

AA's Area 48 **Fellowship Day is this Saturday 9/15**. See enclosed flyer for info.

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

Alcoholics Anonymous - Northeast Region  
Hudson Mohawk Berkshire Area 48

## DISTRICT 13 NEWSLETTER SEPTEMBER 2012

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**We ask Group Chairs or GSR's to bring this Newsletter to their Group Meetings.  
Please share the information.**

(If you want extra copies for use at your meetings, please contact Newsletter Editor (See page 6))

### HERE IS INFORMATION WORTHY OF YOUR ATTENTION

There are some significant AA activities occurring in northern New York in the next few weeks including:

⇒ Area 48 **Fellowship Day THIS SATURDAY 9/15** in Troy; Public Information Workshop Saturday 9/22 in Clifton Park; AA members' presence & AA literature table at Homeless Veterans 'Stand-Down' Saturday 9/29 in Latham; and Area 48's important Voting Assembly Saturday 10/22 in Scotia. [See enclosed flyers.]

When was the last time you experienced the wonderful AA fellowship and participated in one of these events?

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District 13 publishes its new AA meeting list in March, July and November.

**July meeting lists were distributed at the 7/11 and 9/5 District meetings** [76 AA meetings each week]. The list shows new meetings in Glens Falls; Hudson Falls; Queensbury; Warrensburg and Weavertown. You are encouraged to make copies of the meeting list and Records Keeper Paul G. can e-mail a printable, non-editable PDF copy or, if your Group still needs additional copies, please contact Tom B. (See page 6.)

Also see page 2 for important new information about future District 13 meeting lists.

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### **District 13's NEW WEBSITE has some great AA information. Check it out!**

Thanks to work by our DCM Lou H. Sr., District 13 has a new website <http://district13.aahmbny.org>.

Please visit the District 13 website to: find AA meetings; view AA and Grapevine literature catalogs; purchase AA and Grapevine literature; find out how to start a new group or change group contact information; make contributions to District 13; Area 48 and GSO; view and print District and Area 48 Newsletters; and much more. Find it all at website: <http://district13.aahmbny.org>.

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### **Attendance at the September 5<sup>th</sup> District 13 meeting was good.**

The following pages have information from that September 5<sup>th</sup> meeting including the August-September Treasurer's Report and information on how we use wonderful Group contributions in our AA service work. Recent Group contributions to District 13 are listed in this Newsletter; a thank you letter is sent to each Group. And remember, every Group has a vote at District 13 meetings on proposed District expenditures.

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We are grateful to report, on 9/5, John W. offered to serve and was elected Bridging the Gap [BTG] Chair and Steve S. offered to serve and was elected Treatment Chair. (See next pages for more information.)

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**Editor's Note:** Some members have said they like our new, simpler black & white District 13 Newsletters so we're continuing this format. As always, we welcome your comments and reactions and especially ask you to **tell us about items you and your Group would like to see included in the Newsletter.** Thank you.

# DISTRICT 13 NEWSLETTER 2

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The information below is from our September 5<sup>th</sup> District 13 meeting - and other items of interest.

DCM, Lou H., Sr. chaired the 9/5 meeting. He welcomed all present and opened with the Serenity Prayer.

Copies of the July 11<sup>th</sup> meeting minutes were distributed by Secretary Kristen H, reviewed and approved. Copies of Sept. 5<sup>th</sup> minutes will be available for review and approval consideration at November 7<sup>th</sup> meeting.

Copies of Tom B's August-Sept. Treasurer's Report were distributed to all present on 9/5. It was reviewed, discussed and approved. [copy included in this Newsletter.] The Report shows an opening balance of \$844.49; income from wonderful Groups' contributions of \$697.62 and expenses of \$849.39 (including telephone hotline; Contact Communications; USPS annual post office box fee; rent [\$25 Lake George Town Hall District meeting space]; Area 48 and GSO contributions; and postage for newsletters and hotels/motels mailings and stamps) leaving a closing balance of \$692.92. Subtracting the District's \$250 prudent reserve, left \$442.72 available for further District 13 service work consideration and expenses. [See following pages for expenses voted on 9/5.]

