

MOUNTAIN DOIN'S

Central Office Newsletter

JULY 2004



Published by the North Carolina Mountain Central Office (Districts 70, 71, & 80): Address: 107 Park Place Offices, 70 Woodfin Place, Asheville, NC 28801. Phone: Buncombe County: 254-8539. Elsewhere in WNC: 1-800-524-0465

NCMCO@bellsouth.net

Phone (828) 254-8539

57th North Carolina State Convention July 15th-18th, 2004

Hilton North Raleigh Hotel
3415 Wake Forest Road
Raleigh, NC 27609



\$12.00 per person

Hotel Registration \$72.00 for up to four people. Reservations (919) 872-2323 or (800) 445-8667. (This rate is available before June 21st.)

- Round the clock meetings.
- Friday, 4:30 pm / Open Al-anon discussion meeting.
- Saturday, 4:00 pm / Special service workshop.
- Saturday night dance.

For more information contact:

Bill A. (919) 471-0936

Vic L. (704) 694-3844

Bill T. (919) 475-7177

Or email: ncconference@nc.rr.com

West Asheville Annual Picnic

West Asheville Park
Sunday June 27th
11am to 5pm

All family and friends of Bill W. welcome.

Off Haywood Road on Vermont Street
(Park at end of street).

Cover dish appreciated as well as "game players".

Meeting to follow grazing.

West Asheville will furnish hamburgers, hot dogs and sodas. Come join the fun, fellowship, and get in a meeting.

District 80 Eating / Business Meeting JULY 18th Hayesville, NC

Nantahala National Forest
Jackrabbit Mountain Campground
...on Lake Chatuge.

2PM—Food, Refreshment

3PM—Speaker, Sean A.

4PM—District Business Meeting/
CENTRAL OFFICE MEETING

For more information contact:

Gail H. at (828) 389-9241

Or email gailwinz@yahoo.com



Meeting websites/emails: Mt. Doin's will begin placing meeting website addresses and emails in this section. If your group would like to list theirs please email that information to Mt. Doin's at NCMCO@bellsouth.net.

New meeting:

Hendersonville. Tuesdays, 8pm. Unitarian-Universalist Fellowship Church. 409 Patterson Street. (O,D)

CENTRAL OFFICE MEETING MINUTES 5-02-04

The first 2004 Central Office Meeting was held at the Serenity Service Group's meeting room in West Asheville. The meeting was not held in conjunction with a District Eating Meeting.

At 2:40PM, Co-Chairman, Ray D., opened the meeting with the Serenity Prayer.

Secretary, Norma H., read the minutes from the 12-07-03 Central Office Meeting. Report was approved as read. Treasurer, Hugh H., passed out the April 2004 Treasury report.

Hugh briefed attendees that he would submit the necessary paper work enabling the Central Office of WNC to be recognized as a non-profit organization. However, this status will not qualify Central Office to be tax exempt and the office will continue paying any necessary tax, such as payroll tax. Hugh states no further action will be taken on these matters.

A brief discussion ensued concerning the need and cost to be incurred for installing multiple phone lines for the office, which covers regular lines and a line for Internet connection.

Old Business: Office Manager, Charlene Z., stated the new Central Office E-Mail address would "NCMCO@bellsouth.net". Also, the new 12 step call list will be sorted by zip code and is an on going process for Central Office.

New Business: Office Manager's Report:

Charlene Z. was requested to report that \$723.15 is for Outstanding invoices for literature purchased from Central Office by various Home Groups. Also, she added that Group contributions are down approximately by \$1,000.00. Charlene stated she was sure outstanding invoices for literature purchased from Central Office by various Home Groups.

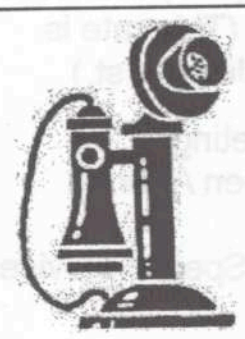
Also, she added that Group contributions are down approximately by \$1,000.00. Charlene stated she was sure that Groups would pay their literature purchases if she contracted them personally. She welcomed suggestions on how to get the Groups to make contributions to the office.

Charlene requested approval to increase the office manager's expense account from \$150.00 to \$200.00. Bob V. Made a motion to accept proposal, Darnell A. seconded motion, and motion was passed.

