

⇒ **New Meeting Started - W. Fort Ann - Tuesdays 12 Noon! See info below**

24 hour District 13
AA Hot-Line
518 - 793-1113

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

DISTRICT 13 NEWSLETTER **JANUARY 2011**

(Page 1 of 4)

The Theme of AA this year throughout the United States and Canada is:

"We are responsible for AA's future – Let it begin with us."

*Have I given some thought recently to what I might do for AA? For a new Member?
For my Home Group? Or for one of the District 13 AA service efforts described below?*

⇒ **We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings. Please share the information.**
(If you want extra copies for use at your meetings, just contact the Newsletter Editor.)

Need to talk to someone at District 13? See the Committee Chairs' information on page 4.

**Reminder: AA District 13 meets on the First Wednesday of Every Other Month. 2011 dates left are:
March 2, May 4, July 6, Sept 7, Nov 2 - 7:00PM at Town Center, Old Post Rd, Lake George.
All AA members are welcome to attend. Please mark the dates on your calendar.**

⇒ **The next District Meeting will be WEDNESDAY, March 2, 2011 at 7PM**

NEW DISTRICT 13 AA MEETING LISTS are printed three times each year. **1,500 November'10 lists, showing 67 meetings each week, were distributed to all group representatives present at the 11/3/10 & 1/5/11 meetings.**
If your group still needs copies of this meeting list, we have a small quantity left. Contact DCM Tom B to make arrangements to get them. 'North Country' groups also may contact John D. for copies.

We welcome the Tuesday night 7:00pm Long Lake Group. There are several other changes in the new list. After printing, we were told Newcomb's meeting has restarted as a Monday 7:30pm Big Book meeting and

⇒ **Another NEW MEETING also has STARTED - in the FORT ANN area - Here are the details:
Tuesdays - 12-noon - Closed/Big Book – United Methodist Church, Copeland Pond Rd., West Fort Ann.**

District 13 meeting lists also are regularly provided at request of other entities, for example, Glens Falls Hospital, Hudson Headwaters Health Network, North Country Ministry and several Halfway Houses, just to name a few.

Do you know a location that could use copies of our District 13 AA meeting list? Tell us and we'll provide them.

AA Hudson Mohawk Berkshire [HMB] Area 48 prints its Meeting Book annually - available in February.

⇒ **We sometimes forget how wonderful - and widely available - the AA Program is for those who WANT it!**

There are almost **1,400 AA meetings each week** in Area 48 - which stretches from Poughkeepsie to the Canadian border and from the Vermont line west to central New York. **How important is this Meeting Book?**

⇒ **Consider this fact: AA Groups and Members have ordered almost 30,000 copies of the new Meeting Book.**

The Area is printing some extra copies of the Year 2011 Meeting Book. Until they are gone, you still can order some. Cost of the Year 2011 meeting book is 30 cents a copy down from 50 cents in recent years. [Get an order form at Area 48's website: www.aahmbny.org or contact a District member – see page 4.]

DISTRICT 13 NEWSLETTER

JANUARY 2011

(Page 2 of 4)

Complete minutes of each District meeting are provided for review and approval at the next District meeting. So minutes of the January 5th meeting will be available for review and approval at the March 3rd meeting.

The following information is from the January 5th District 13 Meeting and some new items since then:

Copies of the complete November 3rd minutes were distributed to all present and summarized by Acting Secretary Kristen H. John D. motioned to accept the corrected minutes; Michael A. seconded; and, all voted in favor.

District 13 Treasurer's Report: DCM Tom B reported that Sue P's term as Treasurer is soon over and, for health reasons, Sue has stepped down early. Tom said a new Treasurer is needed and asks all AA members to please consider this important service opportunity. In the interim, Tom prepared the 1/5/11 Treasurer Report which was distributed to all present. Tom cited an 11/3/10 opening balance of \$489.88, **total revenues of \$386.00** (group contributions) through 1/4/11 and **total expenses of \$552.89 including:** \$153.23 for our 24-hour AA Hotline; \$25.95 for newsletter mailing; \$79.20 for purchase of AA pamphlets needed for our correction facilities work and \$294.50 for printing 1,500 copies of our District 13 November meeting list. This left a **closing balance of \$322.89** which is very close to the District's Prudent Reserve of \$250.00. Paul G. motioned to accept the Treasurer's Report, Robin C. seconded, and all voted in favor (DCM abstained).

