

# HMB AREA 48 NEWSLETTER



A version of this newsletter and previous editions is at:

<http://www.aahmbny.org>

## AA Principles of the Month

**Step 5** - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

**Tradition 5** – Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.

**Concept 5** – Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

## Fifth Tradition Checklist

Do I ever cop out by saying, "I'm not a group, so this or that Tradition doesn't apply to me"?

Am I willing to explain firmly to a newcomer the *limitations* of AA help, even if he gets mad at me for not giving him a loan?

Have I today imposed on any AA member for a special favor or consideration simply because I am a fellow alcoholic?

Am I willing to twelfth-step the next newcomer without regard to who he is or what is in it for me?

Do I help my group in every way I can to fulfill our primary purpose? Does my group *carry* the message, or do we expect people to come get it?

Do I remember that AA old-timers, too, can be alcoholics who still suffer? Do I try both to help them and to learn from them?

## Concept Checklist

**Concept V:** Throughout our structure, a traditional "Right of Appeal" ought to prevail, so that minority opinion will be heard and personal grievances receive careful consideration.

- \* Do we encourage the minority opinion, the "Right of Appeal", to be heard at our home group, district committee meetings, area assemblies and the Conference?
- \* What does our group accept as "substantial unanimity"?
- \* Has our group experienced the "tyranny of the majority" or the "tyranny of the minority"?
- \* Does our group understand the importance of all points of view being heard before a vote is taken?

## *HMB EVENT SCHEDULE - 2009*

<i>April</i>	<i>General Service Conference</i>	<i>New York, NY</i>	<i>4/26 – 5/2/ 2009</i>
<i>May</i>	<i>HMB Area Assembly</i>	<i>Central (4,8,14)</i>	<i>Sunday, 5/17/2009</i>
<i>June</i>	<i>Northeast Regional Forum</i>	<i>Somerset, NJ</i>	<i>6/26 - 6/29/2009</i>
<i>July</i>	<i>NYS Convention</i>	<i>Area 50 Buffalo, NY</i>	<i>7/24 – 7/26/2009</i>
<i>August</i>	<i>NYS Informational Workshop</i>	<i>Area 47 Central NY</i>	<i>TBD</i>
<i>September</i>	<i>Area Election Assembly</i>	<i>Eastern (1,2,18)</i>	<i>Saturday, 9/12/2009</i>
<i>October</i>	<i>Area Assembly</i>	<i>TBD</i>	<i>TBD</i>
<i>November</i>	<i>HMB Convention</i>	<i>Central (4,8, 14)</i>	<i>11/06—11/08/2009</i>

***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

### *Calendar of Events*

**SPIRITUAL BREAKFAST** **Saturday, May 2<sup>nd</sup>**, 9 am-12 pm hosted by Highland's Women's Group, United Methodist Church, 37 Vineyard Avenue, Highland, NY three panels on Unity, Service, and Recovery. Coffee and breakfast provided.

**23<sup>RD</sup> GROUP ANNIVERSARY** On **Sunday May 3<sup>rd</sup>**, the Bolton by the Book Group [in District 13] celebrates its 23 Years Group Anniversary. Meeting is 8:00PM with refreshments after the meeting. Location: Blessed Sacrament Church, Goodman Ave. [just off Rte 9N], Bolton Landing. Normally a Closed Step Meeting, this is the Group's Only Open Meeting all year. There will be an AA Speaker and an Al-anon Speaker. Everyone is welcome to attend

**64<sup>th</sup> GROUP ANNIVERSARY** **Friday, May 15<sup>th</sup>**, Saratoga Original Group, 41 Washington Street, Saratoga Springs. Buffet grilled dinner at 7 o'clock, Old timers speaking at 9:00 pm.

**NEWYORK STATE INFORMATIONAL WORKSHOP** **August 14-16, 2009** hosted by Central New York Area 47, Watson Homestead, 9620 Dry Run Rd., Painted Post, NY 14870 CONTACT: NYSIW@aacny.org FLYER: <http://www.aacny.org/flyers/NYSIW09.pdf>

#### **44<sup>th</sup> BLOSSOM TIME CONVENTION**

**May 1, 2 & 3, 2009** at the Crowne Plaza Hotel in Niagara Falls, Canada; Speakers, Banquet, Discussion meetings, Marathon Meetings, Al-Anon speakers and more. Info at [www.blossomtimeconvention.com](http://www.blossomtimeconvention.com)

#### **VERMONT ANNUAL CONVENTION**

**May 15, 16 & 17, 2009** Speaker Adrienne B from GSO; meetings, banquet and dance at the Middlebury Inn, 14 court Square, Middlebury, VT. For info: Becky at (802) 236-8046 or e-mail [area70convention@comcast.net](mailto:area70convention@comcast.net).

# May HMB AREA ASSEMBLY

## Sunday, May 17, 2009

Warner Hall SUNY Cobleskill  
State Route 7  
Cobleskill, NY 12043

### Agenda

- 9:00 am – 10:00 am Registration  
10:00 am – 11:00 am Workshop Panel - Topic TBD  
11:00 am – 12:00 pm General Service Conference Report Back – Joan R – HMB Area Delegate  
12:00 pm – 1:00 pm Lunch (provided)  
1:00 pm – 3:00 pm Area Business Meeting

### Directions

—> **From Albany** take I-88 west to Cobleskill (Exit 21). Turn right off of the exit. Turn right on Route 7. Look for sign indicating SUNY Campus. Turn right into SUNY Cobleskill Campus in about 1 mile.

—> **From Oneonta** take I-88 East to Cobleskill (Exit 21). Turn left off of the exit. Turn right on Route 7. Look for sign indicating SUNY Campus. Turn right into SUNY Cobleskill Campus in about 1 mile.

