

# HMB AREA 48 NEWSLETTER



A version of this newsletter and previous editions is at:

<http://www.aahmbny.org>

## AA Principles of the Month

**Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9** – A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Concept 9** - Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

## Ninth Tradition Checklist

1. Do I still try to boss things in AA?
2. Do I resist formal aspects of AA because I fear them as authoritative?
3. Am I mature enough to understand and use all elements of the AA program--even if no one makes me do so--with a sense of personal responsibility?
4. Do I try to exercise patience and humility in any AA job I take?
5. Am I aware of all those to whom I am responsible in any AA job?
6. Why doesn't every AA group need a constitution and bylaws?
7. Have I learned to step out of an AA job gracefully--and profit thereby--when the time comes?
8. What has rotation to do with anonymity? With humility?

## Concept Checklist

**Concept IX:** Good service leadership at all levels is indispensable for our future functioning and safety. Primary world service leadership, once exercised by the founders, must necessarily be assumed by the trustees.

- Do we discuss how we can best strengthen the composition and leadership of our future trusted servants?
- Do we recognize the need for group officers? What is our criteria for election? Do we sometimes give a position to someone "because it would be good for them?"
- Do I set a positive leadership example?

**HMB EVENT SCHEDULE - 2009**

<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>Central (4, 8, 14)</i>	<i>Saturday, October 17, 2009</i>
<i>November</i>	<i>HMB Convention</i>	<i>Central (4,8, 14)</i>	<i>11/06—11/08/2009</i>
<i>November</i>	<i>Fellowship Day</i>	<i>Western (9,12)</i>	<i>Sunday, November 15, 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**

**SUNDAY, AUGUST 30, 2009** Annual **Capital District Central Picnic** at Snyder's Lake, N. Greenbush, noon –4 pm, Speaker meeting at 3 pm. Suggested Donation \$5.00. Please bring a dish to share! Further info at (518) 463-0906.

**SUNDAY, AUGUST 30, 2009** First Year Meeting Celebration of the Women of Truth Group, starts 6:00 pm Holy Trinity Church (upstairs) in Little Falls, NY 13365. Special guest speaker.

**SATURDAY, SEPTEMBER 19<sup>th</sup>, 2009** **Heard it Thru the Grapevine Breakfast**, 10:00 am – Noon, 3rd Reformed Church, Whitehall Rd. & Kate Street, Continental Breakfast Open Discussion to follow. **Topic Derived from "Grapevine" Literature.**

**FRIDAY, SEPTEMBER 25, 2009** **GSO Bus Tour**, \$35.00. Only 55 seats available on the coach-first come first served. Checks payable to GSO Tour, send to 2 Wendell Dr. Albany, NY 11205. For information call Denise T (518) 438-6451 or (518) 331-5819. See schedule at [www.aahmbny.org](http://www.aahmbny.org).

**Conventions**

**SEPTEMBER 4-6, 2009, CHAUTAUQUA, NY** 56th Tri-State Assembly. 3338 W. Oakhill Rd., Jamestown, NY 14701. Email: livingla3@aol.com

**SEPTEMBER 25-27, 2009** **53rd Annual North New Jersey Area 44 Convention**, "Commitment-Gratitude in Action" at the Doubletree Hotel, 200 Atrium Drive, Somerset, NJ 008

**NOVEMBER 6-8, 2009** **46th Annual Massachusetts State AA Convention** Sheraton Framingham Hotel and Conference Center, 1657 Worcester Road, Framingham, Mass. More info/registration at [mastateconvention@aaemass.org](mailto:mastateconvention@aaemass.org).

**Meeting Changes**

**District 1, Albany, NY Change in Group Meeting Site** The Higher Power Group which has been meeting at St Francis Church, 15 Exchange Street, Albany, NY on Mondays at 12 noon is **moving** to a new location at Our Lady of Mercy Parish Center on Wilson Avenue, Albany NY. **Effective September 14, 2009.** Come help us celebrate this move!!