On behalf of the District, Tom B thanked the Groups which made contributions for this important AA service work.

Committee Reports:

Records: Records Keeper Paul G reported on his work to update District records including Group meeting changes and contact information and that all of this information had been given to Area 48 for its Year 2011 Meeting Book. Paul also said that our Telephone Hotline has been updated to reflect these changes and he **asks all Groups** to let him know of any new changes as soon as possible so they can be included in District, Area and GSO records. **All present thanked Paul for his dedication in performing this major service effort;**

➡ **If your Group has new changes in meeting location, day, time, GSR, etc, please call or e-mail Paul G, to be sure your updates are included in future District meeting lists and in the Area 48 and GSO records.**

Bridging the Gap (BTG) Chair, Charles W was not present and Tom B pointed out that, at the last District meeting, Charles reminded everyone his BTG term is ending but he certainly is willing to help the new Chair in the transition. Tom B. asked all present to consider this important service opportunity and to mention it at their Group meetings;

Treatment: Chair, Kevin A. was not present – no report;

Corrections: No chairperson at this time but Don B, who coordinates much of the District Corrections' work, had prepared a report which was distributed to all present at the 1/5 meeting. It shows the New York State and Counties' correctional facilities currently receiving AA meetings because of the dedicated service of District 13 AA members but it also points out the serious need for additional AA members to help out with these meetings. **A copy of Don's Report is enclosed. Please contact Don – even to help out as little as once a month!** DCM Tom B said Don also has requested \$68.00 for purchase of additional AA pamphlets still needed for use at correctional facilities. **Sadly, because of low District funds, the request could not be considered on 1/5;**

CPC/PI: John D (chair) was present and gave a brief report on District visits already made to several Groups. He said the Groups were very welcoming and some Group members wanted to know more about AA service work;

Newsletter: DCM Tom B reminded all that Newsletter Editor Larry T. is away for the winter but that John D issues the Newsletter in Larry's absence. John asked for information about Group or other special AA events to include in the Newsletter. Tom thanked the increasing number of AA members who are requesting the Newsletter **by e-mail rather than postal mail** since it saves postage costs. Just tell John D **if you want added to the e-mail list;**

Grapevine: Alex S, Grapevine Chair, was not present – no report;

Archive and Special Needs: (positions vacant) – no report.

DISTRICT 13 NEWSLETTER

JANUARY 2011

(Page 3 of 4)

DCM Report:

Tom B (DCM) thanked all Groups for their contributions which make District service work possible.

[It is worth noting that, in traveling to and participating in these service activities for the overall good of AA, District 13 members pay all of the costs out of their own pockets - with no reimbursement from District 13.]

The contributions your Group makes to District 13 go solely for 24-hour AA Hotline, meeting lists and the like. That's why Group and individual member contributions to District 13 are so helpful and important.

Tom reported on the [then] upcoming 1/8/11 Area 48 Inventory Day in Troy – a day in which AA Area 48 tries to examine what it is doing well and what it could be doing better for the good of AA. Tom said District 13 would participate in that Inventory Day. [Due to a snow storm, this Inventory Day actually was held on 1/22. District 13 participated and a report of results will be included in the District 13 February Newsletter.]

Tom also mentioned the Northeast Region AA Service Assembly [**NERAASA**] being held in Tarrytown on the last weekend in February and the Area 48 annual '**Corrections Connection**' being held this year in Lake George on March 26th. At this 3/26 event, AA members involved in corrections service join with New York State and local correctional facilities officials and staff to discuss how to better carry AA's message to individuals in those facilities.

Tom also reported that the annual Area 48 AA Convention held last November in our 'backyard' - Lake Placid - was a great success with hundreds of AA members hearing inspirational speakers, participating in AA workshops and sharing in the special bond of AA fellowship.

Alternate DCM Report: Lou H. (Alternate DCM) was present and said he did not need to report beyond what already was said at the meeting;

District Secretary Position Filled - Jack B's term was ending; he stepped down as of the 1/5 District meeting. **Kristen H.** served as Acting Secretary for the 1/5 meeting and offered to serve as the new District Secretary. Motion was made, seconded and approved unanimously. All present thanked Kristin and Jack for their service;

New Business: AA's guiding principles and traditions point out the wisdom of members 'rotating' in service positions whether it is coffee maker or Chairperson at a Home Group or District and Area service positions. District 13 service terms usually are 2-years. You also can help out even if not as chairperson. Please consider it.

