

**See last page for great upcoming AA Activities and Events!**

Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

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

## **DISTRICT 13 NEWSLETTER SEPTEMBER 2011**

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**Want details on the 70 meetings every week in District 13? Just see the meeting list!**

⇒ **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 3.)

⇒ **HERE ARE FOUR HOT ITEMS WORTH – AND NEEDING – YOUR ATTENTION**

**This Saturday, October 1<sup>st</sup>, AA will have a literature table and sober AA members to talk one-on-one with over 500 Veterans getting help at a major event in Latham. WE NEED YOUR HELP! - Even if just for a couple of hours - between 8 and 1pm. SEE THE ENCLOSED INFORMATION SHEET FOR DETAILS [with travel directions]**

**DEADLINE TO ORDER YEAR 2012 HMB AREA 48 MEETING LISTS IS DECEMBER 1<sup>st</sup>!**

**Shows more than 1,300 AA meetings each week in our New York Area. Last year, 33,000 of these were printed and 'sold-out.' Order your supply by the 12/1 deadline.**  
**USE THE ENCLOSED ORDER FORM.** Cost: just 30 cents each, same as last year, plus shipping.

**District 13 Records Keeper, Paul G, reminds us of these important items:**

**We are still looking for District 13 Telephone Hotline Volunteers.** If you would like to help take calls from people seeking AA Hotline help, **please let Paul know**  
We're doing a **complete update** so **even if you already are on the Hotline Volunteer List, please let Paul know you still want to do it.**

(Note: If you recently 'signed-up' at a Group meeting, that information is being reported to Paul.)

**The new District 13 Meetings List is being prepared.** Please let Paul know right away of any **changes in Group meeting locations, days or times and GSR/contact information so these changes can be included in the new Meeting List and in District, Area & GSO records.**

(We have reports the 7:30pm Wednesday Whitehall Meeting has closed & new meetings are starting.)  
Reporting changes also ensures that **important free AA literature** gets to each Group in a timely manner.

**Folks, as we've been saying, it costs money to mail our District 13 Newsletters to you by U. S. Postal Service. Can we send the Newsletter to you by e-mail instead?**

**Please let us know by contacting Larry T.**

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**Need to talk to someone at District 13 or want to share Group information to include in the Newsletter?**  
**See the Committee Chairs - contact information on page 3.**

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**Reminder:** District 13 meets on the First Wednesday of Every Other Month - 7:00PM at the Town Center, Old Post Road, in Lake George.

- ⇒ **The final District Meeting in 2011 is WEDNESDAY, NOVEMBER 2, 2011 at 7PM**
- ⇒ **Isn't taking just one hour in two months - to hear so much about AA - a good move? All AA members are welcome to attend. Why not mark Nov. 2<sup>nd</sup> on your calendar?**

Information below is from the September 7<sup>th</sup> District Meeting and new items since then.

**DCM, Lou H.**, chaired the 9/7 meeting. He welcomed all present and opened the meeting with the Serenity Prayer.

Copies of the July 6<sup>th</sup> District meeting minutes were distributed by Secretary Kristen H., reviewed and approved. Copies of the September 7<sup>th</sup> minutes will be available for review and approval consideration at the 11/2 meeting.

Treasurer Tom B. distributed copies of the Aug. - Sept. Treasurer's Report. A copy is printed in this Newsletter. It lists Groups that have made recent contributions to the District. **We are deeply grateful to these Groups** and to AA members whose support is so vital to District service work such as **the 24-hour Telephone Hotline.** District 13 sends a Thank You acknowledgement letter to each Group making a contribution to this service work.

