

HMB AREA 48 NEWSLETTER



AA Principles of the Month

Step 8 - Made a list of all persons we had harmed, and became willing to make amends to them all.

Tradition 8 – Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

Concept 8 - The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

Tradition Eight Checklist

1. Is my own AA behavior accurately described by the Traditions? If not, what needs changing?
2. Do I know who wrote down each one of my Traditions, and why? What would AA be like without them?
3. When I chafe about any particular Tradition, do I realize how it affects the others?
4. Do I sometimes try to get *some* reward--even if not money--for my personal AA efforts?
5. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on *humility*?
6. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
7. In my own AA life, have I any experiences which illustrate the wisdom of this Tradition?
8. Have I paid enough attention to the book *Twelve Steps and Twelve Traditions*? To the pamphlet *AA Tradition--How It Developed*?

Concept Eight Checklist

- Do we understand the relationship between the two corporate service entities (A.A. World Services, Inc., the A.A. Grapevine) and the General Service Board?
- How can the business term “custodial oversight” apply to the trustees’ relationship to the two corporate service entities?
- Does my home group subscribe to G.S.O.’s bimonthly newsletter Box 4-5-9? The A.A.Grapevine? Do I?

HMB EVENT SCHEDULE- 2007

<u>MONTH</u>	<u>EVENT</u>	<u>HOST CLUSTER</u>	<u>DATE</u>
August	NYS Information Workshop	Russell Sage College Albany, NY	8/3/07 - 8/5/07
September	HMB Area Election Assembly	Eastern (1,2,18)	Saturday, 9/8/07
October	HMB Area Assembly	Central (4,8,14)	Sunday, 10/14/07
November	HMB Area Fellowship Day	Western (9,12)	Sunday, 11/11/07

- *Flyers for Area Events should be submitted 3 months in advance, if possible.*
- *Please consider those who have special needs in selecting your meeting site.*
- *Always include on the flyer a contact phone number & street address of the meeting site.*
- *Submit Biographies for Elected Positions to the Newsletter Editor by June 1st to be published in the July, August & September Newsletters.*

District Calendar of Events

Events are listed here as a service to readers of the newsletter and the groups in the Area. For more complete information, please call or e-mail the contact listed for the event.

Saturday, August 4, 2007– District 18 - Annual Serenity Cruise 7:00pm - 10:00pm, Dutch Apple Cruises, Albany, NY. Contact: Pat K (518) 286-6712

Sunday, August 19th - District 14 – Unity Day – 11:00am - 5:00pm – Central Park Pavilion, Schenectady, NY. Contacts: Ken S (518) 355-2398 or Joel T (518) 346-2620

Sunday, August 26th - District 16 – District 16 - Annual Picnic - 10:00am - 6:00pm, Cantine Field, Saugerties, NY. Contact: Bob L (845) 679-4642

DISTRICT AND GROUP TREASURERS—below are the addresses in which to send contributions....

HMB AREA ASSOCIATION
RTE. 30, #114
118 POLAR PLAZA
AMSTERDAM, NY 12010



GENERAL SERVICE OFFICE
PO BOX 459
GRAND CENTRAL STATION
NEW YORK, NY 10163

KEY DATES FOR 2007 NEWSLETTERS:

Submissions for the newsletter are due no later than 5pm on the dates specified below.

September Edition - 8/3/2007

October Edition - 9/7/2007

November Edition - 10/5/2007

December Edition - 11/2/2007

January Edition - 12/7/2007

In order for items to appear in the newsletter for three months, the following items need to be available by the dates specified:

8/3/07 – November Fellowship Day flyer

10/5/07 – January Inventory/Fellowship Day Flyer

12/7/07 – March Delegates Day Flyer

2007
28th Annual
New York State Informational Workshop

August 3, 4 and 5

Hosted by Hudson-Mohawk-Berkshire Area 48

Please join us as we share our experience in carrying the AA message with each of the four Delegate Areas of Alcoholics Anonymous in New York State: Area 49 (SENY), Area 50 (Western), Area 47 (Central) and Area 48 (HMB)

Sage College Albany Campus
140 New Scotland Avenue
Albany, New York 12208



Workshop Discussion Topics Will Be:

Cooperation with the Professional Community (CPC); Public Information (PI); Treatment Facilities (TF); Correction Facilities (CFC) with Bridging The Gap (BTG); The Grapevine/La Vina (GvC) & Literature; Special Needs (SNC); A.A. Archives
This event will also include a special panel from Young People in AA Service, plus a Delegate's Ask-it-basket Discussion.

Saturday Night Keynote Speaker: Gayle R. of the GSO Staff

Weekend registration includes lodging with Friday dinner thru Sunday Breakfast \$145.00.

