

⇒ **New Meetings Started – See the [March'11 District Meeting List](#) for details**

24 hour District 13
AA Hot-Line
[518 - 793-1113](tel:518-793-1113)

Alcoholics Anonymous - Northeast Region
Hudson Mohawk Berkshire Area 48

DISTRICT 13 NEWSLETTER

MARCH 2011

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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](#) – see page 4.)

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: May 4, July 6, Sept 7, Nov 2 - 7:00PM at the 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, May 4, 2011](#) at [7PM](#)**

NEW DISTRICT 13 AA MEETING LISTS are printed three times each year. **March 2011 meeting lists, showing over 70 meetings each week, were distributed to all group representatives present at the 3/2/11 District meeting.**

If your group still needs copies of this new meeting list, we have a quantity left. Contact Tom B. to make arrangements to get them. 'North Country' groups also may contact John D. for copies.

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.

Once each year, elected representatives [[Delegates](#)] from **every** AA Area of the United States and Canada gather together for very intense, multi-days' work sessions on what AA could be doing better for the overall good of our AA Program and the more than **61,000 AA Groups** and almost **1.4 million AA members** in the U.S. and Canada. Our **HMB Area 48 Delegate, Deb D,** is dedicated to AA service and will participate in this year's work sessions. As you know, it's called the **General Service Conference** - being held the 1st week in May in New York City.

Delegate Deb D has asked each of us to help her prepare for this year's Conference. How? By filling out and returning to Deb, a Questionnaire on matters important to AA's continued survival. It is really important. Won't you please help. Copies were included in our February Newsletter and are available on request to hmbarea48delegate@hvc.rr.com.

We have **two Proposals** for each of us to consider - in helping the still-suffering who need and want AA's help.

See page 7 about Proposals for 'Our Schools' and 'Our Doctors.' Please let us know what you think!

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The following information is from the March 2nd District 13 Meeting and some new items since then:

Complete minutes of each District meeting are provided for review and approval at the next District meeting. Copies of the January 5th minutes were distributed to all present March 2nd and summarized by Secretary Kristen H. Paul G. motioned to accept the January 5th minutes, Sue P. seconded and all voted in favor. Minutes of the March 2nd meeting will be available for review and approval at the May 4th meeting.

District 13 Treasurer's Report: DCM Tom B reported that a new Treasurer is needed and asked all AA members to please consider this important service opportunity. In the interim, Tom prepared a Treasurer Report distributed to all present at the March 2nd meeting. It shows a 1/5/11 opening balance of **\$322.89**, **total revenues of \$758.00** (Group contributions through 3/1/11) and **total expenses of \$499.59** including: \$244.89 for our 24-hour AA Hotline answering service; \$71.99 for Verizon; \$85.81 for newsletter mailings; \$46.90 for initial March meeting lists printing and \$50.00 for Lake George Town Hall meeting room use [2 meetings]. This left a **closing balance of \$581.30** compared to the District's Prudent Reserve of \$250.00. Lou H. motioned to accept the Treasurer's Report, Silky N. seconded, and all voted in favor (DCM abstained). [See below for expenditures approved at the March 2nd meeting.]

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 keep District records up to date including Group meeting and contact information changes. Paul said the updated information has been reflected in the just-issued March'11 District meeting list and had been given to Area 48 for its just-issued Year 2011 Meeting Book. Paul also said that our Telephone Hotline has been updated to reflect the 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 contact Paul G [see page 4] to be sure your updates are included in future District meeting lists and in the Area 48 and GSO records.**

Bridging the Gap (BTG) Charles W. was not present. Tom B pointed out that Charles' BTG term has ended and that Charles said at a prior District meeting, he certainly is willing to help a new BTG Chair in the transition period. Sue pointed out 'bridges' continue to be made for individuals coming home from treatment or correctional facilities. Tom B. asked all present to consider this important BTG service opportunity and to mention it at Group meetings;

Treatment: Chair Kevin A. reported on the status of AA meetings which are, or have been, brought into treatment facilities including Baywood, Center for Recovery, Glens Falls Hospital Mental Health In-Patient Unit and others. **Kevin thanked Silky N and others who are helping** but said more AA member help is desperately needed especially at Glens Falls Hospital MHU which Kevin has been covering by himself every Wednesday night and so that AA meetings can resume at some of these treatment facilities - stopped because of lack of volunteers. **Kevin requested purchase of \$45.00 of AA pamphlets from GSO for this Treatment Committee work.** Lou H. motioned to approve this expenditure, John D seconded and it was **approved unanimously;**

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. Sue P and others had, but currently Faye M, brings meetings into Washington County Jail. **Please contact Don to help bring in an AA meeting - even as little as once a month!** DCM Tom B. said **Don also has requested \$68.00 purchase of additional AA pamphlets from GSO still needed for use at correctional facilities.** John D. motioned to approve this expenditure, Sarah seconded and it was **approved unanimously;**

DCM Tom B. pointed out these purchases of AA literature for Treatment and Corrections were possible because of contributions from AA Groups to District 13. Tom thanked the Groups on behalf of the District.