—> **From Saugerties, Kingston & Beyond**—Take I-87 to Catskill (Exit 21). Left on CR-23B East. Merge onto 23 West. Follow to State Route 145. Follow 145 (Total of 40 Miles) to Cobleskill. Bear Left (West) to stay on NY-7/NY-10. Turn left onto SUNY Campus in about 1 mile.

—> **From Utica** take I-90 to Exit 29 toward Route 10. (Canajoharie, Sharon Springs). Turn right onto 5S and left onto NY-10 for about 10.5 miles. Make a sharp left onto US-20 for 4.9 miles. Stay straight to go onto NY-145 for 7.1miles. Turn right onto NY-7. Turn left onto SUNY Campus in about 1 mile.

When you arrive at SUNY CAMPUS, Take 1st Left and follow to Warner Hall. Building and Parking will be on your right.

For questions, contact Rob B

## **THE ROOTS OF ALCOHOLICS ANONYMOUS: HISTORIC SITES IN THE NEW YORK AREA**

### **THE HEADQUARTERS BUILDINGS**

#### **17 William Street (William Street near Broad Street), Newark, New Jersey**

Hank P. & Bill W. set up the first A.A. "headquarters" office here at the office of Honor Dealers, an auto dealership owned by Hank. Bill wrote much of the Big Book from this office. Ruth Hock had begun working for Hank as a secretary and now worked with Bill on the book; she was A.A.'s first non-alcoholic employee. The office remained here from about 1938 to 1940.

#### **30 Vesey Street (Vesey and Church Streets), Manhattan**

The second headquarters office of Alcoholics Anonymous and Works Publishing Inc., after Bill split with Hank; the group operated here in Room 703 from 1940-1944.

#### **415 Lexington (Lexington and 43<sup>rd</sup> Streets), Manhattan**

A.A. headquarters moves to the Grand Central Area after Bill and Lois find their new home at Stepping Stones in Bedford Hills. Bill could easily take a train from Stepping Stones to Grand Central and walk from there to the new office, making for an easy commute. The offices remained here from about 1944-1950. The new mailing address was P. O. Box 459, Grand Central Annex.

#### **141 East 44<sup>th</sup> Street (44<sup>th</sup> in between 3<sup>rd</sup> Avenue and Lexington), Manhattan**

Still close to Grand Central, the headquarters moved to this larger office in 1950 to accommodate the growing organization. The office remained here until 1960.

#### **305 East 45<sup>th</sup> Street (2<sup>nd</sup> Avenue and 45<sup>th</sup> Street), Manhattan**

Again, the growing group moved to larger quarters, still in the Grand Central Area, and stayed in this building from 1960 to 1970.

#### **468-470 Park Avenue South (31<sup>st</sup> Street and Park Avenue South), Manhattan**

This served as A.A.'s General Service Office for over 20 years (1970-1992), eventually occupying five floors in two buildings.

#### **475 Riverside Drive (between 119<sup>th</sup> and 120<sup>th</sup> Streets),**

The General Service Office moved to this building, adjacent to the Riverside Church, in 1992. Offices occupy the 11<sup>th</sup> floor, with Grapevine offices on the 10<sup>th</sup> floor. John D. Rockefeller made the entire block of land available for the structure, which houses many church groups, interdenominational agencies, and non-profit organizations. The office is open for tours during business hours, 5 days a week. An appointment is not necessary; just come by.

### **WHERE ALCOHOLICS WENT FOR HELP**

#### **Towns Hospital: 293 Central Park West (between 89<sup>th</sup> and 90<sup>th</sup> Streets), Manhattan**

Bill landed in Towns Hospital four times between 1933 and 1934 for treatment of alcoholism, and ultimately had a spiritual experience there in 1934 that led to his sobriety. Dr. William Silkworth, Medical Superintendent at Towns, treated 40,000 alcoholics there, including Bill W., and wrote the "Doctor's Opinion" in *Alcoholics Anonymous*.

#### **Calvary Episcopal Church: 237 Park Ave. South (4<sup>th</sup> Avenue and 21<sup>st</sup> Street), Manhattan,**

#### **Calvary Mission: 246 East 23<sup>rd</sup> Street (2<sup>nd</sup> Avenue and 23<sup>rd</sup> Street), Manhattan**

Bill attended Oxford Group meetings here from 1934-1936, and got sober along with Ebby T., Rowland H., Cebra G., Hank P., and many others. Samuel Shoemaker, source of AA's spiritual principles via Oxford Group, was the pastor of Calvary and originally brought Oxford Group meetings to New York City.

#### **30 Rockefeller Plaza (off 49<sup>th</sup> Street), Manhattan**

Here Bill met Willard Richardson, a friend of his brother-in-law, and the conduit to John D. Rockefeller, Jr. Bill met Rockefeller in October 1937 in his 66<sup>th</sup> floor office, and told him about the A.A. program. The meeting went well, and in many ways Rockefeller helped the fledgling organization get started.

## **AREA REPORTS**

### **From the HMB Delegate**

The 59<sup>th</sup> General Service Conference questionnaire for HMB members/groups/districts to share their thoughts with me has been distributed. I am requesting written responses from the HMB DCM's, the HMB Area Committee Chairs and the HMB Area officers and their alternates. Please respond to all the questions on the questionnaire and return to me as soon as possible. Thanks to all for your participation!

Some news from the General Service Board, A.A. World Service, Inc. and A.A. Grapevine, Inc.:

### **International Conventions/Regional Forums**

San Antonio, TX is the site of the International Convention on July 1 – July 4, 2010. Registration and hotel information will be mailed in August 2009. The 2015 Alcoholics Anonymous International Convention will be held in Atlanta, GA. The 2020 Alcoholics Anonymous International Convention will be held in Detroit, MI.

### **Archives**

The committee forwarded to 2009 Conference Archives a request to discuss ways to creatively make A.A. Archives and history more readily available to the Fellowship.