All rooms are double occupancy.

Day attendees welcome: Registration: \$10.00

two meals and day registration: \$25.00

(Day-Attendees, if you are planning to eat, you must pre-register.)

Registration & money must be received by 7/13/07 for weekenders & day-attendees with meals

For information email questions to: hmbarea48registrar@gmail.com



NYS Informational Workshop Registration Form
One Form Per Person - Registration deadline is July 13, 2007

Name _____

Address _____

City _____ State _____ Zip _____

Tel: _____

Service Responsibility _____

Special Needs: _____

If you would like to share a room with someone, please enter their name:

Please check one:

Day Registration - \$ 10.00
(No Meals)

Day Registration - \$ 25.00
(Including Saturday lunch & dinner)

Weekend Registration- \$145.00
(2 nights , Friday dinner thru Sunday Breakfast)

Special Diet: _____

Amount Enclosed: _____

Make checks payable to: **HMB Area Association**
Mail checks & registration form(s) to:

NYS Informational Workshop
50 W. Main St., Apt 4D
Milford, NY 13807

HMB Election Assembly - Directions to the Blooming Grove Reformed Church

706 Blooming Grove Drive
Rensselaer, NY 12144

From the North and West:

Get off the Thruway/Northway at Exit 24. Get on I-90 East (Albany-Boston).

Exit I-90 at Exit 8.

Turn right on Washington Ave at the first light.

Turn right on Blooming Grove Drive at the Stop sign.

The church is almost immediately on your right.

Parking is behind the church (limited) or across the street in the CDTA Park & Ride.

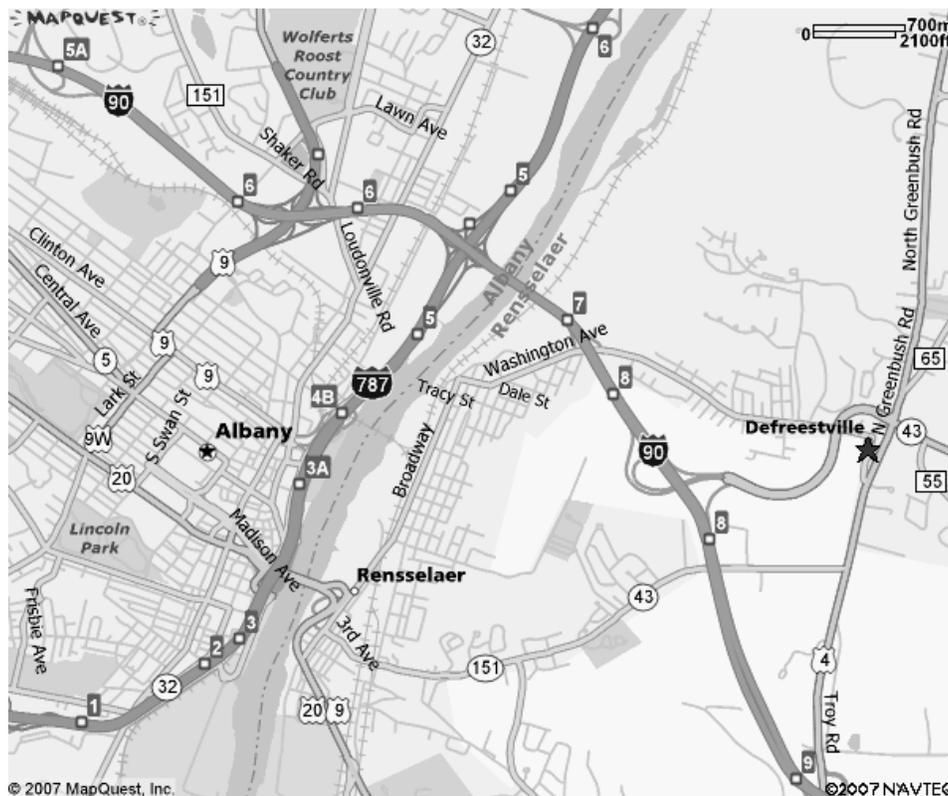
From the South:

Exit the Thruway at Exit 23. Get on I-787 North. Take Exit 5 for I-90 East.

Follow the directions above.

From the East:

You're local – good luck!



Contacts:

Tad J. - 518-366-5631

William T. - 518-320-0875

Jim McG. - 518-326-5186

Service Resumes for the September Election Assembly

It is an honor and privilege to make myself available for the Panel 58 Area Chair/Alternate Delegate position.