# HMB AREA 48 ASSEMBLY

*Hosted by HMB District 14*

**WHEN: Saturday, October 17, 2009**

**Scotia United Methodist Church**

201 North Ten Broeck Street

Scotia, NY 12302

## **AGENDA:**

- 9:00 am – 10:00 am** - Registration – Meet & Greet
- 10:00 am – 10:30 am** - Area Chair Committee Reports
- 10:30am – Noon** - Discussion & Voting on Proposals/Budget
- Noon – 1:00 pm** - Lunch (provided)
- 1:00 pm – 3:00 pm** - Continuation of Discussion & Voting on Proposals/Budget
- Floor Actions (in any)
- Time Permitting...
- Service Committee Reports, DCM Reports, etc

## **DIRECTIONS:**

***From Schenectady, Route 5, Westbound:*** Cross the Western Gateway Bridge and proceed onto Mohawk Avenue. - At No. Ten Broeck Street (traffic light at intersection, Firehouse on right), turn right - Proceed two blocks to the church (on left)

***From Route 5, Eastbound:*** At No. Ten Broeck Street (traffic light at intersection, Stewarts Shop on left), turn left - Proceed two blocks to the church (on left)

**CONTACT:** Gerry 518-331-9729  
or gwurtzell@yahoo.com

**HMB Area 48**  
**Fellowship Day!!**

**Sunday November 15<sup>th</sup>**

**9am-3pm**

**@**

**The Tilton Building at  
Upstate Cerebral Palsy  
1501 Armory Drive  
Utica, NY 13501**

**Sponsored by Districts 12 and 9**

**Come Fellowship and Enjoy!!**

**For more information contact:**

**Tom B. @ (315)790-1812**

**Or**

**Dave S. @ (315)240-0129**

## AREA REPORTS

### **From the HMB Delegate**

When an anonymity break is received by our General Service Office, the information is sent to the appropriate area and the Delegate is asked to lovingly communicate with the member (s) involved. How often have you heard “I can break my own anonymity”, “my name, face and A.A. membership on the web or in a newspaper article is my choice”, “breaking anonymity is when I speak of other members”, “we do not have to be anonymous with each other”, “I am okay as long as I don’t use my full name”, “are we anonymous or invisible”, “I have a right to choose” or “what’s the big deal”. I would like to share some thoughts on anonymity from our co-founders.

*Tradition Eleven reads: “Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.” Tradition Twelve states: “Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.”*

**Dr. Bob in Dr. Bob and the Good Oldtimers:** “Since our tradition on anonymity designates the exact level where the line should be held, it must be obvious to everyone who can read and understand the English language that to maintain anonymity at any other level is definitely a violation of this Tradition. The A.A. who hides his identity from his fellow A.A. by using only a given name violates the Tradition just as much as the A.A. who permits his name to appear in the press in connection with matters pertaining to A.A. The former is maintaining his anonymity below the level of press, radio, and films and the latter is maintaining his anonymity above the level of press, radio, and films – whereas the Tradition states that we should maintain anonymity at the level of press, radio, and films”

**Anonymity at the Public Level:** “Great modesty and humility are needed by every AA member for his own permanent recovery. If these virtues are such vital needs to the individual, so must they be to AA as a whole. This principle of anonymity before the general public can, if we take it seriously enough, guarantee the Alcoholics Anonymous movement these sterling attributes forever...They tell us that we alcoholics are the biggest rationalizers in the world; that fortified with the excuse we are doing great things for AA we can, through broken anonymity, resume our old and disastrous pursuit of personal power and prestige, public honors, and money – the same implacable urges that when frustrated once caused us to drink; the same forces that are today ripping the globe apart at its seams.

**Anonymity Breaks:** “Of course, no A.A. need be anonymous to family, friends, or neighbors...but before the general public – press, radio, films, television, and the like – the revelation of full names and pictures is the point of peril. This is the main escape hatch for the fearful destructive forces that still lie latent in us all. Here the lid can and must stay down. The anonymity breakers express the belief that our anonymity Tradition is wrong – at least for them. . . They forget that, during their drinking days, prestige and achievement of worldly ambition were their principle aims. They do not realize that, by breaking anonymity, they are unconsciously pursuing those old and perilous illusions once more. They forget that the keeping of one’s anonymity often means a sacrifice of one’s desire for power, prestige, and money. They do not see that if these strivings became general in AA, the course of our whole history would be changed; that we would be sowing the seeds of our own destruction as a society.”