### **Conference**

The committee forwarded to the General Service Board for their consideration a proposal that a formal relationship be developed between the Conference Committee on Policy and Admissions and the Trustees Conference Committee to address matters of policy relating to the Conference.

### **Public Information**

The staff secretary has created an account on YouTube ([www.youtube.com](http://www.youtube.com)) where A.A. television public service announcements (P.S.A.'s) can be uploaded and viewed. All current A.A. television P.S.A.'s in English, Spanish and French have been uploaded. If this is found to compromise the Twelve Traditions, in any way, the account will be discontinued.

### **A.A. World Service, Inc.**

Publishing Committee discussed at length a request from an area literature committee that A.A.W.S. office Conference-approved literature for sale online with a credit card and took no action, noting that the expense of providing this service would be significant, that associated shipping and handling charges which would need to be charged to the purchaser would make prices unattractive to the buyer, and that the business model for A.A.W.S. publishing operations at this time is not designed to be a retail operation.

### **A.A. Grapevine, Inc.**

The Board forwarded for discussion to the 2009 General Service Conference committees – Public Information (PI), Cooperation with the Professional Community (CPC), Treatment Facilities and Correctional Facilities – to explore the use of the AA Grapevine in their endeavors.

I encourage all HMB members to provide me with your concerns, suggestions and thoughts on the final agenda items, discussion topics or any concerns/questions you may have.

It is a privilege and an honor to serve HMB and AA as a whole!!

**With enthusiasm and gratitude,**

**Joan R Panel 58 Delegate**

**Hmbdelegatepanel58@gmail.com**

**Area Chair**

Dear Fellow Trusted Servants....

I had the privilege and honor to represent our Area at NERAASA. I attended all Panel Discussions, the Area Chair Round Tables and the NERAASA business meeting. I also had the opportunity to speak on the Report and Charter Panel, specifically on the GSR Preamble.

The roundtable for Area Chairpersons was moderated by Buck R, Past Delegate, Area 12/Panel 54. In attendance both nights were 13 Chairs, 4 Alt. Chairs and 1 Area Officer. We exchanged e-mails to facilitate communication and support between Chairs following NERAASA.

The following is a recap of the concerns and possible solutions discussed during the two Roundtable Sessions.

How many times you meet and how to come up with Hosts for the Area meetings.

*Over one-half of the Areas' meetings are in a central location, with the others rotating around their Area. At least one has the Area Committee in a fixed location and moves the Area Assembly around the Area. Websites are a valuable tool for getting the message out.*

Website Committee. Is it an Ad Hoc or Special Committee?

*17 of the 18 Areas in the NE Region have a website committee. Most have a webmaster as well. One Area and Intergroup jointly manage the website. In most Areas it is a Standing Committee since they are an umbrella for all Area committee work and an information tool for the entire Area and public as well. Several Areas have the Webmaster as a non-rotating position. One had this procedure initially and now the webmaster is a rotating position, with the option to remain.*

Selection of Committee Chairs.

*A couple Areas inherit Chairs in the second year of their rotation. Some Committees meet and select their Chair and the Area Chair supports. In many Areas the Co-Chair rotates into the Chair position. 50% of the Areas represented allow Past Delegates to Chair a Committee and they have a vote. For 33% of the Areas, all Past Delegates have a vote. A couple of Areas stipulate the duties for Past Delegates in the By-Laws. The Past Delegates are frequently used by all Chairs as committee advisors, Parliamentarians, and workshop/education sources.*

“How do you moderate the Area Assembly/Committee if the goal is unity, but not everyone has that as the goal.”

*As the Traffic Cop, ideas to facilitate a smooth flow to Area meetings may include: Use of organized procedures to set boundaries; Conference Amended Roberts Rules of Order; preset Agenda; and time keeper. These are especially helpful for controversial and/or emergency issues to maintain principles over personalities. It was pointed out that there are going to be people who agree with us; people who support us; and there will be people that are not about unity with their sole mission to be a pain in the drain. We cannot legislate the problem. It was pointed out that people may attempt to use the Traditions as weapons. We were encouraged to talk beyond the e-mail wars. Bottom line - - we are working at peace - - - - not unity.*

*The NERAASA Business Meeting was discussed to see what we gleaned for conducting our own Area business.*

How involved are Inter Group Chairs in Assemblies.

*A couple Areas have an Intergroup Liaison Committee at the Area level. In 2 Areas, the Inter Group has a vote at the Area meetings. Several Areas have members who spend time in service both in the Inter Group and general service arenas. A couple other ideas to get the Inter Group involved in Area events are: personal invitation by the Chair and/or Inter Group liaison Chair; a joint Unity Committee; Day of Sharing.*

Whether it was the Inventory Day in January, NERAASA or the onset of Spring, I am renewed in the work that I have been asked by all of you to do in leading the Area as your Chairperson through the end of this year.

We have A LOT going on in the Area and I encourage folks to participate. Please see the calendar for the event schedule.

In love and service,

Deb D

HMB 48 Area Chair & Alternate Delegate

### **Secretary's Report**

*Secretary's Report – Fellowship Day March 28, 2009. Hudson, NY. Hosted by District 17 and the Hudson Valley Cluster (3, 7, 11, 15, 16, and 17). Attendance was 78 registered.*

**Deb D.** opened the meeting at 10:00 with the Serenity Prayer and acknowledged everyone for coming especially new comers to an Area event. The Assembly broke out in to Service Committee Meetings along. Peggy M facilitated a GSR Orientation.

At 11:10 there was a panel on “Language of the Heart”. The following topics were discussed along with the presenters: Persistence – The Key to Progress – Pat C, Dist. 1, Maximum Service – Our Spiritual Benefit- John M, Dist. 17, Changing Our Perceptions – Karen F – Dist. 3, Anonymity- Sacrificing Out Egos- Laura M Dist. 15. Comments from the floor followed.