Charlene stated she would like permission to purchase additional computer software for WORD and Excel issued under "Microsoft Office Standard 2003." She said unused funds from the computer purchase funds could be used to pay for this software. She had checked several software distributors for prices and decided that "Best Buy" had the best price at \$399.97. Some discussion followed. Charlene was asked to check some other distributors for an even lower price. However, the meeting members did give her permission to go ahead and purchase the software as soon as she could find the lowest price and to use funds that had been formally set aside for the computer hardware purchases, as she had suggested earlier.

Continued on page 4.

Central Office Phone Log



"I am responsible... When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And, for that, I am responsible.

Phone Log 5/3/04 - 5/28/04

| | |
|---|-----|
| Answering Service Calls..... | 180 |
| General Information..... | 15 |
| A.A. Help..... | 4 |
| Family Help (Al-Anon)..... | 2 |
| Meeting Information..... | 58 |
| Central Office Business..... | 2 |
| P.I. Calls..... | 2 |
| Medical Help (Hospital, Detox, etc.)..... | 0 |
| Others..... | 1 |
| Visitors..... | 56 |



Acceptance Group

| | | |
|----------|---------|----------|
| Marsha B | 7-31-02 | 2 years |
| Adam H | 7-23-01 | 3 years |
| Ken A | 7-20-02 | 2 years |
| Bart B | 7-29-82 | 22 years |
| Ron G | 7-17-97 | 7 years |
| Buck T | 7-10-03 | 1 year |
| Dee A | 7-28-03 | 1 year |
| Gloria F | 7-13-03 | 1 year |
| Curry J | 7-19-79 | 25 years |

Asheville Big Book Group

| | | |
|----------|---------|---------|
| Darrel B | 7-03-02 | 2 years |
|----------|---------|---------|

Cumberland Group

| | | |
|---------|---------|----------|
| David T | 7-21-93 | 11 years |
|---------|---------|----------|

Daily Decisions Group

| | | |
|---------|---------|--------|
| Tammy C | 7-17-03 | 1 year |
|---------|---------|--------|

Edneyville Group

| | | |
|----------|---------|----------|
| Ginnie S | 7-13-03 | 1 year |
| Art S | 7-07-91 | 13 years |
| Myrtle D | 7-04-87 | 17 years |
| Laurie M | 7-04-01 | 3 years |

Grace Group

| | | |
|-------------|---------|----------|
| Barbara B | 7-08-75 | 29 years |
| Vicki M | 7-25-82 | 22 years |
| Judy M | 7-03-94 | 10 years |
| Elizabeth P | 7-07-94 | 10 years |
| Fran R | 7-14-97 | 7 years |
| Jay D | 7-13-98 | 6 years |
| Bob Pa | 7-30-01 | 3 years |
| Kris W | 7-20-03 | 1 year |
| Paula H | 7-25-03 | 1 year |
| Sue S | 7-28-03 | 1 year |
| Tony P | 7-15-87 | 17 years |

Hendersonville Happy Hour Group

| | | |
|----------|---------|---------|
| Bill S | 7-11-95 | 9 years |
| Louie N | 7-22-97 | 7 years |
| Mel E | 7-14-03 | 1 year |
| Ginnie S | 7-13-03 | 1 year |

Maple Grove

| | | |
|----------|---------|----------|
| Sherri M | 7-28-02 | 2 year |
| Bob W | 7-14-86 | 18 years |
| Jerry H | 7-13-98 | 6 years |

Marion Group

| | | |
|-----------|---------|---------|
| Patrick S | 7-04-00 | 4 years |
|-----------|---------|---------|

Traditional Group

| | | |
|-----------|---------|---------|
| Monica M | 7-26-99 | 5 years |
| Garrick M | 7-25-03 | 1 year |
| Kenneth W | 7-25-00 | 4 years |
| Julia S | 7-25-00 | 4 years |

Tryon Group

| | | |
|----------|---------|--------|
| Ann G | 7-02-03 | 1 year |
| Alison | 7-29-03 | 1 year |
| Ed B | 7-05-03 | 1 year |
| Brenda C | 7-11-03 | 1 year |

New Zealand Convention of Alcoholics Anonymous

January 28th-30th, 2005
Lincoln University, Christchurch

42nd Convention theme is "The Joy of Sharing" and the committee is looking forward to sharing a weekend of fellowship, friendship and fun with you all. The weekend will include an international meeting, non stop alcothon, Friday night BBQ, old timers meeting and free transport from the airport/ city to the convention site.