**Anonymity as a spiritual message:** “We are sure that humility, expressed by anonymity, is the greatest safeguard that Alcoholics Anonymous can ever have...moved by the spirit of anonymity, we try to give up our natural desires for personal distinction as AA members both among fellow alcoholics and before the general public. As we lay aside these very human aspirations, we believe that each of us take part in the weaving of a protective mantle which covers our whole society and under which we may grow and work in unity.”

**Sacrifice and Survival:** “The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Tradition repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirits, well symbolized by anonymity, is the foundation of all these Traditions. It is A.A.’s proved willingness to make these sacrifices that give people high confidence in our future”

It is my hope our blessings have made us entirely willing to undertake every personal sacrifice necessary for the preservation of our treasured Fellowship.

**With enthusiasm and gratitude,**

**Joan Ramsey Panel 58 Delegate**  
**(518) 438-6451 Home (518) 330-2800 Cell**  
**hmbdelegate@aahmbny.org**

**Area Chair Report**

Dear Fellow Members,

Last month, I attended the NYS Convention in Grand Island, NY. I would like to thank all the presenters from our Area. Their presentations were well thought out and very inspiring. The weekend gave those members in attendance time to interact with the other Areas of the State, to share ideas and experiences. I personally met a number of new people and look forward to sharing the journey of recovery and service with them as well as those I already know.

The NYS Convention was on a whole lightly attended. As many of you know, the NYS Informational Workshop was canceled this year. This has highlighted a couple of conversations that are going on in the four Areas of New York. These include participation, the purpose of the two state events and finances. As an Area, we need to engage in a discussion on this to bring forward an informed group conscience about what we will participate in at the New York State Level. I invite all groups and all A.A. members to come to the next two Area Events where we will have sharing sessions on this topic.

Our next two Area Events are Assemblies. Assemblies are where we address matters that affect our Area and requiring a vote of our fellowship. Assemblies are open to all A.A. Members. Those eligible to vote include:

- Members of the Area Committee: Officers and Chairpersons of Standing Committees
- DCMs or Alternate DCMs
- GSRs or Alternate GSRs.
- Past Delegates
- Note: Each person only has one vote no matter how many service positions they may hold.

On September 12th, we will have our Election Assembly where we will be voting to select our Area Chair, Alternate Area Chair, Treasurer and Secretary for Panel 60 (2010-2011). In October, we will conduct an Assembly where we will vote on the 2010 Proposed Budget (and any other proposals that may be brought forward). It is important for the continued good health of our Fellowship to have as many groups as possible participating, so that each of us can attest that a loving Higher Power has spoken to us through an *informed* group conscience.

We currently still have an available service position as Grapevine Service Committee Chair. This position is one of the links between the workings of the Grapevine to the general AA membership; this individual chairs the Service Committee for Grapevine that is comprised of the District Grapevine Chairpersons, while providing awareness of the AA Grapevine and La Vina magazines and other material such as books, CDs, and more; in addition, this person coordinates the display of Grapevine literature for sale at Area events and may be available to speak on topics that are of importance regarding the Grapevine.

Anyone interested in providing such service to our Area can contact me at [hmbareachair@hvc.rr.com](mailto:hmbareachair@hvc.rr.com) or by phone at 845-331-4213.

In love and service,

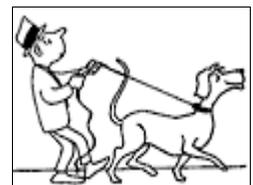
Deb D.

Panel 58 Area Chair and Alternate Delegate

***ONCE OVER LIGHTLY\****

AN EXCERPT from *Now & Then* deals with another misunderstanding. It concerns a drunk in an art gallery who asked an attendant, "I suppose this is one of those terrible paintings you call modern art?"

"No, sir," replied the attendant. "You're looking in a mirror."