The Area broke for lunch at 12:10 and reconvened at 1:00.

### **HMB Area Business Meeting:**

**Delegate's Report- Joan R** – as absent but sent in a written report. In the report Joan says that she had prepared and distributed questionnaires for members/groups/districts to share their responses back to her for Conference. She said that she is also requesting the same from the DCM's/Committee Chairs/ Area Officers. The General Service Office has announced an increase in costs of operation, warehouse and shipping. With that being said the Board has asked management to come up with solutions to help keep the *prudent reserve* at a comfortable level. The Board approved an increase in book prices while maintaining current shipping and handling costs along with the current discount structure in place. The price increase will take effect July 1, 2009. The current economic conditions have made it necessary to increase the Grapevine subscriptions, with this all of the Delegates have been asked to increase subscriptions by 100. This increase will also take effect July 1<sup>st</sup> of this year. Originally, at the invitation of a region, four Regional Forums were held each year. Since the U.S./Canada service structure is composed of eight regions, a Regional Forum was held in alternate years in each region on a rotating basis. In October 2006, the General Service Board approved the concept of an Additional Regional Forum to be held upon request in each region every eight years also on a rotating basis, bringing the possible number of Regional Forums held each year to five. The location and agenda for Regional Forums are decided jointly by the Regional Trustee, Area Delegates and G.S.O. There is no registration fee for Regional Forums or Additional Regional Forums. Forums provide unique opportunities to share and exchange valuable experience, ask questions and spark new ideas. Regional Forums and Local Forums carry A.A.'s message of love and service by improving communication at all levels of our Fellowship. The Northeast Regional Forum will be held in Somerset, NJ on June 26 – 28, 2009. Perhaps HMB will be the site of a forum in the future.

In October 2006, the concept of Local Forums was approved by the General Service Board. The purpose of Local Forums is to bring Forum information to A.A. members in remote, sparsely populated areas, urban neighborhoods or underserved A.A. communities. Any A.A. community or service entity may request a one-and-a-half or two day Local Forum. Unlike Regional Forums, the responsibility for Forum expenses such as meeting room rental and miscellaneous expenses are assumed by the Local Forum Committee. This concept may be of interest to HMB members.

**Area Chair's Report-** Deb's report can be viewed under the *Area Chairperson*.

**Alt. Chair- Bob L.** said he was unable to attend NERAASA. At a recent District Meeting the topic of the 7<sup>th</sup> Tradition and the necessity to cover expenses at NERAASA and was it worth the expense. Bob said that as soon as he has set dates for the October Assembly and the November Fellowship Day he will make available to the Area.

**Secretary's Report- Keith D** reminded everyone to sign the registration sheet and reminded anyone that was giving a report that he would like a written copy handed in. He then presented the minutes from the Inventory Day held on January 10<sup>th</sup> and asked anyone wanted them read. The Assembly responded “No”. A motion to accept by Bob L was made and seconded by Tad. The vote was unanimous to accept with ‘No Abstentions’.

I recently attended my 6<sup>th</sup> NERAASA and as usual came back with a stronger sense of personal commitment for doing Service Work in AA. Area 28 hosted the event this year and did a superb job putting on the convention and

making us welcome. Once again the HMB Area was well represented. We had many new faces to the Convention and the energy was incredible. It is absolutely wonderful to see new people get involved with our 3<sup>rd</sup> Legacy of Service. As it has been said many times "You cannot keep it, unless you give it away"! This was my 2<sup>nd</sup> and last year attending the Secretary's roundtable, most of what was discussed was repetitive from last year, no new innovative ideas. The one constant is the importance of recording the history of our Area's meetings. Some Area's record their meetings by digital tape but most have written reports turned in. The sensitive topic of anonymity was delved in to and all agree that the 12<sup>th</sup> Tradition needs to be adhered to. I am grateful to Area 48 for letting me serve. In love & service Keith D.

**Alt. Secretary- Dan J** thanked all the District Records keepers and DCM's who sent in changes to him. Dan then gave his NERAASA report which included him getting a better picture of AA and recommended it to anyone interested in getting to know more about our structure. He also gave his take on the Business Meeting which he termed a classic AA fiasco. Dan feels that by the time he rotates out next January there will be some changes to his position.

**Treasurer's Report- Williams** handed out his report with some emphasis on the Area's current status which is only \$110.58 over Prudent Reserve. He made mention of the 7<sup>th</sup> Tradition letter composed by him and Deb D that has been sent out to the Area.

**Alt. Treasurer-** I was fortunate to be able to attend NERAASA this year, only the second one for me. The first time was when it was held in Albany about four years ago. The experience of being surrounded by countless years of sobriety, coupled with the commitment of so many to service was amazing. I was able to share some of my previous service experience with people in those positions now and gather information on my current position from those who came before me. The highlight for me had to be sitting around the Finance roundtable two different nights with essentially the same people listening and talking about how finances and budgets are handled in different areas. I came away with the sense that we actually do it reasonably well in the HMB Area.

The 2010 budget process has begun. The Finance Committee met on March 7 and is again today to hammer out a proposed budget to be presented to the Assembly in May. Given current economic conditions, we are doing our best to pare down the budget, while still supporting our trusted servants in their jobs. Of course, not everyone will be happy, but that is to be expected. Input from all is invited and appreciated. Please email or call me or any other member of the Finance Committee. We ended up ordering 4000 more meeting schedules, since the number of late orders seemed to warrant it. The printer had an additional 825. This means we will have provided an extra 7825 books this year for late orders. I am working on filling the orders received and there are still books available. If books were ordered and have not been received yet, they should arrive shortly. Printing costs were significantly higher for the second run, but we did not change the price, choosing instead to cover the difference from the fund balance in the schedule account. As of 3/27, we have approximately 1800 left.