Registration cost \$30 (does not include airfare!)

For more information visit:
http://www.alcoholics-anonymous.org.nz/html/aa_events.cfm

Or email paulh@pconnect.co.nz

Please email A.A. birthdays to NCMCO@bellsouth.net by the 1st of the previous month.
(Please submit names, dates, and years in above format.)

Treasurer's Report



N.C. Mountain Central Office, Inc. Financial Report for the month of May 2004.

| | |
|--------------------------------------|----------------|
| BEGINNING BANK BALANCE (5/1/04)..... | 1853.92 |
| Income | |
| Total Group Contributions..... | 1670.92 |
| Cash on Hand..... | 21.01 |
| Bank Interest..... | 0 |
| Sales Income..... | 1360.75 |
| TOTAL..... | 3052.68 |

| | |
|--------------------------------------|--------|
| Group Contributions | |
| Acceptance Group..... | 50.00 |
| Back to Basics Group..... | 200.00 |
| Bryson City Group..... | 10.00 |
| Conscious Contact Group..... | 300.00 |
| Daily Decisions Group..... | 257.44 |
| Edneyville Group..... | 10.00 |
| Etowah Group..... | 25.00 |
| Fellowship Group..... | 76.00 |
| Grace Group..... | 413.50 |
| Hendersonville Group..... | 54.98 |
| Hendersonville Happy Hour Group..... | 50.00 |
| Hendersonville Midday Group..... | 40.00 |
| Joy of Living Group..... | 25.00 |
| Lambda Group..... | 70.00 |
| Rod & Loraine..... | 39.00 |
| Sylvan Valley Group..... | 50.00 |

| | |
|--------------------------------|----------------|
| Expenses | |
| Rent..... | 176.00 |
| Salary..... | 600.27 |
| Payroll Tax..... | .00 |
| Telephone: Bell South..... | 165.80 |
| Telephone: MCI..... | 59.49 |
| Answering Service..... | 222.00 |
| Printing: Where and When..... | 27.65 |
| Printing: Mountain Doin's..... | 00.00 |
| Editor..... | 150.00 |
| Sales Tax..... | 127.17 |
| Books & Chips..... | 1602.70 |
| Postage..... | 16.75 |
| Postage: Mountain Doin's..... | 68.46 |
| Bank Service Charges..... | 0 |
| Office Supplies..... | 50.70 |
| TOTAL EXPENSES..... | 3266.99 |

END BANK BALANCE (5/25/04)..... 1639.61



To help Central Office maintain a healthy cash flow we request that groups pay their bills for material every two weeks. Thanks for your help.

(Central Office Meeting Notes continued)

Charlene announced that the Central Office caller ID has been changed from "Alcoholics Anonymous" to "NC Mountain CO" in order to protect the caller's and the offices' anonymity.

Charlene discussed painting Central Office and asked for help from volunteers. This will be the second time with the last year the office will be painted due to unsatisfactory results from the most recent time it was painted. Ray D. volunteered to donate the paint needed. Group approved repainting at approximate expense of \$30.00.

Charlene announced, that due to a death in her family, she would be gone from the office from 5/8/04 to 5/18/04. She said the office would be maintained by Leeann G. of the West Asheville Group. Also, Denise M. of the Traditional Group would be making the deposit for Central Office during Charlene's absence. Bob V., former Central Office Manager, agreed to be on call as needed to help volunteers as well during her absence. (End of Managers report)

Bob V. requested Central Office to add it's new email address to the front page of the Mt. Doin's newsletter along side it's phone numbers and mailing address. Members of the meeting agreed on this issue and Charlene Z. will ask Mark Mc, editor, to make this addition to the next issue. Charlene thought it would also be a good idea if home groups would add their email address, where one had been established, to any events they want printed in the Mt. Doin's.



Ray D., Co-Chairman, announced who was willing to stand as new trusted servants for Central Office from 5/2004 through 5/2006. Those willing to serve were as follows:

Chairman: Ray D. of the Hendersonville Group
Co-Chairman: Darnell A. of the Roundtable Group
Secretary: Debbie D. of the Roundtable Group
Treasurer: Dave A. of the Black Mountain Group

Trusted servants were approved as stated by Ray D.