**Treasurer****HMB AREA ASSOCIATION****Treasury Report****July 2009**

Prepared by William Tuthill, Area Treasurer

8/1/2009

[williamtuthill@yahoo.com](mailto:williamtuthill@yahoo.com)**Checkbook Balance: 7/1/09** **\$8,030.31**

## Income:

Group Contributions	\$2,655.82		
<u>Total Income:</u>	\$2,655.82	(+)	\$2,655.82

Total Assets: **\$10,686.13**

## Expenses:

Mailbox	\$28.55		
Reimburse SENY for NYS Convention loss	\$3,000.00		
Newsletter postage	\$272.80		
Newsletter printing	\$208.00		
Special Needs Chair -- Allocation	\$46.70		
Special Needs Chair -- NERF	\$250.00		
Treatment Chair -- Allocation	\$77.95		
<u>Total Expense:</u>	\$3,884.00	(-)	\$3,884.00

**Checkbook Balance: 7/31/09** **\$6,802.13**Prudent Reserve: (-) **\$7,000.00****Total Available Cash:** **(\$197.87)****Alternate Treasurer**

The HMB Finance Committee met in mid August to discuss our current financial situation after the unbudgeted expenditure related to the 2009 NYS Convention and the cancellation of the NYS Informational Workshop. Circumstances like these are the reason we maintain a prudent reserve. We will also be reviewing the proposed 2010 budget with these in mind.

While discussing the proposed 2010 Budget with other members of the Finance Committee, we discovered an error. On the budget line for the 2010 NYS Informational Workshop, the amount should be corrected to \$2000 from \$1750. This is per Note 11 in the narrative which states that seven committee chair positions are funded for this event. The Bridging the Gap chairperson was inadvertently omitted, so it should be a total of eight positions. My apologies for the error. Corrected copies will be available at the September Assembly.

Once again, I would also like to encourage any member with questions, concerns, or suggestions about the proposed 2010 budget to contact me or any other member of the Finance Committee so we may provide answers, consider suggestions, or clear up any confusion prior to the October Assembly.

On another note, there are approximately 600 copies of the 2009 HMB Meeting Schedules still available for purchase. Please contact me if you are in need of additional copies. I will be obtaining pricing from the printer for the 2010 edition shortly and should have order forms available sometime in September. Please order early and avoid the Christmas rush!

In service,

Tad J.

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

HMB AREA 48 2010 PROPOSED BUDGET

Expenses:		NOTE
GSO Conference Contribution	\$ 2,000.00	
Area Delegate	\$ 4,250.00	2
Area Chairperson	\$ 3,250.00	2
	<b>\$ 9,500.00</b>	
Other Area Officer Allocations:		
Alternate Area Chairperson	\$ 550.00	3
Secretary	\$ 550.00	3
Alternate Treasurer	\$ 550.00	3
Registrar/Alt. Secretary	\$ 900.00	4
Treasurer	\$ 900.00	4
	<b>\$ 3,450.00</b>	
Committee Chairs and Others Allocations:		
TF Committee Chair	\$ 550.00	5
CF Committee Chair	\$ 550.00	5
BTG Committee Chair	\$ 550.00	5
PI Committee Chair	\$ 400.00	6
CPC Committee Chair	\$ 400.00	6
SN Committee Chair	\$ 400.00	6
Grapevine Chair	\$ 400.00	6
Archivist	\$ 400.00	6
Newsletter Editor	\$ 400.00	6
Convention Chair	\$ 300.00	7
Website Committee Chair	\$ 400.00	8
	<b>\$ 4,750.00</b>	
NERAASA 2010	\$ 6,000.00	9
NE Regional Forum	\$ -	10
NYS Informational Workshop 2010	\$ 1,750.00	11
Archivist Attendance at NYS Convention	\$ -	12
Newsletter Printing	\$ 2,500.00	13
Newsletter Postage	\$ 3,500.00	13
Area Inventory Day	\$ 400.00	14
Day of Sharing/Delegates Day	\$ 400.00	14
Area Assemblies	\$ 800.00	14
Fellowship Days	\$ 1,200.00	14
Insurance Costs	\$ 800.00	
Websites (Operational cost for two)	\$ 550.00	15
Service Manual Updates	\$ 200.00	16
Meeting Books for Committee Chairs	\$ 700.00	17
HMB Convention seed money for 2010	\$ 2,000.00	18
HMB Convention 2010 (Allocations for Committee Chair Attendance)	\$ -	19
NYS Info Workshop Seed Money 2010	\$ -	11
3000 Additional HMB Meeting Books (seed money)	\$ 1,676.00	20
HMB Corrections Connection Workshop	\$ 300.00	21
Mail Box Service	\$ 300.00	
Archive Storage Fees	\$ 800.00	
Tax Preparation	\$ 500.00	
Prior Year Expenses	\$ 500.00	
	<b>\$ 24,676.00</b>	
<b>Total Expenses:</b>		<b>\$ 42,376.00</b>
<b>Income:</b>		
WebSite Contributions to Area website <a href="http://www.ny-aa.org/">http://www.ny-aa.org/</a>	\$ 200.00	
HMB Convention (Seed Money Returned from 2009)	\$ 2,000.00	
HMB Convention (Overage from 2009)		
Projected Group Contributions	\$ 30,676.00	22
Estimated Checkbook Carryover on 1/1/09	\$ 8,000.00	
Extra Meeting Books (seed money returned from 2009)	\$ 1,500.00	20
<b>Total Income Needed:</b>		<b>\$ 42,376.00</b>
<b>Misc Information:</b>		
Prudent Reserve	\$ 7,000.00	
Mileage Rate	\$ 0.35	