**Archives- Jim K** was unable to attend NERAASA, he mentioned that keeping records were key and that Nell kept everything and that GSO has gone digital in that area.

**BTG- Sue P** attended her 2<sup>nd</sup> NERAASA; she said that the BTG program works closely with both Corrections & Treatment. She attended the Corrections round table on Friday and the Treatment table on Saturday. In District 13 Charles W serves as both the BTG & Treatment Chair and recently presented the BTG to the Baywood out-patient program.

**CFC- Bill C** attended NERAASA and found it very educational and motivational and received reports from a number of Area's and their Committee Chair's. He made reference to the difficulty we have being a very large geographical area. Out on the west coast there is a conflict of interest stemming from a program to sponsor parolees, many problems.

**CPC- Cindy D** also attended NERAASA and her roundtable talked about sending letters to doctors including schedules and pamphlets. Doing orientations in different schools and other CPC places such as Police stations.

**Newsletter - Peggy M** thanked those who serve on the Committee with her. With assistance from Barbara M the e-mail distribution list stays at 212 each month with over 700 snail mails being sent out. After attending NERAASA for the second year, Peggy has some new ideas to share such as using puzzles and word finds. Peggy hopes to finish the year with an increase to the e-mail distribution list to 400 and thus save money.

**PI- Lori W** attended NERAASA and says that the 1<sup>st</sup> night's roundtable was very intense with a brief discussion regarding upcoming Conference Agenda. The 2<sup>nd</sup> night featured a large crowd previewing PSA's (Public Service Announcements) for TV and the radio for Audio PSA's

**SN - Pat L** says that Nancy R attended NERAASA in her place represented Area 48 and was able to attend both round tables. Nancy was able to meet with and exchange information with 14 Area & District reps. Pat says that she is trying to get meetings started at the Capital District Psychiatric Center at the request of a patient. This a joint ven-

ture with District 1.

**TFC- Brenda O** attended NERAASA; round table discussions included expanding our horizons, nursing homes, hospitals and mental health facilities. She is asking the Districts to update their Treatment Chair information.

**2009 HMB Convention Report- Co-Chair Chris S** said that at the last meeting on March 18<sup>th</sup> the following items were decided on; logos, registration flyer, meals, souvenirs, colors and the DJ /Karaoke on Friday & Saturday nights. Due to the length of this report (NERAASA reports) the reports from the DCM's are not included but are kept with the Areas records from the Fellowship day.

A motion to adjourn the meeting was made by Lori W and seconded by Bob L. . The meeting adjourned at 2:40.

Respectfully submitted for approval by Keith D, HMB Area Secretary.

### Treasurer

**HMB AREA ASSOCIATION  
Treasury Report  
March 2009**

Prepared by William T, Area Treasurer  
3/31/2009

Check Book Balance: 3/1/09				\$7,110.58
Income:				
	Group Contributions	\$2,788.45		
	<u>Total Income:</u>	\$2,788.45	(+)	\$2,788.45
Total Assets:				\$9,899.03
Expenses:				
	Alt Secretary - NERAASA	\$274.66		
	Alt Treasurer - NERAASA	\$300.00		
	Bridging the Gap Chair - Allocation	\$50.10		
	Bridging the Gap Chair - NYSIW	\$250.00		
	Corrections Chair - NERAASA	\$300.00		
	GSO Contribution - Delegate	\$1,200.00		
	Mailbox	\$20.20		
	Meeting lists for Area (to be reimbursed)	\$1,000.00		
	Newsletter Editor - Allocation	\$49.14		
	Newsletter postage	\$344.40		
	Newsletter printing	\$240.00		
	Public Info Chair - NERAASA	\$300.00		
	Secretary - NERAASA	\$217.39		
	Treatment Facilities Chair - Literature	\$43.82		
	Treatment Facilities Chair - NERAASA	\$225.00		
	<u>Total Expense:</u>	\$4,814.71	(-)	\$4,814.71
Checkbook Balance: 3/31/09				\$5,084.32
Prudent Reserve:			(-)	\$7,000.00
Total Available Cash:				<b>(\$1,915.68)</b>

### **Alternate Treasurer**

I was fortunate to be able to attend NERAASA this year, only the second one for me. The first one was when it was held in Albany about four years ago when I was a new GSR. The experience of being surrounded by countless years of sobriety, coupled with the commitment of so many to service was amazing. I was able to share some of my previous service experience with people in those positions now and gather information on my current position from those who have come before me. A highlight for me had to be sitting around the Finance roundtable two nights with the same people listening and talking about how finances and budgets are handled in different areas. I came away with the sense that we actually do it reasonably well in the HMB Area.

We ended up ordering 4000 more meeting schedules, since the number of late orders seemed to warrant it. The printer had an additional 825. This means we will have provided an extra 7825 books this year for late orders. I am working on filling the orders received and there are still books available. If books were ordered and have not been received yet, they should arrive shortly. Printing costs were significantly higher for the second run, but we did not change the price, choosing instead to cover the difference from the fund balance in the schedule account from 2008. As of 3/28, we have approximately 1450 left. Order forms are available in the HMB Newsletter, on the HMB website (<http://www.aahmbny.org>) under Forms, or by contacting me. Hopefully everyone will get their orders in on time next year and we won't be faced with this year's difficulties.

The 2010 budget process has begun. The Finance Committee met on March 7 and again March 28 to hammer out a proposed budget. Based on current financial conditions, we are doing our best to pare down the budget, while still supporting our trusted servants in their positions as well as we can. At this juncture, the Finance Committee feels as though it has put together a prudent and responsible budget to present to the Assembly on May 17th. While there is no discussion at the May Assembly, the Committee urges anyone to provide us with comments, suggestions, even criticisms prior to October. We would prefer to be able to discuss and consider changes prior to the vote in October. All input is invited and appreciated. Please email or call me or any other member of the Finance Committee.