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Silky N. asked about the then-upcoming [Saturday 3/26] Area 48 '**Corrections Connection**' held this year at Sacred Heart Church Parish Hall in Lake George. It was explained that the event, held in different locations each year, provides an opportunity for AA members involved in corrections service to meet 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 B. pointed out we need some AA members' help with set-up, coffee, etc. since this event is in District 13.

CPC/PI: Chair John D gave a brief update on District 13 [and Area 48] CPC activities including participation in the recent Northeast Regional AA Service Assembly [NERAASA] in Tarrytown. It was attended by 800 AA members in service for the overall good of AA and, especially, for the still-suffering individuals who need and want AA's help. CPC workshops focused on what's being done [done well and not so well] and new ideas for reaching those who need and want AA's help - particularly through CPC committee contact with schools and the medical profession. Two proposals regarding schools and the medical profession were discussed in NERAASA CPC workshops and at recent AA HMB Area 48 roundtables. Why is the medical profession so important to AA? [Here's a clue:](#)

AA's membership surveys over the years show, for better or worse, a pattern of **decline** in the percent of newcomers who first came to AA through another AA member – and a great **increase** in the percent of such newcomers who first came to AA through medical or other professional sources. [The schools and medical profession proposals are printed on pages 7 & 8 of this Newsletter](#) [Let us know what you think about them!](#)

[An Area 48 CPC Activities Report, including District 13, was issued recently; contact John D. for a copy.]

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.

DCM Report: Tom gave a brief update on: the Area 48 Inventory Day held in January; [then-upcoming] 3/19 Day of Sharing in Kingston; 3/26 Corrections Connection in Lake George and upcoming 4/16 Delegate's Day/ Day of Sharing in Saratoga. Tom noted the special spirit of fellowship he senses at these events citing, particularly, the hundreds of AA members at the annual Area 48 Convention held last November in Lake Placid.

Tom pointed out the real need for more AA members willing to do AA service in, and beyond, their home group. He noted District 13's open positions; asked each member to consider these and talked of [elections](#) [see below].

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

Elections: With DCM Tom B's 2-year term ending, Alternate DCM Lou H. offered to serve as the new DCM. **Motion was made by Robin C, seconded by John D. and approved unanimously** with one abstention-Lou. [All present thanked Tom B for his two years of DCM service to AA District 13 and thanked Lou H for his service as Alternate DCM and now for his willingness to serve as the new DCM for our AA District 13.](#)

[We hope to have elections at the May 4th District Meeting for Alternate DCM, Treasurer and other vacant District positions](#) [see page 4] – [if there are AA members willing to serve.](#)

[Please consider serving in one of these positions and mention them to others in your home groups.](#)

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

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

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Lou H. [elected at 3/2 meeting] (Tom B's 2-year DCM term is completed;
• Alternate DCM	*Vacant * [was Lou H.] [please consider this AA service opportunity]
• Secretary	Kristen H. [elected at 1/5 meeting]
• Treasurer	*Vacant* [in interim, contact Tom B]
• Records	Paul G. [elected 11/3/10]
• Bridging the Gap	Charles W [*replacement needed]
• Corrections	*Vacant * [in interim call Don B]
• CPC/PI	John D.
• Treatment	Kevin A. [*term ending]
• 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 area48newsletter@gmail.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.

4/16/11 Area 48 Delegate's Day/Day of Sharing 9am-3pm - 27 Woodlawn Avenue, **Saratoga - District 5**
(Saturday) Join with your fellow AA members from throughout Area 48 - a major portion of New York State - as we share the AA bond of fellowship and participate in Roundtable discussions aimed at improving AA service - **and helping Delegate Deb D prepare for the May 1st thru May 7th United States and Canada General Service Conference.**
Won't you please complete Deb's questionnaire available from hmbarea48delegate@hvc.rr.com.

5/4/11 District 13 Meeting, 7:00pm [1 hour] **Lake George Town Center, Old Post Rd, Lake George**
(Wednesday)

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

**(NOTE: COPY OF THE DISTRICT 13 TREASURER'S REPORT
IS DISTRIBUTED TO ALL DISTRICT 13 MEMBERS
BUT IS NOT INCLUDED IN THIS ON-LINE PUBLIC VERSION
OF THE DISTRICT 13 NEWSLETTER.)**

We are truly grateful to Groups which made recent contributions to District 13's service work including contributions from Groups shown in the most recent Treasurer's Report above.