Ray stated Bob V. would be a good trustee for Central Office as well, to serve 5/2004 through 5/2006. It was noted that usually the outgoing Central Office chair person rotates into the Trustee position but that wouldn't be the case this time because the current chairman had resigned prior to these new elections. The meeting members approved appointing Bob V. as Trustee and he accepted.

Ray stated the next Central Office meeting would be scheduled sometime during July 2004 and would be held somewhere in Hayesville. Details of the meeting will be printed in the June 2004 edition of the Mt. Doin's.

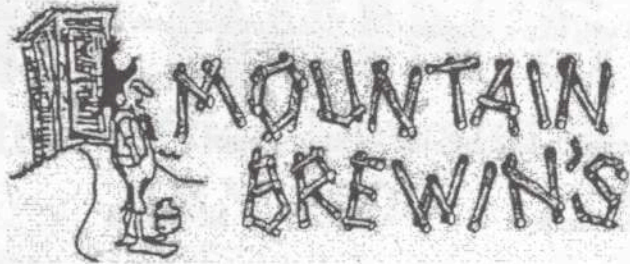
Charlene Z. requested outgoing Secretary, Norma H., to send all Central Office Meeting Minutes, she had taken, to Charlene, the week of 5/4/4 or as soon as possible.

As Bill Sees It, page 157:

Imagination Can Be Constructive

We recall, a little ruefully, how much store we used to set by imagination as it tried to create reality out of bottles. Yes, we reveled in that sort of thinking, didn't we? And, though sober nowadays, don't we often try to do much the same thing?

Perhaps our trouble was not that we used our imagination. Perhaps the real trouble was our almost total inability to point imagination toward the right objectives. There's nothing the matter with truly constructive imagination; all sound achievement rests upon it. After all, no man can build a house until he first visions a plan for it.



How many alcoholics does it take to change a light bulb? Just one—grab on and wait 'til the room spins.

XXXX

How did the alcoholic freeze to death? He drove into a drive-in theater to see "Closed for Winter".

XXXX

Two cannibals are eating a clown. One says to the other: "Does this taste funny to you?"

XXXX

A dyslexic man walks into a bra...

XXXX

A man walks into a bar with a slab of asphalt under his arm and says: "A beer please, and one for the road."

XXXX

An invisible man marries an invisible woman. The kids were nothing to look at either.

XXXX

Deja moo: The feeling that you've heard this bull before.

XXXX

A man takes his Bulldog to the vet and says, "My dog's cross-eyed, is there anything you can do for him?" "Well," says the vet, "let's have a look at him." So he picks the dog up and examines his eyes, then checks his teeth. Finally, he says "I'm going to have to put him down."
"What? Because he's cross-eyed?" "No, because he's really heavy."



Would you like a subscription to *Mountain Doin's*? Just fill in the form below and mail to the address below.

Mountain Doin's Order Form

Mountain Doin's Annual Subscriptions:

Groups:

3 copies monthly

No charge

5 additional copies

Pick up from Central Office

Deliver by mail

10 additional copies

\$10.00 per year

\$20.00 per year

15 additional copies

\$20.00 per year

\$35.00 per year

20 additional copies

\$25.00 per year

\$45.00 per year

\$30.00 per year

\$60.00 per year

Individual Members:

Single copy monthly

\$6.00 per year

Please circle which of the above you wish to receive and make out check or money order accordingly. Subscription rates are subject to change, dependent upon USPS rates.

Clip and mail with check or money order to:

N.C. Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville, NC 28801

Group of Individual Name _____

Street/P.O. Box No. _____

Town and Zip Code _____

North Carolina Mountain Central Office
107 Park Place Offices
70 Woodfin Place
Asheville NC 28801

Place
Postage
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Address correction requested

60th Southeast Regional Conference



"The Granddaddy of Them All"

and the

48th Florida State Convention *the bridge...toward...faith*

August 4-8, 2004

The Adams Mark Hotel • Jacksonville, Florida

Polly P.
Cypress, CA

Scott R.
Sherman Oaks, CA

Jay P.
Myrtle Beach, SC

Sharon B.
Los Angeles, CA

Beth G.
Brecksville, OH

Tom I.
Aberdeen, NC

GSO Speaker - Hernan M.
New York, NY

Al-Anon - Jack C.
Sylmar, CA

Program of Events Include:

Guest Speakers
Friday Night Buffet
Saturday Night Banquet
Delegate Workshops
Spanish Speaking Meetings

Al-Anon and Alateen Meetings
Literature, Grapevine and Archives Displays
Walk/Run and Tennis Tournaments
Horseshoe and Golf Tournament
Ice Cream Socials

60th Southeast Regional Conference

and the

48th Florida State Convention the bridge...toward...faith

August 4-8, 2004

The Adams Mark Hotel • Jacksonville, Florida



Personal Data (Print or Type)

Name _____ (name as you prefer it on your name tag) _____

Address _____ City _____ State _____ Zip _____

Phone (____) _____ E-mail _____ Sobriety Date _____

Please e-mail me with any convention updates)

I am a: Past Delegate Delegate Past Trustee Trustee AA Al-Anon Alateen Visitor

Special needs: Wheelchair Sight Hearing I will be attending the Delegates Luncheon

Convention Registration (Register online at www.flstateconvention.com or by mail)

Fees (Please check all that apply):

- | | |
|---|---------|
| <input type="checkbox"/> AA | \$25 |
| <input type="checkbox"/> Al-Anon | \$25 |
| <input type="checkbox"/> Alateen | \$10 |
| <input type="checkbox"/> Visitor | \$25 |
| <input type="checkbox"/> Friday Night Buffet | \$20 |
| <input type="checkbox"/> Saturday Night Banquet | \$25 |
| <input type="checkbox"/> Ice Cream Socials (\$6 per night) | |
| <input type="checkbox"/> Thurs. <input type="checkbox"/> Fri. <input type="checkbox"/> Sat. (free) \$6 each | \$_____ |

Method of Payment:

- Check/Money Order MC VISA AMEX
 DISCOVER
Card # _____
Exp. Date _____
Signature _____

Make check payable and mail to:
60th Southeast Regional Conference
P.O. Box 2029 • Jacksonville, FL 32203-2029

Convention Merchandise

Shirt(s)

- | | |
|--|------|
| <input type="checkbox"/> Tee <input type="checkbox"/> Sm <input type="checkbox"/> Md <input type="checkbox"/> Lg <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL | \$10 |
| <input type="checkbox"/> Golf <input type="checkbox"/> Sm <input type="checkbox"/> Md <input type="checkbox"/> Lg <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL | \$20 |
| <input type="checkbox"/> Denim <input type="checkbox"/> Sm <input type="checkbox"/> Md <input type="checkbox"/> Lg <input type="checkbox"/> XL <input type="checkbox"/> 2XL <input type="checkbox"/> 3XL | \$25 |
| <input type="checkbox"/> Cap (one size fits all) | \$10 |
| <input type="checkbox"/> Ceramic Cup | \$5 |
| <input type="checkbox"/> Plastic Travel Mug | \$5 |
| <input type="checkbox"/> Tote Bag | \$10 |

Activities (Please check all that apply):

- | | |
|--|------|
| <input type="checkbox"/> Golf Tournament | \$65 |
| <input type="checkbox"/> Tennis Tournament | \$25 |
| <input type="checkbox"/> Run/Walk (T-shirt Size _____) | \$15 |
| <input type="checkbox"/> Horseshoe Tournament (T-shirt Size _____) | \$10 |

Hotel Information

Accommodations

- \$89.00 per night. All rooms subject to applicable taxes. Up to 4 persons per room.
- Based on availability. The room rate will be honored three days prior and three days after convention dates.
- Advance Deposit — One nights rate, plus tax. Deposit is refundable if reservation is cancelled 48 hours prior to scheduled check-in.
- Check-in after 3 pm, Check-out before 12 noon.
- Reservations must be received by the hotel by 7/3/04. So make reservations early.
- Inform reservation clerk you are attending the **48th Florida State Convention** so you can receive the convention rate.
- Check, money orders or any major credit card may be used.

Phone Reservations: 1-800-444-2326

Mailing Address:
The Adams Mark Hotel

225 Coast Line Drive • Jacksonville, FL 32202

TOTAL \$_____

(No refunds after 7/1/04)

On-line Registration: www.FLSTATECONVENTION.COM