In service,

Tad J.

[hmbalttreasurer@nycap.rr.com](mailto:hmbalttreasurer@nycap.rr.com)

### **Bridging the Gap**

Hi Everyone,

This was my 2<sup>nd</sup> year at NERAASA – I thought nothing could top my first year. Well I was wrong. There is so much information to take from the many workshops over the weekend. It is an incredible experience.

I joined the Corrections round table on Friday and the Treatment round table on Saturday. The major discussion in both workshops was how we could carry the message into the facilities better, and the importance of the Volunteer List.

It is crucial that the inmates/clients be made aware of the BTG program, and what it is and isn't. We discussed the lack of names and numbers on our temporary contact lists. When someone reaches out "we need an AA member to call". We also talked about how important it is that the BTG Chair works closely with the Corrections and Treatment Chairs in their District. It is also important that the AA member bringing the meeting into the facility carry the BTG Pre-release forms in with them and just take a few minutes at the beginning of the meeting to briefly explain how it works. Let it be known that the facility has extra forms if they should decide to fill it in before they go home.

I received two calls a couple of weeks later from AA members that I met at the round tables. They are currently bringing meetings into in-patient and out-patient treatment facilities in Area 48. They brought the forms into the meeting and explained what the program is all about. Within a week one District received 4 BTG request, and the other received 5.

Even though we heard of AA in prison, and in treatment facilities and were exposed to AA meetings, we were still too fearful to go to AA when we returned home. It is strongly suggested that within 24 hours after discharge the newcomer attends their first AA meeting. It is vital that the newcomer feel comfortable and reinforce the concept that they are not alone.

Bridging the Gap is a way to keep 12<sup>th</sup> step work alive, and in so doing help us to maintain our own sobriety. The Big Book says that "Practical Experience shows, that nothing will so much ensure immunity from drinking as intensive work with other Alcoholics."

I am looking forward to seeing everyone on May 17<sup>th</sup> @ the Assembly in Cobleskill

In Unity & Service,  
Sue P.  
BTG Area Chairperson  
[hmbbtgchair@yahoo.com](mailto:hmbbtgchair@yahoo.com)

### Corrections

WOW WHAT A MONTH THIS HAS BEEN. AS OF MARCH 11, RAELEPH P. ALONG WITH 2 OF HIS SPONSORS AND A THIRD PERSON ARE TAKING A MEETING ON A WEEKLY BASIS INTO HUDSON CORRECTIONAL FACILITY. RAELEPH TELLS ME THAT HE IS GOING TO CONSIDER THAT HIS HOME GROUP. GREAT IDEA AND GOOD JOB. WE NEED TO BE THERE FOR THOSE MEN SO THEY CAN ALSO LEARN ABOUT BRIDGING THE GAP. MORE ABOUT THAT LATER IN THIS REPORT.

I WAS IN HUDSON FOR FELLOWSHIP DAY WHICH WAS ALSO A VERY EXCITING DAY. IN THE A.M. WE DID THE ROUND TABLE THINGY, WHERE I GOT A LOT OF FEED BACK FROM A FEW DISTRICTS. WE HAD SOMEONE FROM DISTRICT 17 STEP UP TO THE PLATE AND AGREE TO BE THEIR CORRECTIONS CHAIR. I SPOKE ON THE CONTROVERSY ABOUT SPONSORING PAROKEES. IT SEEMS EVERYONE WAS PRETTY MUCH IN AGREEMENT. IF ANYONE HAS ANY QUESTIONS PLEASE FEEL FREE TO E-MAIL ME AT [crowej07@verizon.net](mailto:crowej07@verizon.net).

I ALSO SPOKE ABOUT THE CORRESPONDENCE CONNECTION, WHERE WE CAN HAVE A MEETING VIA THE MAIL WITH INMATES. THERE ARE OVER 700 MEN RIGHT NOW WAITING FOR SOMEONE TO WRITE TO. THE WOMEN ALSO NEED US BUT NOT THAT BAD. 42C AND 5 MINUTES OF YOUR TIME IS ALL IT TAKES. WON'T YOU PLEASE REACH OUT TO THE NEXT SUFFERING ALCOHOLIC? YOU WILL BE PAIRED WITH SOMEONE 5 AREAS AWAY AND YOU WILL NOT USE YOUR OWN ADDRESS. AGAIN, IF YOU HAVE QUESTIONS, CALL.

AS MOST OF YOU KNOW BY NOW THAT THE CORRECTION CONNECTION WAS A HUGE SUCCESS. WE HAD AA MEMBERS COMING FROM ELMIRA, NEW YORK CITY, BUFFALO ETC. THERE WAS CLOSE TO 100 PEOPLE THERE. WE LEARNED UNCOUNTABLE AMOUNTS OF STUFF. RON K. TOLK HIS STORY OF WHAT AA MEANT TO HIM WHILE HE WAS A PRISONER. WHEN HE WAS DONE, I WITNESSED FOR THE FIRST TIME IN 26 YEARS, HE WAS GIVEN A STANDING OVATION. I WAS ASKED TO GO TO N.Y. TO SPEAK ON MAY 10, WHICH I HAD TO TURN DOWN AS I WILL BE IN BUFFALO ON THE 9TH AND IT WILL BE JUST TOO MUCH FOR ME. WE GOT DOC AT LEAST IN THE GREENE HUB TO AGREE TO LET US BRING IN BOTH THE BTG AND CORRESPONDENCE FORMS TO GIVE TO THE INMATES PERSONALLY. IT MAKES THEIR JOB EASIER AND IT WILL SPEED UP THE PROCESS SOMEWHAT. ESPECIALLY WITH THIS NEW RE-ENTRY PROGRAM THAT THE STATE IS STARTING.