**DCM Lou H.** recapped the vacant or soon to be vacant District 13 service positions [including for members whose 2-year terms have ended]. **Please consider helping in one of the following service positions:**

**Alternate DCM;** Committee Chairs for: **BTG; Treatment; Corrections; Special Needs; Grapevine; CPC/PI;** and the **Newsletter Editor.** **Won't you please consider taking one of these?**

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

Committee Chairs present at the 7/6 District meeting gave brief reports on their service activity. These included:

**Treatment** - outgoing Chair Kevin A. thanked those who bring weekly AA meetings into facilities including Baywood and Glens Falls Hospital Mental Health Unit. He said AA literature and AA literature racks are placed in several of these locations [and refilled with AA literature because of Group contributions to the District]. **Kevin reminded all his 2-year term as Treatment Chair has ended; please consider this service opportunity;**

**CPC/PI** - outgoing Chair John D. reported on a recent meeting with Visiting Nurses Home Care [VNHC] staff on AA resources available to VNHC clients. AA pamphlets including large print versions and District & Area meeting lists were given to them. We're grateful to Area 48 for covering ½ the literature cost [\$22]; District approved paying other half. John D's request for \$23 postage for an AA mailing to all Jr. High & High Schools in District 13 also was approved. **John reminded all his 2-year term as CPC/PI Chair has ended; please consider this service opportunity;**

**Bridging the Gap** - former BTG Chair Charles W. said he would like to help the new person & has info on this. Silky N. reported she visited Dannemora Prison; there were people who did not know about BTG and she sent BTG forms and pamphlet to them. **We've reported this information to District 10 where Dannemora Prison is located.**

**Corrections** - Chair position vacant but Don B, who coordinates much District 13 Corrections work, submitted request from inmates at NY State's Washington Correctional facility for an annual subscription to AA's **Grapevine.** We bring AA meetings into this facility and prison officials are ok with this request. The \$27 subscription cost was approved at the 7/6 District meeting. It was reported that a serious problem has developed regarding getting AA meetings into the Warren County Jail. District 13 DCM Lou H., Sr. expects to work with Don, Faye and Lisa to resolve this.

**Newsletter** – Outgoing Editor Larry T reported the Newsletter continues to be issued by USPS mail and e-mail and that **we continue to encourage greater use of e-mail distribution to save postage costs.**

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**Grapevine** – Chair position is vacant but Peter R. said at 7/6 District meeting that he may be interested in this Grapevine position so we put Peter and Area 48 Grapevine Chair Maria E. in touch with each other so Maria can discuss possible help/suggestions to Peter as he considers taking District 13's Grapevine Chair service position.

By the way, **when** was the last time you read a copy of **The Grapevine - AA's meeting in Print? Some Groups are getting subscriptions to The Grapevine and sharing copies at Group meetings. How about your Group?**

**Archives and Special Needs** - Jenny [**Archives**] was not present but previously reported she had collected District 13 Archives material from former Archives Chair Tim C. and she is working to organize this material. John D said Area 48 has had a great Archive collection [many of you have seen this collection at Area events] but sadly, the storage facility in which the Archives were housed - and **many Archives items - were damaged or destroyed** by recent Hurricane/storm flooding. More to report soon. **Special Needs** position still is vacant;

DCM Lou H., Sr. and others present at the 7/6 meeting reported on recent AA service events including the 32<sup>nd</sup> annual New York State Informational Workshop held in Latham at which AA members from throughout the State shared on ways to better help AA Groups and carry AA's message of hope to the still sick and suffering alcoholic.

Lou reminded all present of AA events including the [then-upcoming] September 10<sup>th</sup> Area 48 Elections Assembly [report-back at next 11/2 District meeting]; the October 15<sup>th</sup> Area 48 Budget & Proposals' Voting Assembly and the annual Area 48 AA Convention to be held in Fishkill November 4<sup>th</sup>-6<sup>th</sup>. If you remember the wonderful spirit of AA fellowship at the Lake Placid Convention, you'll want to attend this year's Convention in Fishkill. [To get full information and a registration form, see Area 48's September Newsletter at www.ahmbny.org].