Questions/Comments/Suggestions? - Contact Tad J., Finance Chair @ [hmbalttreasurer@nycap.rr.com](mailto:hmbalttreasurer@nycap.rr.com) (518) 366-5631 or any other Finance Committee member

**HMB (Hudson-Mohawk-Berkshire) AREA 48 2010 PROPOSED BUDGET NARRATIVE**

- 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. Allocated monies are disbursed when requested, and only**
2. Allocations for the Delegate and Area Chairperson include funds for expenses to all Area, State, and Regional events.  
**when an accounting of the previous allotment has been made. Eligible expenses include mileage at \$0.35 per mile, tolls, postage, supplies, telephone, printing, copies and other. Receipts and mileage details are required.**
3. Allocations for Alternate Area Chairperson, Secretary, and Alternate Treasurer are \$550 each.
4. Allocations for Treasurer and Alternate Secretary are \$900 each.
5. Allocations for the chairpersons of the Treatment Facilities (TF), Bridging the Gap (BTG), and Correctional Facilities (CF) committees are \$550 each.
6. Allocations for the Newsletter Editor, and the chairpersons of the Public Information (PI), Cooperation with Professional Community (CPC), Special Needs (SN), Grapevine (GV) and Archives committees, are \$400 each.
7. The allocation for the HMB Area Convention Chairperson is \$300 for coordinating and planning expenses.
8. The allocation for the chairperson of the Website Committee is \$400. The Website Committee oversees two websites, <http://www.aahmbny.org> and <http://www.ny-aa.org>.
9. The total amount budgeted for officers and committee chairpersons to attend the 2010 Northeast Regional A.A. Service Assembly in Niagara Falls, NY (NERAASA) is \$6,000, or \$400 per funded member. Members funded are the Alternate Area Chair, Secretary, Alternate Secretary, Treasurer, Alternate Treasurer, PI Chair, CPC Chair, TF Chair, CF Chair, SN Chair, BTG Chair, GV Chair, Archivist, Newsletter Editor and Website Committee Chair.
10. There is no Northeast Regional Forum (NERF) in 2010.
11. The total amount budgeted for committee chairpersons to attend the 2010 NYS Informational Workshop in Southeastern NY is \$1,750, or \$250 per funded member. Members funded include the chairpersons of the PI, CPC, TF, CF, SN, Website Committee, and GV.
12. There is no NYS Convention in 2010.
13. The Area will continue its efforts to move as many subscribers to the Area newsletter to e-mail only, reducing expense for printing and postage.
14. Allocations to clusters for Area functions will be \$400 per function. There are seven functions scheduled in 2010. The functions are Inventory Day, Delegates Day/Day of Sharing, three Fellowship Days and two Assemblies. Amount allocated should be sufficient to cover event costs— if clusters need assistance staying under the budgeted amount, they should contact the Alternate Area Chair (Area Events Chair) and/or seek assistance/guidance from experienced members. If the cost of the event should exceed the amount allocated by the Area, plus the 7th Tradition contributions received at the event, Districts within the Cluster hosting the event should arrange to divide costs over the allocated amount as needed. The reimbursement of expenses exceeding the allocated amount will be considered by the Finance Committee if requested (See Note 22). Any 7th Tradition monies collected in excess of the expenses shall be returned to the Area.
- receiving meeting schedules are the PI, CPC, TF, BTG15. The allocation to maintain the two Area websites (<http://www.ny-aa.org> and <http://www.aahmbny.org>) is \$550.
16. The allocation for the annual updates to the HMB Area 48 Service Manual is \$200; that is the estimated cost of printing update pages, updates are to be done once a year after the October Assembly.
17. The allocation for 2010 HMB meeting schedules for Standing Committee Chairs is \$700. Those