Remember, proposed expenditures are discussed and voted on at District meetings. **Each Group has a vote.** That's just one of the reasons why attendance at District meetings is not only informative but also important.

⇒ Next District meeting will be **Wednesday, November 7<sup>th</sup> 7PM** Lake George Town Center, 20 Old Post Rd.

There was discussion at the Sept. 5<sup>th</sup> meeting about our vitally important District 13 meeting lists as follows:

DCM Lou H. pointed out that the District historically had 1,500 copies of our meeting lists printed commercially, usually at Staples but in past year, District had authorized Tom B. to print the lists on his home laser printer with reimbursement only for paper and toner. All present thanked Tom for this service which saved the District some money but it has become a really onerous task for Tom to print way over 1,000 copies - especially as demand for the meeting lists continues to increase. After thoughtful discussion by all present on 9/5, motion was made to obtain competitive price quotes from reliable printers including Staples in time to make a decision for printing our next [November] meeting list. All voted in favor with Steve S. abstaining. [This means we will stop having the 'as of date' text on 1<sup>st</sup> page.] Several members offered to reach out to printers known to them and will report results to Lou H. who is coordinating this process.

If you know a reliable printer you are willing to contact, bring a copy of the current meeting list with you and advise the printer that if it wishes to give a **written price quote, the following 'specs' must be adhered to:**

1,500 copies every four months, printed two-sided on 8.5" by 14" 20-pound white paper. The District will provide electronic original of list [CD or e-mail] to the selected printer, with pick-up from printer within one week of order placement. District will pay printer the full price by District check at time of pick-up. [You can ask printer re extra cost to have the lists folded but, historically, the District gets lists unfolded to save money.]

**All information must be reported to Lou H. no later than October 12<sup>th</sup>** so Lou has time to do necessary due diligence in determining the lowest responsible bidder in time to place the order, print and have the new meeting lists available for distribution at our November 7<sup>th</sup> District meeting.

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Reports were given by, or on behalf of, Committee Chairs at the 9/5 meeting. Pertinent information includes:

**Records Keeper** Paul G. reported that the telephone hotline had had technical problems for a few days but these have been corrected. Answering hotline calls is very important and it is easy. Contact Paul to learn how. Paul promptly records all new Group or Group change information and reports it to Area 48 [who tells GSO] so folks can find AA meetings and Groups get timely District, Area and AA-wide important information. Please let Paul know promptly of any new meetings or meeting changes. [See page 6 for Paul's contact info.]

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**Treatment:** Jesse E. found it necessary to step down as Treatment Chair and Steve S. said he believed he could be of greater service to AA as Treatment Chair rather than in his current position as Alternate DCM. Bennie R. asked for Steve's AA background. Steve described his background and prior AA service in Ohio and most recently as District 13's Alternate DCM. Peter R. nominated Steve; Kristen H. seconded and all voted in favor with Steve abstaining. **We thank Jesse for her prior service and Steve for his new commitment.** If you know of a treatment facility that needs AA literature, please tell Steve. If you have AA literature not being used, please contact Steve so it can be put to good use. [See page 6 for Steve's contact info.]

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**Corrections:** Chair position still is vacant. **Please consider this important AA service opportunity.** Don B. continues his long-time-help in corrections' service and reports that Ethel H. and Pat W. are faithfully bringing women's meeting into Washington County Jail but there is a **desperate need** for AA members to carry the AA message into Washington County Jail [men's meeting], Warren County Jail and NY State medium and maximum security prisons in Comstock. **Won't you help? Even if it's just once a month?** It is not hard to do and Don can help you get started. Please contact Don to learn how.

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**District 13 Newsletter** continues to be issued monthly. Editor John D. reminds us all that it saves the District money if newsletters are sent via e-mail rather than USPS mail. He also said please contact him if you or your Group has an AA item or event you would like to see included in the Newsletter. [See page 6].

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**Cooperation with the Professional Community/Public Information (CPC/PI):** Because of Natalie N's continued unavailability, DCM Lou H. announced the position as vacant and all members present concurred. As a result, we really need someone to fill this important AA service position. **Please consider it!**

It was reported that the annual summer mailing of District 13 AA meeting lists to **114 hotels and motels** in our 'tourist-heavy' geographic area was completed.

