Men's Stag Difference Group. Expenditures=\$478.97 for June Grapevine subscription, District 11 Central Office JUL-DEC 2014 and Munson Donation JUL-DEC 2014. Prudent reserve=\$600.11. Please send all District 11 contributions to PO Box 1231, Traverse City, MI 49685.

**Chair** – Paul R. Nothing to report.

## **COMMITTEE REPORTS**

**PI/CPC Committee**. Phil S. Nothing to report.

**Corrections Committee**. Jerry H. Report sent via email.

Jerry attended the Northern Michigan Corrections meeting in June, where they voted on literature that would be given to Pugsley. Received forty-four of the pocket-size big books, one large print 12 and 12, three large print big books, one Living Sober book, and a variety of other prison/inmate AA books. Meetings have been going well at Pugsley. He has yet to hear from anyone (doing corrections meetings) that may need any materials or assistance. It would be helpful if the Central Office Webmaster would create an advertisement for the Camel Courier to let people know that they may contact Jerry if they need materials or assistance to aid in the meetings.

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**Grapevine**. Rick T. reported that a Grapevine subscription was raffled at the Leelanau County meeting. He needs the raffle tickets from Leelanau County before the September 20 District 11 workshop.

**Treatment Facilities**. Open position, no report.

**Special Needs**. Kathy K., alternate chairperson presented hearing products for impaired members. She requested that the survey information from the groups be returned as soon as possible.

**Central Office Liaison Report**. Phil S. has assumed the Central Office Liaison position. The Central Office is still in search of a new location.

## **DCM REPORTS**

**Antrim**. Roger B., nothing to report.

**Benzie**. Open position, no report.

**Grand Traverse**. Paul R. attended the Friday night young peoples meeting seeking MYCPAA representation at the District level. Nobody came forward, but he will continue to cast the net.

**Kalkaska**. Mel H. Kalkaska County still needs men and women to attend the jail meetings. He has distributed information within Kalkaska regarding the September 20 District 11 Workshop.

**Leelanau**. Ted K. Not present, nothing to report. However, all agreed that the Leelanau County AA picnic and meeting were well attended and successful for a first effort.

**AREA 34**. No members of District 11 present. However, Jodie S. referred to the Area 34 minutes, and she also committed to attend the next Area 34 assembly.

## **GROUP INFORMATION/ANNOUNCEMENTS/CONCERNS**

New meeting in Acme. The Primary Purpose group will meet on Wednesdays at 7:00 PM.

(Continued on Page 9)



## TC FALL ROUNDUP

Jodie S. The last remaining speaker has been selected for the Sunday morning meeting. The request for District 11 to donate \$850.00 to the Roundup was corrected to reflect \$750.00. **Motion:** by Mel H. to donate \$750.00 to the TC Roundup and seconded by Amber J. Motion passed.

## OLD BUSINESS

### September 2014 District 11 Service Workshop

Rick T. Amber J. is assisting Rick with the workshop preparations. There are no solid budget figures at this time, but it is not expected to exceed the projected budget amount of \$400.00. **Motion:** by Jodie S. to authorize \$350.00 for the upcoming event and seconded by Mel H. Motion passed.

## NEW BUSINESS

**Motion:** by Mel H. to authorize Rick T. to approach the Kalkaska Senior Center as a venue for the December 2014 Area Assembly meeting and seconded by Amber J. Motion passed.

The meeting closed at 10:45 a.m. with the Lord's Prayer. Next meeting will be held on Saturday, September 14, 2014, at 9:30 a.m. at the Munson Hospital Cafeteria Dining Room #2, Traverse City, MI.

Yours in love and service, Phil S. for Deanna D. **District 11 Secretary**



## **Central Office Board Meeting Minutes of August 13, 2014**

(Minutes to be approved at September 10th Bd. Meeting)

**Board Members Present:** Rick C. (President), Ken (Treasurer), Victor (Literature ), Mike H. (Camel Courier), Phil S.

**Others Present:** Susan N. (volunteer coordinator), Sue V.

The meeting was called to order by President, Rick C. at 5:30 pm. beginning with a moment of silence followed by the serenity prayer.

**Secretary's Report:** Susan N. read the minutes of the June 11t Board Meeting. It was moved by Phil S. to accept the minutes as presented. Motion carried.

**Treasurer's Report:** Ken presented the Treasurer's Report for June and July. Reports placed on file.

**Webmaster Report:** No report at this time.

**Volunteer Coordinator Report:** Susan reported that we have lost two call forwarding volunteers and she will cover the shifts. Still having phone issues with call forwarding on the weekends. Have some volunteers that will cover "snow birds" shifts but still need more volunteers.

**Camel Courier Report:** Mike H. reported that he had plenty of stories for future Camel Couriers. AOL has been spammed but problem has been corrected.

**Literature Report:** Victor reported ordering from AAWS for AI-Anon and for ACOA. World Service announced that it will be increasing its prices by 10 – 25%. This is the first increase since 2009. Central Office mark up percentage will remain the same but prices for literature will increase. Victor will continue ordering for special events such as service workshops and Fall Roundup.

**Old Business:** We are still pursuing new locations for moving Central Office.

**New Business:** After Board discussion it was moved by Phil S. to appoint Susan V. to the Central Office Board. Motion carried unanimously. Motion was made by Phil S. to accept new Volunteer Coordinator contract as written by the Board. Motion carried unanimously.

Motion to adjourn meeting was made by Phil S. Motion carried. Board Meeting adjourned at 6:30 pm. The next Central Office Board Meeting is scheduled for September 10th at 5:30 pm at the Central Office.

Respectfully submitted,

Susan N. , Acting Secretary