I MAY ALSO BE GOING UP TO UTICA FOR A SESSION WITH SOME OF THE CHAIRS. THEY HAVE SOME QUESTIONS THAT NEED ADDRESSING. IF ANY OF YOU NEED MY PERSONAL ASSISTANCE, OR JUST WANT A PRESENTATION, OR IDEAS PASSED ON, PLEASE CALL OR E-MAIL ME. I WILL GLADLY COME TO YOUR DISTRICT IF I FEEL IT WARRANTS IT

LOVE IN SERVICE-

BILL C



\*\* Please submit your articles for the **June Issue** to [hmb48newsletter@yahoo.com](mailto:hmb48newsletter@yahoo.com)  
by **May 1, 2009**\*\*



**Treasurer's NERAASA Report**

TO: HMB Area 48 Assembly  
 FROM: William T, Area Treasurer  
 SUBJ: NERAASA 2009  
 DATE: March 26, 2009

I attended the Northeast Region Alcoholics Anonymous Service Assembly, held February 22-24, 2009 in Portland, ME. The most concrete and useful part, for me, were the two Roundtables, held on the two nights of the Assembly. About a dozen Treasurers and/or Alternate Treasurers attended the Roundtables, and everybody shared enthusiastically. The experience of other treasurers reminded me that we do not have to reinvent the wheel when dealing with budgetary and policy issues; chances are someone else in another Area has faced similar situations. I now have a contact list of some 15 names that I have already used several times since the Assembly.

The topics ranged from the makeup of Finance Committees and the openness of the budget process, to how to set prudent reserves and whether or not to use interest-bearing bank accounts. The discussions were lively and went overtime on both evenings. Both evenings' Roundtables were moderated by J. Gary L., Past Delegate Panel 55 Area 59.

Like Area 48, most Areas are now dealing with how to tighten budgets in the face of diminished group contributions and rising costs. In all of this, we are reminded of the guiding principle at the beginning of the A.A. Service Manual: Is this service really needed? Does it directly serve our primary purpose? Below is a listing of the topics and discussion, in the order they came up:

**Funding Officers and Committee Chairs for travel and events:**

Is it necessary for every officer/chair to go to every event? Do we erect barriers to service when we *don't* fund travel? Some Areas do not have mileage reimbursement for Assemblies. Suggest limiting mileage reimbursement for people traveling 30 miles or more in each direction. Area 48's budget is comparatively well-detailed, in terms of specific budgets for each service position.

**Prudent Reserve:**

Experience varied widely from Area to Area. Some Areas have never increased their prudent reserve. Amount of prudent reserves ranged from nothing to many tens of thousands of dollars (Area 48's is \$7,000.) **Interest-bearing accounts:** Some Areas use interest accounts for Prudent Reserve and interest checking accounts for day-to-day expenses. GSO uses an interest account for its reserve. It was argued that under the Traditions we are compelled to collect interest from the bank; otherwise we are loaning our money to the bank interest-free.

**Treasurer Guidelines:**

Several Areas, like HMB, have distinct job descriptions for both Treasurer and Alternate Treasurer, with different duties for each. Discussion about whether financial management guidelines have become too complicated. Are computer skills a prerequisite for the job? Does that shut out a class of our membership?

**Composition and Function of the Finance Committee:**

Again, many different approaches. Number of Finance Committee members ranged from three to 16 (including all service committee chairs, as well as past Delegates and DCMs, like Area 48).

**Group contribution shortfalls:**

Communication with groups is vital, not only for contributions but to inform them of what the Area does. Suggestion for informative workshops on the Seventh Tradition. Maintaining contact with groups that give and those that don't is also important, and to never take groups for granted. When money is tight, we must be sure to continue to operate from a spiritual place, rather than from one of fear? ( )

**Non-profit status/Insurance/Taxes:**

Possible red flag for IRS: Districts and other entities piggybacking on Area's Federal Tax ID #. It was suggest that the Area NOT share its Tax ID # with Districts, as this could cause confusion and/or difficulties with the IRS (something to check with our tax preparer/auditor). It is also important to keep close tabs on who is authorized to sign checks for the Area. Accepting contributions from outside entities or non-AA members: refer to Tradition Seven, Long Form, 12 & 12.

Respectfully submitted,  
 William T  
 HMB Area 48 Treasurer

**Newsletter**

Happy May!! I hope the flowers at your place are bursting with blossoms. Welcome to our newest District Newsletter Editor, Lindsay W. in District 11, we're glad you stepped into a service position. Please check the calendar of events this month for fellowship opportunities as some of our groups celebrate their anniversary. If you're up for a drive to Highland, there's food for your spirit as well as your body at the Spiritual Breakfast on the 2nd of May. There are two proposals on page 14 for consideration at the May Assembly in Cobleskill, so please review them with your group to find out how they want you to vote on them. Thanks for the contributions from everyone. A quick reminder that articles are to be submitted in Times New Roman, 11 font in pdf format, or as a Microsoft office word document. The first word search puzzle is in this issue and comes from the article on the Roots of Alcoholics Anonymous found on page 4, and some AA books you may have read or want to read. Please let the editorial staff know what you think, we're always looking for ways to serve you. As we head into the busy time of life in upstate New York, may you remember that we only need to live one day at a time. Peace.