GROUP AND DISTRICT ACTIVITIES

1990-1999 a broad range of group and district service positions that include: coffee maker, greeter, secretary, literature chair, and program chair; 1999-2000 GSR (Kingston Original Group), Records Chair District 7; 2001-2002 DCM District 7; 2002-2003 Treasurer (Kingston Original Group), Newsletter Editor District 7; 2006-2007 Records Chair District 15.

AREA 48 – HMB ACTIVITIES

2001-2005 Finance Committee member; 2004-2005 Treasurer; 2005 Area Convention Committee - Treasurer & Registration Co-Chair of the 55th HMB Area Convention; 2006 Area Convention Service Table Chair; 2006 Panel Member at November Fellowship Day on Traditions 7, 8 & 9 Workshop; 2007 HMB Area Day of Sharing Event Chair; Presently: HMB Area 48's Newsletter Editor and Newsletter Committee Chair, HMB Area 48 Website Ad Hoc Committee, 39th NYS Convention Treasurer and Registration Co-Chair.

OTHER ACTIVITIES

I currently sponsor women in recovery and service; I am honored to be an active member of the New Leaf Group and to take my turn greeting the newcomers, visitors and all who attend the meeting; in March 2006, I participate in as a Panel Participant at District 11 3rd Legacy Spiritual Breakfast; in March 2007, I participated as a speaker at the District 11 3rd Legacy Spiritual Breakfast; in May 2007, I participated as a speaker at the 47th Delaware State Convention.

I am grateful for the past, current and future opportunities to serve HMB - Area 48 and AA as a whole.

In love and service,

Deb D.

My name is Bob L; I am an alcoholic and am currently serving as your Area 48 Secretary. My sobriety date is March 2, 1976 and my home group is the New Beginnings Group of Woodstock, NY. I am respectfully submitting my name for consideration for the job of Alternate Chairperson. In my 31 years I have performed service on all levels, from coffee maker on up to DCM. I believe that the experience that I have gained as Area Secretary will prove valuable in performing the duties of the Alternate Chair and in assisting the Area Chair when required. Thank you for allowing me to be a Trusted Servant for the past two years. I am looking forward to continuing service on whatever level I am called upon. Yours in service, Bob L

I am writing to make myself available for the position of Secretary for HMB Area 48, at the upcoming Area Elections on September 8, 2007.

Biography:

- Home Group: Lambda Group, Albany, Dist 1 HMB
- Sobriety Date: April 4, 1995
- Service: Coffee maker, Slingerlands Midday Step Group, 1995-96
- Coffee maker, Lambda Group, 1996-97
- GSR, Lambda Group, 1997-99
- Dist 1 Treatment Chair, 2000-02
- GSR, How It Works Group, Albany, 2003-05
- DCM, Dist 1 HMB, 2005-present

In love & service, William T.

Note: Because of a family commitment in Maine, I will not be able to attend the HMB Area 48 Election Assembly on Saturday, Sept. 8, 2007 in Defreestville. I am still willing to stand for election as Area Secretary, if it is the conscience of the group. I would welcome the opportunity to serve -- if not now, then at a future time.

Respectfully submitted,
William T.

It is an honor and privilege to make myself available for the Panel 58 Area Secretary position.

GROUP AND DISTRICT ACTIVITIES

1993-2004 a range of group and district service positions that include: treasurer, coffee maker as well as greeter and meeting leader. 1997-1998 Group Treasurer -Lakeville Group, 4/2001- 11/2001 GSR- Ancramdale Men's Group, 11/2001 – 12/2002 District 17 Newsletter Editor, 2003-2004 DCM District 17. 1/2007- Present District 15 Answering Service Rep.

AREA 48 - HMB ACTIVITIES

2004- Present Finance Committee member, 2005 Area Convention Committee Treasurer and Registration Co-Chair of the 55th HMB Convention. Presently: serving as HMB Area 48 Treasurer and this year 39th NYS Convention Treasurer and Registration Co-Chair.

I currently sponsor men in recovery and find it most helpful and rewarding in my own recovery.

I am grateful for my past service to HMB Area 48 and look forward to what ever opportunities my "Higher Power" has in store for me.

Grateful to serve, Keith D.

Proposal for October Area Assembly

PROPOSAL #1:

WHERE AS, the HMB Area Approved Newsletter Guidelines in October 2006, the guidelines did not specifically address submissions from the CDCO.

BE IT RESOLVED that the HMB Area Newsletter Guidelines be amended to include the following:

- Event submissions from the CDCO can be included in the section on district events as one line info.
- The CDCO can submit an article or report once a quarter, to be no longer than a ½ page in the HMB Area Newsletter, and must following the same guidelines as other submissions.