**Remember**, proposed District 13 expenditures are only incurred if approved by vote of all Group representatives attending District meetings. Area 48's Year 2012 Budget will be discussed & voted on at the October 15 Assembly. **Every Group and District representative attending on 10/15 has a vote!** Full Budget & Proposals information is contained in the Area 48 September Newsletter – **see it all at Area 48's website: www.ahmbny.org.**

District 13 keeps a very low 'Prudent Reserve' of funds - \$250, which barely covers two months of District expenses including for the 24 hour/7 days per week **Telephone Hotline**. District members discussed this briefly on 9/7 and further discussion will occur on voting on expenditures when funds exceed \$250. This discussion also will include possible District contributions to Area 48 and the GSO - not done in quite a while.

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

<u>Committee:</u>	<u>Chairperson</u>
• DCM	Lou H.
• Alternate DCM	* <b>Vacant</b> * [was Lou H.] [Please consider this AA service opportunity]
• Secretary	Kristen H.
• Treasurer	Tom B.
• Records	Paul G.
• Bridging the Gap	Charles W [*2-year term ended] [Please consider this service opportunity]
• Corrections	* <b>Vacant</b> * [in interim call Don B] [Please consider this service opportunity]
• CPC/PI	John D. [*2-year term ended] [Please consider this service opportunity]
• Treatment	Kevin A. [*2-year term ended] [Please consider this service opportunity]
• Newsletter Editor	Larry T. [Larry's Newsletter Editor 2-year term ended. A replacement is needed]
• Grapevine	* <b>Peter R.</b> * [may be filling this service position]
• Archives	* <b>Jenny H.</b> * [has filled this service position?]
• Special Needs	* <b>Vacant</b> * [Please consider this AA service opportunity]

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⇒ 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 70 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!**

## **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](http://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.**

## **UPCOMING AA ACTIVITIES and EVENTS**

For details, see the HMB Area 48 Newsletter (hard copy) or on-line at: [www.aahmbny.org](http://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](mailto:area48newsletter@gmail.com). District 13 AA members can receive a free copy of District 13's Newsletter by request to Editor, Larry T.

- ⇒ **October 1<sup>st</sup> - This Saturday - Veterans Event - Help! AA members needed [see enclosed information sheet]**
- October 15<sup>th</sup> - Saturday - HMB Area 48 Voting Assembly inc'l Year 2012 Budget – **each Group has a vote**  
[See Area 48's September Newsletter for complete Budget and Proposals details]**
- Nov. 2<sup>nd</sup> - Wednesday District 13 Meeting 7:00pm [1 hour] Lake George Town Center, Old Post Rd, Lake George**
- Nov 4<sup>th</sup>-6<sup>th</sup> - Friday-Sunday - HMB Area 48 Annual AA Convention – Fishkill, NY, Great opportunity to experience inspirational AA speakers & enjoy the bond of fellowship with hundreds of AA friends.  
[See Area 48's September Newsletter for full information and registration form]**

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**(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.)**

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**(NOTE: A COPY OF THE HMB AREA 48 YEAR 2012 MEETING BOOK ORDER FORM  
WAS INCLUDED IN COPY OF THIS NEWSLETTER  
DISTRIBUTED TO ALL DISTRICT 13 MEMBERS**

## **A Call for Two Hours of AA Help for our Homeless U. S. Veterans**

Many U.S. Veterans are homeless – with real and serious life problems.

**Many of them could use AA's help - and some of them really want that help!**

**But like so many of us 'in the beginning' of our sober journeys, how and to whom do these Veterans reach out for that AA help? One answer is staring us in the face!**

A remarkable opportunity is coming up on **Saturday, October 1<sup>st</sup>**. **Here are the details:**

Once a year, the Colonie Elks organization holds a **health and wellness open house for homeless Veterans** - within 60 miles of the Capital Region. This year, it's October 1<sup>st</sup> at the Elks Lodge in Latham. The program runs from 8AM to 1PM - with setup at 7AM.