John D. made a motion that the District do its annual **mailing to guidance counselors of 36 jr. high and high schools** in District 13's geographic area - with a cover note on AA resources such as our hotline and website - enclosing District 13 meeting lists and a packet of AA literature including If You Are a Professional for the Counselors plus 'Young People AA pamphlets' especially A Message to Teenagers and suggested text for the School's website: 'Think you may be having a problem with alcohol? Anonymous help is available at AA Telephone Hotline 518 793 1113.' Paul G. requested adding local colleges such as SUNY Adirondack. Total cost for AA literature and postage for the 36 schools and ~4 colleges is ~\$60. Paul G. seconded. Steve opposed saying this should be done by the new CPC/PI Chair but Lou pointed out the new school year has started so this mailing can't wait. All, except Steve, voted in favor of the \$60 schools' mailing expenditure.

The hotels/motels and schools' mailings and our 24 hour/7 days a week telephone hotline are just a few examples of AA service work beyond the ability of a single AA Group to handle - but made possible by your Group and member contributions to District 13.

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**Grapevine:** Chair Peter R. participated in the annual New York State AA Convention in Albany in late July and reported there will be a new Area 48 Grapevine Chair as of January (Maria E's two-year term is ending). It also was reported that Grapevine just broke even last year and, this year, is operating at a slight profit but this was due to cost-cutting and there may be future problems because subscriptions continue to go down. Peter continues to encourage the tradition of members sharing past issues of Grapevine at Group meetings and that each Group consider taking a subscription to the Grapevine.

**[Note:** through efforts of Area 48 Delegate, Keith D. and Past Delegate Deb D., copies of the new confidential USA and Canada-wide 2012 General Service Conference Report including more information on Grapevine, were provided at no cost to District 13 and distributed at the 9/5 District meeting for use by AA members only. Paul G. pointed out that the 1.4 million AA members in the U.S. & Canada sadly represent less than 5% of the estimated number of people with alcohol problems or active alcoholism. That is why so many AA members work so hard to make sure 'the hand of AA always is there.' Contact Lou H. for a copy of the 2012 report. Per District meeting, contributions were made to AA Area 48 and GSO as shown in the Treasurer's Report.]

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**Archives:** Chair Jenny H. was not present so there was no report. If any of you have really old 'historic' Grapevines or Grapevine articles, why not let Jenny know so we can include them in future Newsletters. Also, did you know Area 48 has had a wonderful collection of historic AA items in its Archives but, **sadly**, major portions of those archive materials were lost in last spring's floods? Why not look in your own AA collection; if there's something you believe may be worth saving for future AA generations, please tell Jenny.

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**Special Needs:** Chair position still is vacant; **please consider this important AA service opportunity**

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**Bridging the Gap [BTG]** position had been vacant for a long time but we are grateful to report the following: At the September 5<sup>th</sup> District meeting, **John W.** offered to serve as BTG Chairperson. John described his AA background; Kristen H. nominated him for BTG Chair; Peter R. seconded; and all voted in favor with Steve and John abstaining. Thank you, John, for this important commitment to AA service.

Last month, we explained how BTG works. It is easy to give brief but important help to an AA newcomer. Our new BTG Chair, John W., is just starting out himself but give him a call. [See page 6 for contact info.]

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**DCM Report:** Lou H. reported at the 9/5 meeting that the District 13 website is up to date including current hotline phone numbers, copies of District and Area 48 Newsletters and other AA resource information shown on page 1 of this Newsletter. Lou also reported he participated in the New York State Convention in Albany and announced that planning already is underway for next year's Annual Northeast Regional AA Service Assembly [NERAASA] to be held in February in Pennsylvania. NERAASA is an intense multi-day workshop attended by members in sixteen northeast states who share experience on how to better be of AA service. Lou went to this year's NERAASA and said attendees really learn a lot about doing more effective AA service. Members voiced gratitude to Lou for all of his work including getting our District's website up and running.