Respectfully Submitted by the Newsletter Committee (Deb D, Betty C, Kevin B, Bob L)

PROPOSAL #2:

Per this years Audit Committee suggestion, we propose to Area 48 the purchasing of 2 laptop computers and printers to be maintained as Area property. These computers are to be available for the service positions of Area Treasurer and Alt. Secretary (Records keeper) if needed. The final expense should not exceed \$1800.00, with final purchase approval to come from the Finance Committee.

Respectfully submitted by,

Keith D.

HMB Area Treasurer

Budget Proposal for October Area Assembly

PROPOSED HMB 2008 Budget

Expenses:

Delegate	\$3,500
GSO Conference Donation	\$2,000
Chairperson	\$2,500

Stipends:

Alternate Area Chairperson	\$500	
Secretary	\$500	
Alternate Secretary	\$850	
Treasurer	\$850	
Alternate Treasurer	\$500	
Sub-Total		\$3,200

Committee Chairs and Others Stipends:

PI Committee Chair	\$350	
CPC Committee Chair	\$350	
TF Committee Chair	\$500	
CF Committee Chair	\$500	
SN Committee Chair	\$350	
BTG Committee Chair	\$350	
Grapevine Chair	\$350	
Archivist	\$350	
Newsletter Editor	\$350	
Web Chair	\$350	
Sub-Total		\$3,800

NERAASA 2008	\$3,750
HMB Convention seed money for 2009	\$2,000
NYS Convention 2008	\$800
NYS Information Workshop 2008	\$3,000
Newsletter Printing	\$3,000
Newsletter Postage	\$4,500
Service Manual Updates	\$200
Area Inventory Day	\$400
Day of Sharing/Delegates Days	\$400

Area Assemblies	\$800
Fellowship Days	\$800
Insurance Costs	\$600
Website	\$400

NYS Info Workshop Seed Money 2008 \$0

Mail Box Service	\$300
Archive Storage Fees	\$800
Meeting Books for Committee Chairs	\$500
Tax Preparation	\$350
Prior Year Expenses	\$500
NE Regional Forum	\$0
Total Expenses:	\$38,100

Income:

WebSite Contributions	\$200
HMB Convention (Seed Money Returned from 2008)	\$0
Projected Group Contributions	\$27,900
Estimated Checkbook Carryover on 1/1/08	\$10,000
Total Income Needed:	\$38,100

Misc Information:

Prudent Reserve	\$7,000
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PROPOSED HMB AREA ASSOCIATION BUDGET NARRATIVE FOR 2008

1. Amounts allocated are the maximum allowable expenditures for each category. Actual expenditures must be reported in writing and documented with receipts. Reports are due by April 15th, July 15th, October 15th and December 15th. The Finance Committee must review all reports past due before any payments are made. Stipend expenses are allotted when requested, and only when an accounting of the previous allotment has been made. Stipend allowances include mileage at \$.30 per mile, tolls, postage, supplies, telephone, printing, copies and other. Receipts and mileage details are required.
2. The Delegate's and Area Chairperson's allocations include funds for expenses to all Area, State and Regional events. The Delegate and Chairperson are asked to balance their activities as close to the amount allocated as possible.
3. Allocations for Secretary, Treasurer, Alternate Area Chairperson, Alternate Secretary, Alternate Treasurer include: Expenses up to \$500, the Treasurer and Alternate Secretary is allocated an additional \$350 to cover supplies, printing and postage.

