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# HMB District 1 GSR Meeting

October 4, 2010

## ATTENDEES:

### Officers:

Tom E – DCM

Pat C – Treasurer

Melissa W – Secretary

### GSR Representatives

Jetta I - Albany Young People's Group

Diane G - Sunday Promises Latham

Gretchen H - Healthy Choices

Robin D - Center Square Promises

Jack G – Friends of Bill Group

Yuma B – One Day at a Time Group

Tom E – Not Yet Group

Cindy S – Winners Circle Group

Pat C – Latham High Nooners

Nancy R - Higher Power Group

Jeff B - Welcome Back Group

Ross A – New Beginning Group

Ryan M - Tri-Village

Charlie M - Sad Bad Glad

John R – Saturday AM Eye Openers Group

Fred F – A Vision For You Group

Martha F \_ Vision for You

Karen C - Promises

Barb L - Pine Hills Group

Nelson S – As Bill Sees It Group

Jim L - Living Sober Group

Roxanne S – Friends of Bill W Goup

Stephen G – Gratitude Group

Tana R. - Uptown Saturday Night Group

Kathy R - Conscious Contact Group

Keith B - Lambda Group

Pat M - Slingerlands Midday Step Group

Lisa McG - (Womans Meeting?)

Billy Bob - Albany Fellowship Group

David F - Seeds of Change

Linda D - Pot of Gold Group

Fred M - New Awakening Group

### Chairpeople

Fred F – PI /CPC

Bob S - Corrections

Yuma B – Registrar

Jack G – Grapevine Rep

David F – Alkathon Chair

Jetta I - Treatment

Linda D - Bridging the Gap

Fred M - Bridging the Gap

### Liasons

Gary S. - Voorheesville Group

Bill C. HMB Area Treatment Chair

## Agenda for GSR Meeting

October 4, 2010

1. Roll Call
  2. 10th Concept & 10th Tradition Reading
  3. Addition/Correction of Minutes
  4. DCM Report
  5. Alt. DCM Report
  6. Treasurer's Report
  7. Committee Reports
- Bridging the Gap – Fred M, Linda D  
PI/CPC – Fred F  
Corrections – Women, Terry H Men, Bob S  
Functions - Vacant  
Grapevine – Jack G  
Treatment – Jetta I  
Special Needs – Robin D  
Newsletter – Eddie Mac  
Registrar – Yuma B
8. Group Reports
  9. Alkathon Committee Report

### Old Business

District Chair positions, If you are unable to attend please email your written report to our Secretary, Melissa

### New Business

October Area Assembly (4, 8, 14) Saturday

October 16, 2010

November HMB Convention Adirondack, NY

(5, 10, 13, 19) November 5th to 7th November

Fellowship Day Western (9, 12) Sunday

November 21, 2010

Contact Lists and Phone Numbers for District

One Officers (for our groups)

Alkathon Payment (\$500.00)

Ask Jetta to contact treatment centers about

upcoming Alkathons

### ANNOUNCEMENTS

HMB Area Assembly – 10/16/10

HMB Area Convention – Lake Placid, NY  
November 5-7, 2010

November Fellowship Day Western (9, 12)  
Sunday November 21, 2010

The meeting was called to order at  
7:00p.m. by Tom E., DCM. Roll call was  
taken.

The 10th concept and 10th tradition were  
read.

A motion was made, seconded and carried  
to accept the minutes of the September  
2010 GSR meeting.

**DCM REPORT:** No Report

**ALT DCM REPORT:** No Report

**TREASURER'S REPORT:** The  
September 2010 report states the opening  
balance was \$3,018.31; income, \$222.00;  
expenses, 242.47; balance, \$2,997.84. A  
motion was made, seconded and carried to  
accept this report.

A question was posed to the treasurer  
about how we might spend down the  
money we have above our prudent reserve  
(\$1500.). Suggestions made were  
contributions to Area and GSO, and  
holding an event.

### **COMMITTEE REPORTS**

#### **BRIDGING THE GAP:**

Fred M – No Report Linda D – No Report

**CORRECTIONS:** Bob S. (Men) -  
Reports things are going well, have good  
attendance at 20-23 men per meeting.  
Makes an ask for money to buy books for  
inmates.

Terry H (Women) – Needs women to  
commit to bringing a meeting into the  
Albany County Jail on Every Other 2<sup>nd</sup>  
Sunday, Call Terry at 437-9854 if  
interested in doing this important service.

**GRAPEVINE:** Jack G - Reminds us to  
fill out Grapevine Surveys and get input  
from members at the group level.

**REGISTRAR:** Reports that meetings at  
St. Patricks church have moved. New  
Awakenings Group has moved to 193  
Central Ave. and the Any Lengths Group

has moved to St. Johns Church on Central  
Ave.

**TREATMENT:** Jetta I - As it stands we  
currently are going into four treatment  
centers:

1. Capital District Psychiatric Center  
(CDPC) on Tuesday's at 7pm. They could  
use some new volunteers to help in there  
efforts. located on New Scotland Ave  
Albany, NY

2.The Hope House Betty Center for men  
and women. Wednesdays at 7pm this mtg  
is being chaired by Heidi P. This is a new  
meeting as of a few months ago and is  
going very well, the facility is very  
pleased. located at 261 N. Pearl st.  
Albany, NY

3.Veterans Hospital Detox on the 7th  
floor. There are two nights Wednesday  
and Saturday at 7pm. Located on Holland  
Ave Albany, NY

4. St Peters Detox on the 6th floor  
Tuesday and Sunday at 730pm is back up  
to two nights, and I am working towards  
getting it back to three nights any help  
would be appreciated.