DCM Tom B discussed the following District 13 service positions which are - or soon will be - vacant:

- **District Committee Member [DCM]** - Tom B pointed out that his own two-year DCM term soon is ending. He asked all present to consider this important service opportunity and to mention it at Group meetings;
- **District Treasurer** – This very important District position is now vacant with DCM Tom B 'filling the gap.' Please consider this vital AA service opportunity and mention it to others and at your Group meetings;
- **District BTG Chair** [Bridging the Gap] - Charles W's term is ending and we need a new person for this AA service - linking individuals leaving treatment or correctional facilities with 'home town' AA meetings and members. It's not hard work - **mostly done by telephone** - but it's so very important. Won't you consider it?
- **District Treatment Chair** – Kevin A's term is ending and we need a replacement. This involves arranging for AA members to bring AA meetings into treatment facilities we serve including Glens Falls Hospital in-patient;
- **Archives and Special Needs** - These positions are too-long vacant. **Please help! Archives** person keeps track of items and some 'writings' of historical significance to District 13 and the Groups within the District. **Special Needs** helps ensure that AA members who need it can get help such as large-print AA literature.

AA service not only helps those who really need it, it is a remarkable gift we give to our own sobriety!

As we said at the beginning of the Newsletter, the **Theme** of AA this year throughout the U. S. and Canada is:

"We are responsible for AA's future – Let it begin with us." Won't you please help?

DISTRICT 13 NEWSLETTER

JANUARY 2011

(Page 4 of 4)

Need to talk to someone at District 13? Committee Chairs are as follows:

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Tom B. [*service term ending*]
• Alternate DCM	Lou H.
• Secretary	Kristen H. [new as of 1/5/11]
• Treasurer	*Vacant* [in interim call DCM Tom B]
• Records	Paul G. [new as of 11/3/10]
• Bridging the Gap	Charles W [*replacement needed]
• Corrections	*Vacant * [in interim call Don B]
• CPC/PI	John D.
• Treatment	Kevin A. [*replacement needed]
• Newsletter Editor	Larry T. [until Larry returns in the Spring, contact John D]
• Grapevine	Alex S.
• Archives	*Vacant * [please consider this AA service opportunity]
• Special Needs	*Vacant * [please consider this AA service opportunity]

District 13 is deeply grateful to the Groups and Members who have contributed to our AA service work.

As a possible help to members and Groups, it was voted at a prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. An historical contribution share has been 60% District; 30% Area & 10% GSO.

The addresses are: District 13 P. O. Box 4335, Queensbury, NY 12804;
HMB Area 48 118 Polar Plaza #114, Route 30, Amsterdam, NY 12010; and
General Service Office (GSO) P. O. Box 459, Grand Central Station, New York, NY 10163

→ New information: GSO contributions also can now be made on-line at: www.aa.org & click on 'contributions' icon.

The need for this financial support continues to be very real so we respectfully request, if your Group hasn't helped out recently, that you please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate. **Thank You.**

→ Remember that our District 13 maintains a **24 hours/7 days a week telephone 'hotline'** where any individual may call anonymously and talk with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations of the more than 65 AA meetings each week in our District 13 area.

The hotline telephone number is (518) 793-1113 Don't hesitate to give out this phone number!

UPCOMING AA ACTIVITIES and EVENTS

For details, see the HMB Area 48 Newsletter [hard copy or on-line at: www.aahmbny.org or at our District 13 Meetings.

AA members can receive a free copy of Area 48's Newsletter by e-mail request to: hmb48newsletter@yahoo.com.

District 13 AA members can receive a free copy of District 13's Newsletter by request to the Editor. Larry T. is our Newsletter Editor, but, until he returns in the Spring, contact John D.

2/25-2/27/11 NERAASA [Northeast Region AA Service Assembly] – Tarrytown, NY 10591
(Friday thru Sunday) Join almost 1,000 members in AA service throughout the Northeast as they examine ways to better carry the AA message of hope to those in and out of the rooms. See www.neraasa2011.org.