4. Allocations for Newsletter Editor, Public Information (PI), Cooperation with Professional Community (CPC), Special Needs (SN), Bridging the Gap (BTG), Grapevine (GV), Archives and Web Committees are budgeted for \$350. They may exceed the budgeted amount to a maximum of \$500 with Finance Committee approval. Allocations for Treatment Facilities (TF) and Correctional Facilities (CF) Committees are budgeted for \$500. They may exceed the budgeted amount to a maximum of \$750 with Finance Committee approval.
5. Expenses to attend 2008 NERAASA will be a maximum of \$300 per area committee member. The budgeted amount of \$3,750 should not be exceeded. Members funded include all Area officers and committee chairs. NERAASA is a service assembly for GSR's, DCM's and Area Committee Members of the Northeast Region to discuss issues and concerns affecting AA as whole, as well as pertinent aspects of recovery, unity, and service common to the Northeast Region. The 2008 event will be in Atlantic City, NJ.
6. Expenses to attend the NYS Convention are \$400 per area committee member. Members funded are the Secretary and Alternate Area Chairperson. Officers attending must be providing a service function for the convention to be funded and provide a report on the conference. The NYS Convention will be hosted by SENY.
7. Expenses to attend the NYS Informational Workshop are \$200 per area committee member. The budgeted amount of \$3000 should not be exceeded. Members funded include all Area officers and committee chairs. 2008 NYS Informational Workshop will be hosted by WNY.
8. Exceptions: Chairpersons and Officers living within 25 miles of a funded event will be reimbursed for mileage and registration only, unless handicapped. Banquet and meal costs are not funded. Funding covers lodging, registration, mileage at \$.30 per mile and tolls. As always, those funded are asked to share expenses whenever possible.
9. \$400 is allocated for each Area function. Six functions in 2008. The functions are: Inventory Day, Delegates Day/Day of Sharing, two Fellowship Days and two Assemblies. Note: There are two Area Assemblies in even-numbered years. There are three Area Assemblies in odd-number years and includes Area Election Assembly held in September.
10. \$400 is allocated to maintain the Area Website. This expense is the same as any other not-for-profit organization would pay to maintain a Website.
11. \$200 for service manual updates; the estimated cost of printing update pages. To be done once a year after the October Assembly.
12. \$500 for HMB Meeting schedules to Standing Committee Chairs. These include PI Chairperson, CPC Chairperson, TF Chairperson, CF Chairperson and BTG Chairperson.
13. \$2000 is allocated for the 2009 HMB convention.
14. Regarding area events sponsored by clusters: any expenses exceeding the budgeted amount of the stipend must be approved by the Finance Committee; any monies collected in excess of the expenses shall be returned to the Area.
15. **Should contributions exceed the budget requirements, additional items may be funded at the discretion of the Finance Committee, reviewed quarterly.**

Notes:

- Expenses vary from year to year. The funding amount is based on hotel costs, registration costs, and mileage to the 2008 event (not a fixed amount). An estimate of the number of attending is based on previous years. It is hoped that this method will help bring the budget closer to the actual expenses and give all those who want to serve the HMB Area an equal opportunity. As always, those funded are asked to share expenses whenever possible.

- Expense reports are due by April 15th, July 15th, October 15th, and December 15th. Late reports will not be paid until reviewed by the Finance Committee.

AREA REPORTS

Delegates Report -

Hiya Everyone

I am Bobby F, YOUR HMB Area delegate. I hope everyone is enjoying the summer so far. I have received and mailed out the 2007 Membership Survey to the 10 groups in our area that were chosen. PLEASE fill them out and get them back to me per the instructions inside the packet you received. This is VERY important for the survey to be as accurate as possible. If you have any questions do not hesitate to call me or contact me via email.

Everyone's getting all geared up for the State Convention in Queensbury. I hope you have already registered and plan on attending this great function. Bring a friend with you also. I heard thru the "Grapevine" that they are having a Jeopardy show also in the hospitality room (dates and times TBA)

After that it's onto the NY State Informational Workshop for a weekend of brainstorming with all 4 areas and their respective service positions. Another great way to share ideas within the 4 areas. ALL Service chairs please try to attend this function.

Then we will be in September for the Area Election Assembly, then onto October for the Area Assembly. All these functions assist in what makes up the HMB area. Please try to attend and be a PART of these.

On a serious note our CPC Chair Lori was involved in a motorcycle accident send your prayers and thoughts out to her.

So for now

Love & Service

Bobby

Area Chair Report -

Recently I was asked "why is service such a big deal to you?" Wow, I thought – what a question! It was suggested by my sponsor, it's a way of giving back, it's gratitude in action, it's my responsibility, it enhances my sobriety, it's a privilege, it's immunity from a drink, and it's this program's Third Legacy, I get back much more than I can give or perhaps all of the above and so much more. The process in which we are participating is a big deal. We who do it are not! We are only anonymous, ultimately nameless and faceless members of a wonderful, enormous Fellowship who have been fortunate enough to have the opportunity to serve AA for a time and in a particular way.

Service does not differ from every opportunity that AA has given me to practice the principles of this program. Whether as a coffee maker, group secretary, GSR, DCM, officer, sponsor, any chance that I've had to try to help the suffering alcoholic has been a big deal. At the same time, I have to understand that in doing it I am no big deal. Although we may differ greatly in background and perspective, each member brings unique qualities to add to the whole. We relate to each other as drunks and try not to take ourselves too seriously.

We AAs have always been able to relate to each other because of our common suffering as practicing alcoholics and our common effort to recover through the principles of our program. For me, there is simply some extra feeling for those AAs who express their gratitude through their commitment to serving AA. We will be remembered by each other, by those with whom we had agreed and with whom we had argued, in other words, those with whom we were bonded, despite our differences, by our shared love for and willingness to serve the Fellowship to which each of us owe our life.