And remember, unlike many Districts, our District 13 members pay for all expenses, including travel, for their participation [not only in Area and State Conventions but also for Area and State service workshops and even NERAASA] - **out of their own pockets** - with no District 13 reimbursement. Importantly, this means **all contributions from Groups and members to District 13 go directly to AA service work.**

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**Please remember** District 13 maintains a **24 hours/7 days a week telephone 'hotline'** where any individual may talk anonymously with a sober alcoholic about any problem or question that individual may have about alcohol/alcohol abuse and also find locations of the 76 AA meetings each week in our District.

**The hotline telephone number is (518) 793-1113 Don't hesitate to give out this phone number!**

### HMB DISTRICT 13 TREASURY REPORT - September 5, 2012

(Note: A copy of the August-September District 13 Treasurer's Report is included in the confidential version of District 13's Newsletter issued to AA members. It is not included in this public version.)

**District 13 is deeply grateful to the Groups and Members who contribute to our AA service work.**

**There are almost 50 Groups in District 13 with some 76 AA meetings each and every week.**

**We send a contribution acknowledgement letter to each Group & report it in the next Treasurer's Report.**

As possible help to members and Groups, it was voted at prior District meeting to include the addresses for mail and contributions in newsletters & meeting lists. Historical contribution share has been 60% District; 30% Area & 10% GSO.

The addresses are: District 13 P. O. Box 4335, Queensbury, NY 12804;  
HMB Area 48 118 Polar Plaza #114, Route 30, Amsterdam, NY 12010; and  
General Service Office (GSO) P. O. Box 459, Grand Central Station, New York, NY 10163  
GSO contributions also can be made on-line at: [www.aa.org](http://www.aa.org) & click on 'contributions' icon.

The need for your financial support continues to be very real so we respectfully request, if your Group hasn't helped out recently, that you please consider a much-needed early contribution to District 13 in any amount your Group conscience considers appropriate. **Thank You.**

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

<u>Committee:</u>	<u>Chairperson</u>	
• DCM	Lou H., Sr.	(e-mail: district13dcm@aahmbny.org)
• Alternate DCM	*Vacant *	[Steve S. stepped down 9/ 5 to become Treatment Chair.]
• Secretary	Kristen H.	
• Treasurer	Tom B.	
• Records	Paul G.	(e-mail: district13@nycap.rr.com)
• Bridging the Gap	John W.	[elected 9/5]
• Corrections	*Vacant *	[Please consider this AA service opportunity]
	[in interim call Don B	
• CPC/PI	*Vacant *	[Please consider this AA service opportunity]
• Treatment	Steven S.	[elected 9/5]
• Newsletter Editor	John D.	(e-mail:district13newsletter@sprynet.com)
• Grapevine	Peter R.	
• Archives	Jenny H.	
• Special Needs	*Vacant *	[Please consider this AA service opportunity]

⇒ [Each District 13 service position Chair can obtain an anonymity-protected e-mail address like Lou H's above. Get more information by contacting Lou directly at [district13dcm@aahmbny.org](mailto:district13dcm@aahmbny.org)]

Folks, as we look at the enclosed flyers, especially for **this Saturday's 9/15 AA Fellowship Day** and the **Saturday 9/29 'stand-down' for hundreds of homeless [men and women] U. S. Service Veterans**, sponsored by others - but with AA members present with AA literature, do we ask ourselves the question: ***When did I last attend an AA Fellowship Day or help out at an event needing AA member presence?*** **AA service not only helps those who really need it, it is a special gift we give to our own sobriety.**

May we each have quiet time to reflect on this, on the AA members who came before and paved the way for us and on the still sick and suffering in need of AA's help - reachable if the hand of AA is there to help them start.

Special Travel Note: NY State DOT has announced that construction work on Interstate 87, the Northway 'Twin Bridges' [just north of Albany] is expected to cause major traffic delays on the Northway every weekend now through Sunday 10/22. The Twin Bridges six traffic lanes will be reduced to two lanes - one Northway lane in each direction. AA members traveling from the north to get to these AA events may want to allow some extra I-87 travel time or consider using Route 9 as an alternate in that area.