receiving meeting schedules are the PI, CPC, TF, BTG, and SN chairpersons. (In 2009, the cost was \$664 for 1,200 books at \$0.50 each, plus \$64 shipping). The final cost is subject to change.

18. \$2,000 is allocated for the 2010 HMB convention as seed money.

19. Members are not funded to attend the 2010 HMB Area Convention in 2010.

20. \$1,676.00 is allocated as seed money for additional HMB meeting books to fulfill orders received after approved deadline; books are to be stored and distributed as needed by the Alternate Area Treasurer. (HMB Area will absorb cost of shipping – \$176.00 – and should recover \$1,500 if all additional books are sold.)

21. \$300 is allocated for the HMB Corrections Connection Workshop.

22. **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 funded amount for various events is based on hotel costs, registration costs, and mileage to the **2009** event (not a fixed amount). 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.**

- 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 2010 event will be in Niagara Falls, NY.

-The 2010 NYS Informational Workshop will be hosted by Southeastern New York (SENY).

-Exceptions: Chairpersons and Officers living within 25 miles of a funded event will be reimbursed for mileage and registration only, unless handicapped. Banquets and meal costs are not funded. Funding covers lodging, registration, mileage at \$0.35 per mile and tolls.

-There are **two** Area Assemblies in even-numbered years (May and October). There are **three** Area Assemblies in odd-number years including the Area Election Assembly held in September.

### Corrections

Hi everyone.

Not a whole lot new from the Corrections Chair this month. I was extremely sorry to see the Informational Workshop get cancelled, but that's life. I'm not going to let that stop me from going to Tennessee and see that dead persons house (Elvis). Trip all planed, different starting point that's all. I hear there is some misunderstandings as to who is supposed to be running what in District Corrections Departments. Right now there is no Corrections Chair for some Districts. It seems that some want to run the show, but don't want the title. If there is any way I can help, please let me know and I will gladly attend your District meeting. Try to remember that we must continue to do our AA service work, no matter what it is, all the way from coffee maker on DOWN. For the betterment of AA as a whole. We need to be humble enough to put our pride in the rear pocket. When we work as a team, we can accomplish miracles. When we work apart, all we get are hurt feelings and resentments. Maybe we don't like an individual, but if (s) he's doing or right for the job support them. If their not right for the job, don't back bite or condemn them, educate them. Remember that you didn't have the gumption to step up, so now, step back. If I've ruffled some feathers I'm happy. Some of you need to take a hard look at what is the true meaning of my comments. I've stepped on toes before and I'll do it again, but anyone who knows me will tell you that you will never have to guess what I'm thinking, and I'll never say behind your back anything I haven't said to your face. Remember that we are YOUR trusted servants, not the power authority. When I ask for help and someone steps up, I welcome that person and hope it is for the betterment of AA. I don't prejudge them or wish I had someone I liked better. Just ask yourself, "am I filling the need of my members or myself first." The very poor attendance at some of our functions, ie, Informational Workshop, State Convention, to say nothing about our own HMB functions. Come on folks, are you going to continue to be part of the problem, or do you want to be part of the solution?

Love-in-Service, Bill Crowe

**Treatment**

Hi! Great summer. Well back to business. I helped District 13 with their needs, to go into the facilities; also helped District 4 with big books for the VA hospital. If anyone out there needs help I am here just a phone call or email away, and am willing to serve in any way I can. If you need a presentation or a speaker, I am available. Please let me know what you are doing in your various districts so the area will know and how we can help.

In service,

Brenda O.

Area Treatment Chair

**International Convention Update**

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.

Convention registration and housing reservations will open on September 1, 2009. In August, the registration packet will be mailed to every group in the U.S. and Canada listed with G.S.O., as well as to intergroup/central offices and other G.S.O.s around the world. It will also be posted online.