The New York State Informational Workshop begins August 3 in Albany at Sage College and is hosted by HMB. We will be hearing from Archives, Grapevine, Special Needs, Public Information, Treatment, Corrections & Bridging the Gap, Cooperation with the Professional Community and Young People in Service from the four areas of New York. This will be an opportunity to hear more sharing on why service is important. We encourage all members to attend and listen to the shared experiences of others!

Let's continue to keep our groups, districts and area strong this summer, while experiencing the joys of service! Looking forward to seeing you soon!

In Unity & Service,

Joan R

Secretary Report -

The theme of the form was the same as the General Service Conference, "Our 12th step responsibility, are we going to any length?" When we say the Responsibility Pledge do we accept that "...when anyone, anywhere reaches out for help, I want the hand of AA always to be there..." This does not apply only to our home group or our local areas; it means that when someone in Mongolia or Zimbabwe, in Latvia or Iran, or any other country reaches out for help, the hand of AA should always be there. It was pointed out that we cannot sit comfortably in our groups and hope that other alcoholics will find us. It is easy when a newcomer walks in my home group, or if the answering service wants me to return a phone call. What can I do to help someone half way around the globe? The answer is in that wicker basket that gets passed around during the meeting. Your contribution should have more to do with the price of recovery than the price of coffee. Your home group should be sending regular contributions to GSO, who in turn supports AA World Services. Greg M., our GSO General Manager, shared some of his experiences at a recent conference he attended covering Sub Saharan Africa. He remarked "I am lucky that when I was ready to get sober, AA was handed to me on a silver platter." In many countries not only is it against the law to consume alcohol, it is against the law to belong to AA. Yet, there are alcoholics willing to place their safety and freedom on the line just to carry the AA message of help to another alcoholic. How many of us would be willing to go to that length to stay sober, no less help another alcoholic? It is easy to get complacent, what with AA meetings around every corner and help only a phone call away. What must it be like to have to travel days to get to a meeting and then meet in secret for fear of punishment? All it takes is a little sacrifice, by putting a little extra in the basket to help those reaching out in areas beyond our homes.

Bob L.

Treasurer's Report -

Beginning Checkbook Balance 6/1/07:	\$ 11,047.57
Contributions:	\$ 2,200.96
Expenses:	\$ 1,775.87
Ending Checkbook Balance 6/30/07:	\$ 11,472.66
Available Funds (minus \$7,000 prudent reserve):	\$ 4,472.66

Public Information (PI) Report -

Hello HMB Area members of AA!

My experience with PI began before I had even set foot in one of our meeting rooms.

It started with a phone call. In February of 2000 I'd found complete defeat on the floor of my living room. Not knowing how to get sober, and knowing I couldn't keep drinking, I called someone and admitted that I needed help. This friend said I should call Steve, the husband of a coworker's friend.

Steve was a member of Alcoholics Anonymous.

A call to him resulted in an offer to bring me to a meeting. I remember hearing a rustle of paper and then he said, "Hold on...let's see...yeah, there's one tonight at 7:00."

When we arrived, I was given a copy of our basic text, Alcoholics Anonymous. I was also given a meeting list.

All of this was the result of AA's efforts at Public Information. The fact that people in Steve's community knew that he was a member of AA was the most basic type of PI work. The meeting list he consulted while on the phone with me made it possible for him to bring me almost immediately into the loving circle of our Fellowship. And our literature, from our "Big Book" (our Fellowship's very first attempt at PI) to our "little" pamphlets, was available at every turn.

I wouldn't be here if not for the PI work of those who came before me.

How about you? How did you get here? Perhaps you can take a moment and reflect on that. Did someone bring our message to a detox or rehab where your head was just beginning to clear? Did a kindly doctor or clergyman steer you toward our program? Did a judge strongly "suggest" that you join us for several cups of coffee? Can you see how the loving hand of a Higher Power brought you to us, in part due to the efforts of our PI committees? Would you like to insure that same chance for someone who is dying right now from alcoholism and thinks there's no solution?

I sometimes hear that the newcomer is the most important person in our meetings. This seems to contradict the basic principle in our First Tradition (long form) which states that EACH member is but a small part of a great whole. But hey, if we gotta pick someone to be the most important, how about the guy or girl who isn't here yet? They might not be the most important person in AA, but maybe they should be the most important person to AA?

In service,

Jim M.

area48publicinformation@gmail.com

Website Report -

Best Viewed on Any Browser:

Some internet web designers have such a specific idea of how their web pages should look that they include an instruction, "Best Viewed with Thus-and-So Browser." Get real! People look at the internet using whatever computer hardware and programs they have. It shouldn't look wrong just because you don't have the same combination the webmaster has.

I believe a web site should work well no matter what hardware and software. This includes a slow dial-up connection with an older computer. Some web browser programs don't have an extension called Java and some users deliberately disable Java for security reasons. If a web site uses Java, it should "degrade gracefully" and work almost as well on those computers.