3/2/11 District 13 Meeting, 7:00pm [1 hour] Lake George Town Center, Old Post Rd, Lake George
(Wednesday)

3/26/11 Area 48 'Corrections Connection' 9am-1pm - Sacred Heart Ch. Parish Hall, **Lake George** - join with
(Saturday) AA members involved in corrections service and NY State and local correctional facilities officials and staff to discuss how to better carry AA's message to individuals in those facilities.

If your Group is holding an event or would like to include information in our Newsletters, just contact the Editor.

*Say, we thought maybe, just maybe, you might let us share...
Some wise and funny "Stuff" heard in the rooms*

There is pain in recovery. Misery is optional.

Ask an alcoholic what time it is and he'll tell you how to build a clock.

I believe sometimes God will not do for me what I can do for myself.

I was the most even tempered guy in the world -- I was mad all the time.

We're not exempt from the sh... in life just because we're sober.

Sponsor to Sponsee: I love you, God loves you, and there's not a damn thing you can do about it.

If God is your co-pilot, switch seats.

There's safety in numbers. One through Twelve.

If my brain didn't need me for transportation, it would have killed me a long time ago.

My best thinking got me here.

Everywhere you go, there you are.

If you really want to stay sober, you will find a way. If not, you will find an excuse.

My sponsor says I'm trying. Very trying.

If you like everyone in Alcoholics Anonymous, you're not going to enough meetings.

Don't try to clear away the wreckage of the future.

In A.A. I get an owners manual to go with my new life.

I was a victim of my biggest character defect: self-pity.

I started out as a social drinker - but then I picked up my second drink.

Only an alcoholic would believe that the solution to loneliness is isolation.

*And, lastly - about AA service - from our wonderful Grapevine - 'AA's Meeting in Print'...
"Service work in AA is sometimes like a football game: 20,000 spectators - who might benefit from a little exercise - watching 22 players badly in need of rest!"*

**Report from Don B. for District 13 DCM Tom B. and Alternate DCM Lou H. regarding
Current District 13 Correctional Facilities Meetings and
Status of District 13 AA Members Volunteering to Cover These Meetings**

[The 'good news' below is shown in blue.' The 'bad news' is shown in red]

This report has **good news** that wonderful AA meetings are occurring at the Washington and Warren Counties and New York State Correctional facilities due to dedicated AA members service.

The **bad news** is some meetings are **not occurring** because **we don't have enough District 13 volunteers. Won't you please help? Call Don B. to find out how easy it is to get started!**

There are **four** correctional facilities in District 13's geographic area. District 13 AA Members now bring AA meetings into **all four** of these correctional facilities. **The four are:**

1. **Great Meadow** New York **State Maximum Security** Correctional Facility [**Comstock**];
2. **Washington** New York **State Medium Security** Correctional Facility [across from Comstock];
3. **Warren County** Jail; and,
4. **Washington County** Jail.

Information on AA meetings at each of these four facilities is listed below, including: meeting days and times and the District 13 AA Members who currently take the commitments for these meetings.

With gratitude, we report that, **on February 9th**, there will be a simple **in-facility celebration** for inmates and District 13 volunteers [paid for by the inmates as their own decision] **marking the 3-Year Anniversary** since start of our District 13 AA meetings in **New York State Correctional!**

1. Great Meadow New York State Maximum Security Correctional Facility [Comstock]:

(Note 1: The Comstock meetings are 'official' AA meetings - registered with AA's national **GSO** Office.)

(Note 2: There are two 'types' of volunteers at New York State Correctional facilities including Comstock: a) '**regular/recurring**' volunteers and b) '**one-time**' [not regularly recurring] volunteers. **Regular/recurring volunteers** must complete a detailed questionnaire form and go through a thorough State 'clearance' process involving detailed background check including criminal system background check, fingerprinting, TB testing, etc. **One-time volunteers** need only complete the first part of the questionnaire form and then are 'swiftly cleared' for such one-time [not regularly recurring] volunteer service access.

Don B [former D13 Corrections Chair] has been coordinating the clearance process with State officials and **Don continues to assist in this clearance process. Just give Don a call.**

Don B, Michael M and John D already have obtained **regular/recurring** clearances. **Don and Michael** currently are the **only** ones covering the Comstock AA meetings as shown below.

We really need additional AA members help for Comstock [even if for one-time clearance meetings].