In the past we were in the Equinox  
House, due to an in-ability to contact  
administration we have not been going in.  
I now have been given new contact info  
and I will try again to regain some repor  
with them.

There has been some interest expressed  
in servicing the Salvation Army here in  
Albany and I have been contacted to help  
bring a mtg there I am now beginning to  
look into this matter.

Yours in Service, Jetta I. District 1  
Treatment

Email [khon\\_man@yahoo.com](mailto:khon_man@yahoo.com) to  
volunteer to speak at one of the meetings  
the treatment committee brings into a  
treatment facility.

**SPECIAL NEEDS:** No Report.

**PI CPC:** Fred F - Adopt-a-Physician-  
We'd be interested to hear if any group

members have talked with their doctors about being available to talk with other patients who may have a drinking problem. I have discussed this with my cardiologist and my primary; and they both have my name and # to pass along if they determine it may be helpful. I haven't gotten any calls yet, but will be sure to let all know what happens if/when I do.

Albany Public Library Lunchtime Health Fair- was Thursday, September 30th; from 11 AM till 2 PM- attendance was steady throughout the event; probably around 150 people overall. Our exhibit was approached by ten people; about 1/3 of them were looking for meeting info and were referred to [www.ny-aa.org](http://www.ny-aa.org). Spoke with one gentleman who identified himself as an addiction care specialist at SUNY Albany- he asked about setting up an A.A. mtg. on campus- He was directed to the G.S.O. website for more info; also gave him a couple pamphlets. Spoke with another woman; actually one of the other exhibitors; she was interested in how to tell if someone is alcoholic; ended up giving her the contact info for Al-Anon! Overall- seemed to be a good use of our resources; would recommend we do it again if invited back. Oh, yeah- lunch wasn't bad, either! I will be forwarding the A.A. literature catalog as well as the Grapevine catalog to APL; the coordinator for the fair will be reviewing it to update the A.A. books being offered at the library.

College of St. Rose Health Conference- 11/3/10; 1 PM- We have been contacted about presenting an introduction to A.A. as part of a required student health conference for undergrads. For some reason or another, I have been asked to provide copyright information for any

DVDs I might use in the presentation, and have e-mailed GSO for their input. I will be looking to put in another literature order as well.

You and I are responsible, aren't we?  
Thanks to all who are serving!

Fred F. c 518.258.7308  
[serene42da@gmail.com](mailto:serene42da@gmail.com)

**NEWSLETTER:** Eddie Mac- No Newsletter. No Groups reported announcements.

**ALKATHON COMMITTEE:** Dave F - Committee had their second meeting. Al Anon had been invited to participate in this year's Alkathons. More members welcome. Next meetings, November 2, December 5, 6pm at Emmaus Methodist Church, Morris and West Lawrence Streets, Albany.

**GROUP REPORTS:**

Pine Hills Group Anniversary (33rd) October 13, food at 7, speaker at 8.

Albany Young People's Group Reports they will be hosting a monthly Speaker Jam at the church at State and Willet in Albany on the second Saturday of each month from 5-7:15pm. All are welcome!

Latham High Nooners reports that on the last Saturday of October at noon they will have food and speakers.

New Awakening group Reports they have moved to the New Hope Church at 193 Central Avenue. Enter in the first door on Robin Street, not the ramp. Doors open at 7am, meeting at 7:30 am.

Voorheesville Group Reports: asks about electing officers. Asks about how to obtain a group conscience.

Suggestions: Hold a business meeting, announce at meetings when business meeting will occur. Take nominations for officers. Vote on nominations. Observe the third tradition as to the spirit of rotation.

Asks about donating to the church for floor refurbishing.

Suggestions: Each group is autonomous. Hold a vote of members to decide about donating to the church. On the question of alignment: make a one time donation.

Asks about merging meetings.

Suggestions: merging meetings is a practice that other groups have experienced, but if they merge, the group only has one vote at the area assembly.

### **OLD BUSINESS:**

(Tabled) Contact Lists and Phone Numbers for District One Officers (for our groups)

Motion: Alkathon Payment (\$500.00)

Seconded and Carried.

Asked Jetta to contact treatment centers about upcoming Alkathons

### **NEW BUSINESS:**

Discussion about meeting list rules for inclusion: Does a group have to have a GSR in order to be included in the Meeting list?  
Answer: No. Meeting only has to provide the list prepared with a primary contact to be included. Outreach is being done to meetings without GSRT representation to ensure meetings will be included in the 2011 meeting list.

Fred F. makes a motion to spend \$100. on literature for the PI/CPC St. Rose event.  
Motion made, seconded, carried.

Bob S. makes a motion to spend \$200. on books for inmates of the Albany County Jail.  
Seconded. vote: 11 opposed, 14 in favor.  
Minority opinion: No accountability about what happens to the books once they are distributed to individual inmates, too many books to put into circulation all at once, inmates should go to any lengths (ie check out the library copies) to read the book if they want to, books should be safeguarded and only used during AA meetings brought into the facility. Second Vote: 15 opposed, 11 in favor. Motion Defeated.

Bob S. makes a motion to buy 10 books for inmates of the Albany County Jail. 6 opposed, 17 in favor. Motion carried.

A motion was made, seconded and passed to adjourn the meeting at 8:30 p.m.

**Note from the Secretary: If you see any errors or omissions on these minutes, please e-mail me at [melissa.wasilewski@gmail.com](mailto:melissa.wasilewski@gmail.com). If you need to speak with me, please call (518) 209-5579 and leave a detailed message. If you have items of new business, please notify the DCM so we can distribute a revised agenda at the meeting. Many thanks.**