**We look forward to seeing you in San Antonio!**

**Proposal for October 2009 Area 48 Assembly:**

Given that donations are down and expenses are up, the Assembly may wish to consider that the Area Newsletter Committee produce 10 Area Newsletters annually instead of 12, effectively saving 16% of the budgeted expenses.

This could best be facilitated by combining 2 issues, such as December/January into one Holiday issue... and June/July into one Summer issue. There would still be ample opportunity for all proposals to be in 3 issues, and flyers and announcements to be dispersed throughout the Area.

Respectfully submitted,

Pat L

Area Special Needs Chair



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



SERVICE RESUMES

The following service resumes are provided for the consideration of the voting members of the HMB Area 48 Voting Assembly to be held on **Saturday, September 12, 2009**. They are not the only candidates eligible to stand for the offices for which they make themselves available; see guidelines on pages 3 and 4 of the HMB Area 48 Service Manual to review the qualifications. The following people have indicated their willingness to serve as trusted servants of our Area.. If you meet the qualifications, and would like to serve, please consider attending the September Area Voting Assembly and being nominated from the floor.

AREA CHAIR/ALT DELEGATE

It is an honor and privilege to make myself available as a candidate for the Panel 60, HMB Area 48 Chair/Alternate Delegate position

**GROUP AND DISTRICT ACTIVITIES**

1993 – 2004: Home Group positions included Greeter and Coffee Maker

1997 – 1998: Group Treasurer -Lakeville Group

2001: GSR Ancramdale Men's Group

2001 – 2002: District 17 Newsletter Editor

2003 – 2004: DCM District 17

2007- 2009: District 15 Answering Service Representative

**AREA 48- HMB ACTIVITIES**

2004 – Present: HMB Area 48 Finance Committee member

2005: Area Convention Committee Treasurer and Convention Registration Co-Chair

2006- 2007 HMB Area 48 Treasurer;

also, NYS Convention Treasurer and Registration Co-Chair

2008- Present: HMB Area 48 Secretary

In addition to the above-listed activities, I currently serve as a sponsor and/or service sponsor to men in the Fellowship. I am grateful for all the positions of trust in which I have served in my Home Group, my District and my Area.

I look forward to whatever opportunities in which my fellow AA members wish me to serve.

In love and service,

Keith D.

ALTERNATE AREA CHAIRPERSON

I respectfully make myself available for consideration for the position of Alternate Area Chairperson for HMB Area 48.

My sobriety date is January 8, 1981 and I have been involved in AA service since then.

At the group level, Coffee maker, Program Chair, GSR, leading to the position of DCM for District 1. Becoming DCM was pivotal to my recovery, as I became involved in Area activities.

As Area 48's first Treatment Facility Chair I traveled all over the area and made many strong friendships throughout the Area.

I have participated in 7 Area Conventions, and 2 State Conventions and was privileged to be Chairperson of 2 HMB Area Conventions.

I have carried the message into Correction facilities, Treatment facilities, Psychiatric Hospitals and any place else where AA is welcomed.

In 2006 I was privileged to be selected to serve District 1 as Special Needs Chair, and this has taken me on an unbelievable journey and opened my eyes to the challenges many alcoholics face just to get to a meeting.

In 2008 the Area gave me the opportunity to continue Special Needs 12<sup>th</sup> Step work and represent the Area at NER-ASSA, and the NYS Informational Workshops.

I sponsor women in recovery, and service sponsor women who are newly sober and learning about service.

I am truly grateful for the spiritual growth service has afforded me.

From the Big Book: "we have a daily reprieve contingent on the maintenance of our spiritual condition..."

Respectfully submitted

Pat L.

**AREA SECRETARY**

It is an honor and a privilege to make myself available for the position of Secretary for HMB Area 48, at the upcoming Area Elections on September 12, 2009.

**Name:** William T.

**Home Group:** Lambda Group, Albany, NY, 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, 2003-05  
Interim DCM, HMB District 1, 2005-06  
DCM, HMB District 1, 2006-08  
Treasurer, HMB Area 48, 2008- present

I am grateful for having been able to serve fellow alcoholics, and look forward to whatever opportunities to serve may be in store by my Higher Power. I have always heard – and now know – that service adds a dimension to one's sobriety that is impossible to describe in words. The closest I come to describing the feeling is to continue to do service.