⇒ **NOTE:** A **CONFIDENTIAL VERSION** of the District 13 Newsletter is issued **for inside AA use only**. This **Public Version** of the District 13 Newsletter is **for posting on Area 48 and District 13 Websites**.

# **HMB Area 48 Fellowship Day**

**Saturday, September 15, 2012**

**9AM – 3PM**

**Hosted By the Eastern Cluster (Districts 1, 2, & 18)**

**Location: St. John's Episcopal Church  
146 1st Street (at Liberty St)  
Troy, NY 12180**

## **Tentative Agenda**

**9-10 am: Meet and Greet (Coffee, pastries, etc)**

**10:00 am: Area Committee Meetings** (which includes District Committee members - BTG and Grapevine will select committee chairs for 2 year terms starting January 2013)

**GSR Orientation for any and all GSR's and anyone wanting to learn about "the most important position in AA"**

**11:15 am: Workshop on Traditions 3 and 4**

**12:15 pm: Lunch**

**1:15 pm: Area Business Meeting –  
Reports by Area Officers, Area Committee Chairs, DCM's**

**Contact: [hmbaltchair@aahmbny.org](mailto:hmbaltchair@aahmbny.org)**

# CARRYING THE MESSAGE WORKSHOP

**Let's be "friendly with our friends"**

Presented by District 5's Public Information Committee

Many people are coming into A.A. at the suggestion of a non-alcoholic well-wisher. By reaching out to the public and informing them about A.A., we seek to carry the message through a third person.

The purpose of this workshop is to prepare **SPEAKERS** for local non-AA meetings (high schools, churches, business groups, etc.).

You will have an opportunity to listen to experienced speakers, followed by an open forum for questions and lunch will be provided.

**DATE: Sat., September 22**

**TIME: 11:00 - 1:00 pm**

**PLACE: Prince of Peace Lutheran Church**

**4 Northcrest Dr., Clifton Park**

**(across from Moe Rd.)**

If you have any questions, please call/email

Heidi T.

[d5pichair@gmail](mailto:d5pichair@gmail)

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

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

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

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

A remarkable opportunity is coming up on **Saturday, September 29. Here are the details:**

Once a year, many organizations under leadership of the U.S. Veterans Administration, jointly sponsor a **health and wellness open house for homeless Veterans** within 60 miles of the Capital Region. This year, it again will be hosted by the Colonie Elks Lodge in Latham.

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

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

The Veterans get food, some new clothing and boots, access to doctor and dentist exams, flu shots, eyeglasses, legal advisors, information from the U.S. VA and HUD about possible housing, and other important resources available to help homeless Veterans.

AA is not a sponsor of this Veterans' event but **we have been asked again this year to:** have an AA resource table with AA members present to talk with the Veterans, provide AA literature - including meeting lists - and answer questions about AA from those Veterans who need - and want AA's help. **What an opportunity for the Hand of AA to be there!**

The Saturday, September 29<sup>th</sup> program runs from 8AM to about 2PM - with setup at 7AM. **Can we count on some of you to be there and help out - even if just for an hour or so?**

**Districts 1, 2 & 18 - and Area 48 Treatment, PI and CPC folks hope you can help out.**

**Won't you mark your calendar for a couple of hours on Saturday, September 29 to extend the hand of AA to Veterans who may be ready - **and want** - to reach out for that hand?**

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

Get more info [& directions] for this September 29 Veterans event at the September 15<sup>th</sup> Area 48 Fellowship Day or by contacting Bill C.

**We need the help!**

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

# *HMB Area 48 October Assembly*

*Saturday, October 13, 2012*

*9AM - 3PM*

*Hosted By Districts 4, 8, & 14*

*Scotia United Methodist Church  
201 North Ten Broeck Street  
Scotia, NY 12302*

*7<sup>th</sup> Tradition Lunch will be provided*

## *Partial Proposed Agenda:*

- Area Business Meeting & Reports*
- 2013 Final Budget Presentation & Vote*
- Discussion and voting on any proposals*

*Contact: [hmbaltchair@aahmbny.org](mailto:hmbaltchair@aahmbny.org)*