Some programs that are used to create web pages produce code that includes proprietary vendor-specific commands. This is not "standards compliant." Some look wrong on web browsers other than ones from that vendor. Some are so bad that they cause systems to hang. I agree with the webmasters who discuss how to design pages "Best Viewed on Any Browser." I test pages of www.ny-aa.org on a number of different browsers, computers, and displays. I'm not going to buy an iPhone to check what the site looks like with that but I probably will ask someone to look at it for me.

Open Directory Project:

It used to be that you used topical "directories" to find content on the internet. You worked your way into the structure of a catalog to find a category containing what you wanted. Today, more people use "search engines" to find what they want on the internet. But there still is a large directory maintained by volunteers in the non-profit open content Open Directory Project. Web sites are selected for inclusion based on uniqueness, usefulness, and authenticity.

http://dmoz.org/Health/Addictions/Substance_Abuse/Alcoholism/Support_Groups/Alcoholics_Anonymous/

http://dmoz.org/Health/Addictions/Substance_Abuse/Alcoholism/Support_Groups/Alcoholics_Anonymous/North_America/United_States/

Those in the various state sub-sub-directories of the Alcoholics Anonymous sub-directory are flagged in their descriptions if they are supported by an areas, intergroups, central offices, or AA answering services. An advantage over a search engine is that an ODP volunteer, often an AA member, has selected useful sites and written descriptions them. Use whatever you want to surf the internet. This is just another tool you might find useful.

Tom E host@ny-aa.org

Treatment Facilities (TF) Report -

Hi Everyone,

Well nothing new to report from Treatment Facility Chairs. Anyone can contact me any time. We are here to help one another and work together to spread the message of hope to the next sick and suffering alcoholic.

In Love and Service, Brenda O

Bridging The Gap (BTG) Report -

Hi Everyone. Sorry about not writing last month, I forgot the cutoff date. Just to let you know all is going well with BTG. I have a few district chairs that are working with the correction chairs, this way they are helping all that come out of the correctional facilities in more ways. I have started to go into Mohawk Correctional facility with the Area Treatment Chair Brenda and District 9 Chair Karl L. on Monday nights in Rome,

NY. If it wasn't for Karl we would be still trying to get in for an AA meeting. We do want to thank him. I will be going to the NYS Convention and I will be setting up a display about Corrections and BTG. I hope to see many old and new faces there. I thank god for this program and for giving me the chance to do this service work.

Yours in Service,

Cindy D - BTG Area Chair

International Convention Update -**2010 International Convention of Alcoholics Anonymous**

The 2010 International Convention of Alcoholics Anonymous will be held July 1-4 in San Antonio, Texas with the theme "A Vision for You." A.A. members and guests from around the world will celebrate A.A.'s 75th year at this event with big meetings held Friday night, Saturday night and Sunday morning in the Alamodome. Other meetings, scheduled or informal, will take place throughout the weekend in the San Antonio Convention Center and local hotels.

We know many are excited about the International Convention and eager for detailed information. As the time gets closer, additional information about the Convention and San Antonio, our host city, will be provided.

This Web site (<http://www.aa.org>) will be updated as more information becomes available. Also, watch for articles in Box 4-5-9 that is mailed to the general service representative of every group in the U.S. and Canada listed with G.S.O. and posted on the Web site.

Convention registration and housing reservations will open in fall 2009. All necessary information will be included in the registration packet which will be available in September 2009. This packet will list numbers to call for answers to specific questions about housing, the program, tours, etc. The information will be mailed to A.A. groups, offices and contacts around the world and posted on the Web site.

From AA Archives -

AA Speakers Manual
 Courtesy of the Friday Forum Luncheon Club
 12 noon every Friday
 Mayflower Hotel
 Akron, Ohio

SO YOU ARE GOING TO LEAD A MEETING ---

FOREWORD – This leaflet has been prepared by members of the Friday Forum Luncheon Club, an Akron organization that warmly welcomes all AA's to meet with it for luncheon and fellowship every Friday, 12 noon, at the Mayflower Hotel. The suggestions found in this leaflet are just that --- suggestions. It is hoped that they may be of value to all speakers, regardless of their AA age. Its prime purpose, however, is to aid the man (or woman, for the masculine pronoun is used for simplification) who is confronted with giving his maiden talk before an AA group. The thoughts expressed are the thoughts of a score of AA's, mostly veterans of a year or more experience. The editors wish to point out, however, that the suggestions made here are by no means Gospel, or in any way infallible.