The Veterans get food, some new clothing and boots, access to doctor and dentist exams, flu shots, eyeglasses, legal advisors, info from US HUD about possible housing **AND the Elks have asked us to have an AA resource table with AA literature and sober AA members to talk with the Vets. What an opportunity for the Hand of AA to be there!**

**More than 500 homeless Veterans have attended this event each year in past years!**

How do homeless Veterans [**men and women**] get to this health and wellness event called a "Stand-down?" The Elks use a fleet of mini-buses to pick up the Veterans from numerous known locations – including even from Father Young's facilities.

**We are going to have that AA resource table with AA literature. Can we count on some of you to be there on Saturday, October 1<sup>st</sup> – even if just for an hour or so?**

**Districts 1 and 2 - and Area 48 Treatment, PI and CPC folks hope you can help out.**

The Elks Lodge address is 11 Elks Lane, Latham, NY 12110 - just off Watervliet Shaker Rd. and a few minutes from I-90, I-787 and I-87 [the Northway].

Get more info [including directions] for this **October 1<sup>st</sup> Veterans Day event** at the September 10<sup>th</sup> Area 48 Elections Assembly at Blooming Grove Methodist Church, 706 Blooming Grove Dr., Defreestville, NY - or - **by e-mail request to [hmb48cpc@sprynet.com](mailto:hmb48cpc@sprynet.com)**.

In the meantime, **can you mark your calendar for a couple of hours on Saturday, October 1<sup>st</sup> to extend the hand of AA to Veterans who may be ready and willing to reach out for that hand?**

**Any questions or to help out, please call Area 48 Treatment Chair, Bill C.**

**We need the help!**

**What an opportunity to be of AA service – to folks who really can use it.**

*(See Reverse Side for Travel Directions)*

**DIRECTIONS TO**

**SATURDAY, OCTOBER 1, 2011 - U. S. VETERANS PROGRAM**

**AA Participation: AA Literature Table and AA Members to Answer Veterans Questions**

**Program runs from 8AM to 1PM - with setup at 7AM**

**AA Members Help is needed – even if for just a couple of hours**

**Any questions or to help out, please call Area 48 Treatment Chair, Bill C.**

**LOCATION:**

**Elks Lodge, 11 Elks Lane, Latham, NY 12110**

**From the North:**

Take I-87 [the Northway] south to Exit 7-6	
At exit 7-6, take ramp right for RT-7 West toward Watervliet / Schenectady	1.1 mi
Turn left onto RT-7 / Troy Schenectady Rd	0.1 mi
Keep straight onto RT-2 / Troy Schenectady Rd	0.5 mi
At roundabout, take 1st exit onto Loudon Rd	0.3 mi
Bear right onto US-9 / Loudon Rd	0.5 mi
Turn left onto RT-155 / Watervliet Shaker Rd	1.3 mi
Turn right onto Elks Lane	0.2 mi

**From the South:**

Take I-87 [NYS Thruway] north toward Albany	
At exit 23, take ramp right for I-787 North toward Rensselaer / Troy / Downtown Albany	3.1 mi
At exit 5, take ramp right for I-90 West toward Buffalo	1.4 mi
At exit 6, take ramp right for US-9 North toward Loudonville	3.7 mi
Turn right onto Fiddlers Lane	0.9 mi
Bear right onto RT-155 / Watervliet-Shaker Rd.	0.3 mi
Turn right onto Elks Lane	0.2 mi

**From the West:**

Take I-90 [NYS Thruway] east toward Albany	
Keep straight onto I-87 East / I-90 North / New York State Thruway North	0.2 mi
At exit 1N, take ramp for I-87 North toward Montreal / Albany Int'l Airport	4.8 mi
At exit 5, take ramp right for RT-155 toward Latham	0.2 mi
Turn left onto RT-155 / Watervliet Shaker Rd.	2.2 mi
Turn right onto Elks Lane	0.2 mi