There are **two different AA meetings** at this Comstock [**Maximum Security**] Correctional facility:

A. Every Thursday evening – AA members must arrive about 5:20pm and leave facility about 8:45pm. Actual meeting runs from **6:30pm to 8:30pm** but check in procedures require the extra time up front. There are **multiple men's pods which are combined for AA meetings**. This is a **men's-only** prison; nonetheless, **women AA members can lead the AA meetings**. Although numbers vary each meeting, as many as **20 inmates** participate in these meetings.

Don B. had covered this meeting alone from its start in **February 2008** but **this meeting now is being covered by Don B. and Michael M.** **We thank Michael for his service commitment.**

B. Wednesday - midday - Mental Health Unit - AA members must arrive about 12:20pm and leave the facility about 2:15pm. Actual meeting is **1pm to 2pm** but check in procedures require time.

We **had** been bringing in an AA meeting every Wednesday **with up to 18 inmates participating** but, **because of a lack of District 13 AA volunteers, no meetings are now occurring! Please Help Us!!**

**Report from Don B. for District 13 DCM Tom B. and Alternate DCM Lou H. regarding
Current District 13 Correctional Facilities Meetings and
Status of District 13 AA Members Volunteering to Cover These Meetings**

➔ 2. The **NY State Washington Correctional Medium Security Facility** [across from Comstock]. District 13 had not been bringing in AA meeting and inmates were conducting their own AA meetings. **Facility staff asked for outside [District 13] AA meetings.** Based on **Don B's** on-site and phone discussions with the facility Superintendent, Security Chief & Volunteer Services Coordinator [Cheryl], **we now participate in an AA meeting every other Wednesday. Meetings run from 7pm to 9pm.** **Don B** is covering this **alone** now. **Additional AA volunteers are needed for this commitment!**

➔ 3. **Warren County Jail:**

(Note 1: AA Volunteers at Warren County do **not** require State clearance – **volunteering is 'easy.'**)

(Note 2: Warren County jail has one women's 'pod' and 3 men's 'pods.' For security reasons, **pods cannot be combined.** **Four separate AA meetings are required** to cover the Warren County Jail.)

➔ **AA meetings at Warren County are every Tuesday Night – from 7:30pm to 8:30pm.**
AA members arrive **10** minutes before the meeting start time and leave soon after the meeting ends.

The one **women's** meeting is covered by **Mary S, Becky S, Pat W. & Ethel H.** **We thank them for their service.**

➔ The three separate **men's** meetings **were** being covered each week but, **due to lack of AA volunteers,** only **Don B** is now doing the meetings - **on a rotating basis** - **one pod every third week!** **Please help!**

➔ 4. **Washington County Jail:**

(Note 1: AA Volunteers at Washington County do **not** require State clearance - **volunteering is 'easy.'**)

(Note 2: Washington County has one women's 'pod' and 3 men's 'pods.' **Men's pods are combined for the AA meetings.** **Women AA members can lead the men's AA meetings.**)

➔ The **men's AA meeting at Washington County is every Tuesday afternoon 2pm to 3pm.**
AA members arrive 1:30pm and leave soon after the meeting ends.

➔ The **men's meeting** had been a **problem:** due to loss of AA volunteers, **no meetings were occurring but now Randy B. is covering this meeting.** **Thank you, Randy.** **We really could use more help!!**

➔ The **women's AA meeting at Washington County is now every Thursday afternoon 1pm to 2pm.**
AA members arrive 12:30pm and leave soon after the meeting ends.
The **women's meeting** is being covered by **Tina B, Debra R, Katherine M, Kim L, Faye M, Kim A, Shannon C, Laura L, Nancy C.** and **Lisa W.** **We are really grateful for their wonderful AA support.**

IN SUMMARY:

➔ **Some remarkable AA meetings are occurring at these four correctional facilities because of the dedicated service of District 13 AA members willing to carry the AA message. However, sadly, some meeting are not occurring - or have stopped - because we don't have enough AA help!**

➔ **THERE IS A REAL NEED FOR ADDITIONAL AA VOLUNTEERS. WON'T YOU PLEASE HELP?**

(Note: \$68 purchase of needed AA corrections pamphlets could not be approved at 1/5 District meeting due to lack of District funds. This is just one example of why Group contributions to the District are so important, deeply appreciated and really needed.)

Respectfully Submitted by: Don B.

[Call Don if you can help with any of these meetings. It's easy to get started, even if once a month]