In love and service,

William T.

**AREA TREASURER**

I humbly make myself available for the HMB Area 48 Treasurer position.

**Group Activities**

2005 – Present: Involved in various activities for my home group, New Hope Group; including coffee maker, group conscience, meeting set up, anniversary celebrations. Also served as coffee maker for Glenville Group and Schenectady Clubhouse.

**District 14 Activities**

January 2006 – December 2007: GSR for New Hope Group

Organized District 14 Service Workshop in April 2007

January 2008 – Present (term ends December 2009): DCM, District 14

Assisted organizing District 14's 2008 and 2009 Unity Day picnics

**Area 48 Activities**

December 2008 – Present: 2009 HMB Area 48 Convention Co-Chair

As part of the Central Cluster (Districts 4, 8 and 14): Assisted hosting the 2008 and 2009 May and October Assemblies.

I currently work with a service sponsor with many years of service at the District and Area levels; his guidance has given me a better understanding of the traditions and concepts of service and enhanced my own sobriety.

I am looking forward to serving HMB Area 48 in whatever direction *my Higher Power* chooses for me.

Yours in Service,

Chris S.

I am interested in the Area Treasurer position.

**Group Service:**

A greeter, coffee maker secretary, treasurer and GSR for the following groups:

Just for Today, High Noon, Experience, Strength and Hope, Sunday Night Stepping Stones

Rome Hospital's new beginners meeting, which I started the with a local doctor.

**District Service:**

Special needs chair, CPC chair, Alt. DCM 3 years, Ad Hoc committee for bylaws.

**Area 48 Service:**

HMB convention committee- registration chair

Area Treatment Chair 2007-2009

NYSIW Committee- registration chair

In service,

Brenda O.

# 2009 HMB Area 48 Convention

**November 6-8 2009**

Our Commitment to Carry the AA Message:  
Enthusiasm and Gratitude in Action

## Holiday Inn Johnstown-Gloversville

308 North Comrie Ave  
Johnstown, NY 12095  
518-762-4686

www.holidayinn.com/johnstownny

**Room Reservation needs to be made through the hotel directly**

*\$78.28 per room per night (Double) – Ask for the HMB rate*

Friends new and old, Fellowship, Panels, Speakers, Karaoke,  
Saturday Night Banquet and Dance

Hosted by the Central Cluster Districts 4, 8 and 14

Registration forms and further information located at <http://www.aahmbny.org/>



### Convention Reservation (One Person per Form):

#### Registration Information

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Years in Program

\_\_\_\_\_ AA \_\_\_\_\_ Al-Anon

#### Special Needs?

(Please specify)



#### Detach & Mail Form with Check or Money Order

#### Payable to:

HMB Convention 2009  
c/o HMB District 14  
P. O. Box 494  
Schenectady, NY 12301

#### Saturday Banquet

INCLUDES SALAD, BEVERAGE, DESSERT & GRATUITY

(Please circle your choice)

Petite Prime Rib..... \$24

Chicken Cordon Bleu....\$22

Vegetarian Lasagna.....\$21

#### Banquet Reservation Cut off date: Oct. 28

\_\_\_\$22\_\_\_ Registration Fee

\_\_\_\_\_ Banquet (Enter \$\$ for your choice)

\_\_\_\_\_ \$ Total Enclosed

#### Walk in fee for Saturday evening activities after

**4 PM will be \$10.00. (Excluding Banquet)**



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

*While Supplies Last*

← Please Make Checks Payable To: "HMB Meeting Schedules" →

Schedules are \$.50 ea. (Minimum order 10)			
Shipping Cost:			
10-50	\$7.00	601-900	\$48.00
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**



Mail Orders To:

HMB Meeting Schedules  
PO Box 74  
Castleton, NY 12033



Inquiries to: [hmbal treasurer@nycap.rr.com](mailto:hmbal treasurer@nycap.rr.com)  
(518) 366-5631

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Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

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**HMB AREA NEWSLETTER (9/2009)**

**822 Park Avenue**

**Albany, NY 12208**

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