In love and service,  
Peggy

**Special Needs**

We had an eventful meeting of the Special Needs Committee at the Fellowship Day in Hudson on March 28 2009. Special Needs chairs from District 1, and 3 and District 11 shared a wealth of information about activities in their Districts: getting around to meetings that indicate they are handicapped accessible, to make sure they are fully accessible: i.e. bathrooms are handicapped accessible, as well as doorways. This information will then be imparted to the registrars who update the meeting lists. Literature is available in large print for distribution to Senior Centers. Lori District 3 Special Needs chair is looking into having microphones at meetings to help hearing impaired. A year ago, all Districts reported having Special Needs chairs. Presently only 11 of the Districts positions are filled. If you know anyone in your District who would be interested in doing Special Needs, contact your DCM, or attend your district meeting. Respectfully submitted  
Pat L.  
HMB Area Special Needs Chair

~~~~~  
**Roots Of Alcoholics Anonymous**

H E N R I E T T A S I E B E R L I N G D Z K  
S E N O T S G N I P P E T S R D Y A Z R U J  
L B P U O R G D R O F X O H C F K T P S H L  
N E W A R K N C M X K E G X H H D T V I Z Z  
E F M S X I V Y U C A T D J B S A A L L I B  
G B T O W N S H O S P I T A L K L H T K R Z  
O P B U X F P H A S P I M P R M N A V W D J  
P N N Y Z O H I H B D B V O W X R N O O H B  
K A D D T T L G A M E P N M B X H A Y R M N  
W B S J U E A N N A E K O R B C J M T T P P  
W O L R J X Q B K Q F S R E P T O U C H J O  
H C R U H C L A P O C S I P E Y R A V L A C

- |                                 |                        |
|---------------------------------|------------------------|
| <b>AKRON</b>                    | <b>OXFORDGROUP</b>     |
| <b>CALVARY EPISCOPAL CHURCH</b> | <b>EBBY T</b>          |
| <b>DR SILKWORTH</b>             | <b>NEWARK</b>          |
| <b>HANK P</b>                   | <b>TOWNS HOSPITAL</b>  |
| <b>HENRIETTA SIEBERLING</b>     | <b>RUTH HOCK</b>       |
| <b>MANHATTAN</b>                | <b>STEPPING STONES</b> |

### Proposals for May Assembly

#### Proposal #1

At the Area Inventory Day held on January 10, 2009 the HMB Area 48 Finance Committee met. In an effort to be prudent and protect the Area's funds, we instituted an emergency interim measure, effective immediately, reducing the 2009 mileage reimbursement rate from the rate of \$0.45/mile, established by the vote of the Area Assembly in October 2008, to the 2008 rate of \$0.30/mile. This measure can only be in effect until the next Area Assembly on May 17, 2009.

This action was based on significant reductions in the cost of fuel, real concerns about current spending patterns, and costs over budgeted amounts for 2008. Several of the scheduled events this year are a significant distance from our Area, including Maine, New Jersey, Pennsylvania, and western New York.

Therefore, the Finance Committee proposes that the interim mileage reimbursement rate of \$0.30/mile instituted at the January 2009 Inventory Day be made permanent for the remainder of the 2009 budget year.

Respectfully submitted,  
HMB Area 48 Finance Committee  
Tad J., Chair  
William T.  
Keith D.  
Bob F.  
Gene H.

#### PROPOSAL #2

DUE TO THE IMMENSE SUCCESS OF THE CORRECTION CONNECTION THAT WAS HELD ON APRIL 3, 2009, I WOULD LIKE TO PROPOSE THAT THIS BE PUT ON THE HMB CALENDAR AND BUDGETED AS A YEARLY EVENT.

EVEN THOUGH THIS YEARS EVENT DIDN'T COST THE HMB AREA ANYTHING, WE HAVE NO CONTROL OVER THE FUTURE, AND I ALSO PROPOSE THAT \$300.00 BE PLACED IN THE BUDGET TO OFFSET THE EXPENSES.

### Request for Sharing

**Request for Fellowship Sharing:** The trustees' Committee on C.P.C./T.F. has requested sharing from the Fellowship regarding how A.A. members view the recent change in the practice of filming full faces of *actors* portraying A.A. members in relationship to A.A.'s Tradition of Anonymity. **Please send sharing regarding the use of full faces of actors in Conference-approved video projects via e-mail to [cpc@aa.org](mailto:cpc@aa.org) or by postal mail to C.P.C. Desk, General Service Office, 475 Riverside Dr., 11<sup>th</sup> floor, New York, NY 10115. The committee has asked to receive this sharing no later than June 15, 2009. Thank you for your service!**

**Brief history of anonymity in video projects produced by A.A. World Services, Inc. (A.A.W.S.):** The following is a summary based on my review of a sampling of 11 T.V. P.S.A.s (5 between 1966-1999 and 6 from 2002-2008) and all currently sold A.A.W.S. produced videos. Each trustees' and Conference committee interprets the Tradition of Anonymity as they develop video projects for Conference-approval.

#### **T.V. Public Service Announcements (P.S.A.s)**

When an *actor* in a Conference-approved T.V. P.S.A. is shown: being handcuffed; in a jail cell; fighting with their spouse; reaching for a bottle, etc., there has been a narrator saying something along the lines of, "If your drinking is causing you problems, call Alcoholics Anonymous." The *actors* in these scenes are filmed with full faces and are identifiable.

Anytime an *actor* in a Conference-approved T.V. P.S.A. identifies himself/herself in any way as a member of A.A., the filming of this person is anonymity protected and their face is not identifiable



**Hudson Mohawk Berkshire Area 48 of Alcoholics Anonymous  
2009 HMB Meeting Schedule Book Order Form**

*While Supplies Last*

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| 51-100                                     | \$9.00  | 901-1200  | \$64.00 |
| 101-300                                    | \$16.00 | 1201-1500 | \$80.00 |
| 301-600                                    | \$32.00 | 1501-1800 | \$96.00 |

**ALL ORDERS MUST BE PREPAID**



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Castleton, NY 12033

Inquiries to: [hmbal treasurer@nycap.rr.com](mailto:hmbal treasurer@nycap.rr.com)  
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**HMB AREA NEWSLETTER (5/2009)**

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