Be Brief

Your talk deserves the best effort you can put into it. Anything having to do with sobriety deserves nothing but the best. You can avoid the embarrassment of stumbling around groping for words and ideas if you will use the forethought of preparation. This does not mean sit down and write out a speech. But organize your subject matter beforehand. If you have any doubts as to your memory – and remember, you may experience stage fright – prepare written notes. After preparing them, follow them closely or you may get off on a tangent, find yourself in a thicket of verbiage, and have difficulty in finding your way back into your notes. Remember, you owe your audience some consideration. To speak before a group with no preparation is an insult to their intelligence.

Be Brief

There is a saying among modern clergyman: "No souls are saved after the first twenty minutes." The two-hour, yes, even the one-hour sermon is a thing of the past. In almost all cases effectiveness is lost after thirty minutes. After the first half hour the average listener starts to wonder when the speaker will come to a climax and stop talking. His mind wanders, and what good the leaders has done in the first half an hour immediately becomes undone. The longer he continues to talk, the less his listener will remember when it is all over. Remember, alcoholics are restless people. They squirm at sermons, twitch at movies, avoided long plays and concerts, almost never attend lectures. Demosthenes himself could not hold an alcoholic audience for more than half an hour. Don't flatter yourself by thinking you can. If you don't own a watch, borrow one and keep an eagle eye on it. When your half hour is running out, come to a speedy conclusion. Your audience will be profoundly grateful.

Be Brief

Lincoln's Gettysburg address lasted four minutes. The principal speaker of the day, Edward Everett, talked for two hours. No one but a professional historian today knows what Everett said. Every school child can give Lincoln's talk verbatim.

Be Brief

Speak up. Don't mumble. Trained orators in the days before public address systems developed a hard and fast rule: Talk to someone – a friend if possible – in the very back row of the auditorium. Then you will be sure every one in the hall will bear you. And take your time. If you speak deliberately you may not crowd as many words into thirty minutes, but at least they will be understood.

Be Brief

Your audience knows you are an alcoholic and a member of Alcoholics Anonymous. Your presence on the platform is proof of that – except in few rare occasions where the speaker may be a non-alcoholic, and will be introduced as such. Consequently it is ridiculous to "qualify" yourself. It may be necessary to give some drinking history to illustrate what obstacles you had to overcome to become a practicing AA. But keep it to a bare minimum. Avoid as you would the plague a blow-by-blow account of your drinking days and experiences. There are probably a dozen persons or more in the audience who can give you cards and spades on drinking background.

A recitation of drinking experiences has a definite place in the AA program. It established a bond between the AA and the man who may some day be a member. It helps convince the new man that is not the only one on the world who has a problem. So your drinking story is valuable when you call on the prospect in his home, jail, or in a hospital.

But at a meeting the audience is more interested in WHAT YOU HAVE DONE TO KEEP SOBER. Draw on your drinking experiences to illustrate points and make an end of it.

"HOW I KEEP SOBER" should be the topic of EVERY AA leader.

Be Brief

Following are a few brief suggestions:

Don't try to cover everything you know in one talk. You probably will be invited to lead at some future date.

Try to use as much new material as possible in each talk. The man who heard you Monday night might here you again on Thursday.

No one knows all the answers. Don't give the impression that you are an exception to the rule.

Don't read length poems or qualifications of any kind. They are boresome. If you must quote, be brief.

Don't criticize. Leave that for your fifth anniversary. And when your fifth anniversary comes, don't criticize.

Be sincere. Don't be dramatic or play to the grandstand.

Don't get involved in circuitous analogies. Some one has already built the ladder or constructed the house – probably better than you can.

Don't be too positive. Rather, have strong suspicions. Many a man who "is never going to take another drink" on Tuesday night is plastered as a new house Wednesday morning.

Don't feel you must have a weight answer to every comment from the floor. If you have no simple comment, a "thank you" will handle the situation.

When you are finished, SIT DOWN.

After That

Some meetings have a chairman, who then takes over. You will have seen him before the meeting to get the local "ground rules". You may wish to suggest to him that he comment briefly on audience response, viz.:

1. Counseling brevity
2. Advising against over eulogizing you, the speaker (you are a modest lad)

If you are your own chairman, suppose you do that – as tactfully as possible.

1. Thank each speaker, no matter what he or she says. Encourage the new and inexperienced always.
2. Make your acknowledgement brief
3. Avoid lengthy comment as the plague. You will find new trains of thought are a labyrinth from which you can not easily escape. To reminiscence will impede you and after all YOU HAVE SPOKEN YOUR PIECE. Give the audience a chance.
4. Keep your eye on your watch.
5. Close on time with courteous acknowledgements to the chairman, the members who have spoke and the group generally, going from there to

THE LORD'S PRAYER.