Some Notes about the District 13 Treasury and Your Contributions at Work:

1. Decisions on District expenditures are by **vote** [at District meetings held every 2-months in Lake George]. **Every Group has a right to vote and be heard.** That's why we encourage Group reps to attend.
2. **District members**, traveling to and participating in District 13 and Area 48 service work for the good of our Groups and AA as a whole, **pay all of their costs - including gasoline, phone, etc. out of their own pockets - with no reimbursement whatsoever from the District;**
3. Your contributions to District 13 go solely for 24-hour AA Telephone Hotline, printing Meeting Lists, purchasing AA pamphlets for use in service work at Corrections & Treatment facilities and the like;
4. District 13 maintains a low prudent reserve of \$250.00 out of which we must pay for all of these;
5. The Treasurer Report shows contributions have increased, helping in this AA service work;
6. That's why, for example, at the 3/2 District Meeting, **we were able to vote and approve** spending \$68.00 to purchase needed AA pamphlets for use in correctional facilities and \$45.00 to purchase needed AA pamphlets for use in treatment facilities;
7. That's why Group and individual member contributions to District 13 are so very important.

The need for this financial support continues to be very real so we respectfully request, if your Group hasn't helped out recently, please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate. [Checks or money orders payable to '**District 13**' are mailed to: District 13, P. O. Box 4335, Queensbury, NY 12804.] ***Thank you very much.***

WOULDN'T IT BE GREAT

IF THIS PAGE

HAD SOME INFORMATION

ABOUT YOUR AA GROUP?

MAYBE A GROUP ANNIVERSARY

OR AN UPCOMING SPECIAL AA EVENT?

OR SOMETHING ELSE ABOUT AA YOU OR YOUR GROUP

WOULD LIKE TO SHARE

WITH YOUR FELLOW AA MEMBERS?

WHEN WE HAVE THE SPACE, WE'LL GLADLY INCLUDE IT.

YOU JUST HAVE TO TELL US ABOUT IT!

(Contact the Editor – see page 4)

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With AA love - and asking for God's guidance, here are **TWO CPC SERVICE PROPOSALS** for consideration by each of our Area 48 Districts, Groups, Members and other Areas:



A MEDICAL PROFESSION PROPOSAL

With the medical profession having such great potential to refer willing alcohol-troubled patients to AA,



WHAT IF:



a) On an AA member's next visit to his or her doctor - and on subsequent visits, each AA member whose doctor knows of his or her AA journey of sobriety, **brings a supply of local AA meeting lists** and reminds the doctor of the 24-hour Hot Line phone # always printed on the meeting list?

and,



b) Each AA member also tell the doctor of a willingness to let the doctor give the AA member's first name and phone number to any patient **whom the doctor believes really wants help and if the patient first expresses receptiveness to the doctor's offer of a local AA first name and phone#?**

(Almost feels a little like a 'really local' Bridging the Gap [BTG] referral.)

(Of course, it would be solely up to each AA member to decide whether he or she wished to do this.)



SEPARATE DRAFT 3" BY 5" CARDS ARE AVAILABLE FOR REVIEW BY EACH AA MEMBER!
(The Card is also reproduced on the next page for reference)



AN EDUCATIONAL - SCHOOLS PROPOSAL

Every single school – whether primary, secondary, middle school, jr. high & high school and college **has a web-site.**



WHAT IF:



Each District [with Area 'administrative' help or by the Area if requested by a District] **worked to get an AA notice on every school's web-site in its District?** [Some may already have done this.]

It could be similar to an effort being worked on in Area 48's District 13 and likely by other Districts and could be something as simple as this: [each District using it's own Hotline phone number.]



Think you may be having a problem with alcohol? Help is available if you want it. Did you know:

Alcoholics Anonymous maintains a 24 hour per day, 7 days per week, telephone 'Hotline' providing AA meeting locations, days and times and providing an opportunity for anyone struggling with alcohol to talk directly and anonymously with a recovering sober member of AA.

The Telephone Hotline Number is _____ . It's there for you. Why not use it?

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Front side of draft AA Member's Card for Doctors

Dear Doctor _____ **DRAFT**

As my physician, you know of my medical history and my journey of sober living through Alcoholics Anonymous (AA).

Many AA members, including me, are willing to be contacted by individuals whom a physician believes could benefit from telephone or personal contact with a sober alcoholic and if the individual expresses a desire for such a contact.

You may give my 1st name and phone # to such persons.

My Name My phone # My Date of Birth

(This information is confidential and not for any use except as stated above)

Rear side of draft AA Member's Card for Doctors

Additional Help is available from AA - Telephone Hotlines

Did you know: **DRAFT**

Alcoholics Anonymous maintains 24 hours per day, 7 days per week, Telephone 'Hotlines' providing the locations, days and times of AA meeting and providing an opportunity for anyone struggling with alcohol to talk directly and anonymously with a recovering sober member of AA.

The local Hotline Number is _____

Feel free to offer this Hotline Number to anyone.

Let us know what you think.
Please provide your comments and feedback to:

John D., HMB Area 48 CPC Chair
e-mail: hmb48cpc@sprynet.com

Thank You