

Mountain OCTOBER 2022 Downs

A Life Beyond Anything I Could Imagine

by Ocean S. - Burnsville, NC

On December 25, 1776, George Washington crossed the Delaware River at what is now Washington's Crossing State Park.

On April 5, 1971, I crossed the Delaware in the middle of the night during the spring thaw in Lumberville, PA, about 5 miles upstream, on a 9-inch gas pipeline on concrete pylons, 12 feet above the tumultuous flow of ice, mud, water and trees passing beneath the pipeline. I walked from Pennsylvania to New Jersey, got off the pipe, wandered around the riverbank, then re-ascended and walked back, a few steps at a time, often turning, swaying, staring down at the turbulence beneath me, then turning and continuing until I reached the Pennsylvania riverbank.

I did all of this in a drunken black-out. The trip began at the Trumbauersville Inn, where I was drinking with some other guys when one of our fellows came in and announced, "The Delaware River ice is breaking up. We can go fishing."

About 10 of us thought that was a great idea. I went home and got my tackle and returned to the bar to drink until the bartender could leave with us at 2:00 AM.

I didn't want to carry a case of beer down that icy riverbank, so I bought a gallon of wine as I could more easily carry it with my tackle. We all put ten dollars in a fishing pool. The one to catch the first fish was to get half of the pool, and the one to catch the biggest one, the other half.

I caught a six-inch catfish. It was the only one caught, so I won the whole pool.

When I awakened after going home to sleep, I was awfully thirsty. I couldn't believe how dry drinking wine made me feel. I returned to the tavern to get well, and one-by-one, my fellows returned and related the previous escapade to me.

I became terrorized with fear of what might occur if I continued drinking. The fear was so paralyzing that I had to drink to overcome the paralysis. I drank for the next three or four days until I had a lucid moment and realized that I was drinking because I was afraid of drinking.

On that morning, the ninth of April 1971, at about 2:15 AM, I returned from the bar with two quarts of Schmidts beer and sat outside my home in Finland, Pennsylvania and drank them both. When I walked inside, my wife was standing there with that disgusted look on her face, tapping her foot, with her arms folded.

I realized that I had had enough. I walked by her, picked up the phone, dialed the operator and asked her to connect me to a recovery program.

828-254-8539

Central Office is still staffed
Monday-Friday - 10am-1pm
but not currently open to visitors.
Call or email if you have
any questions.
info@ncmco.net



Inside This Issue

Page

- 2 Grapevine, Story Solicitation for 5th Edition of Big Book, Call & Visitor Log
- 3 COR/Board Meeting Information, Where to Find Meetings, Cash on Hand, Profit & Loss YTD
- 4 Contributions, Suggestions & Addresses for Donations
- 5 A Life Beyond Anything I Could Imagine (continued), Special Meetings & Events
- 6 The Service Express
- 7 District 70 Accessibilities Committee, Central Office Open Positions
- 8 Anniversaries

She connected me to an answering service in Pensbury, PA, about nine miles from where I lived.

The answering service gave me the numbers of two dead men. I called the first one and he didn't answer, so I called the second. He didn't answer, but his widow did. She told me about AA and assured me that it was a great solution for my problem and gave me the number of Harvey K. I felt both reassured and hope.

On the morning of April 9th, 1971, I called Harvey and we had talked for a good hour when Harvey told me he was going to get his good buddy Bill and come visit me. "Oh, no!" I exclaimed. "Today is Saturday, and I must take my wife shopping."

"Shopping?" said Harvey.

"Tell me. When she is pushing that cart down the aisle, do you slip out and have one?"

"Yes," I replied. Harvey was 74 years old, and I was 32, but I saw that he really understood.

Harvey asked me, "Can you avoid taking a drink today?"

I replied, "Sure, Harvey."

"Will you," he asked.

I told him that I wouldn't drink today, and I didn't.

(continued on page 5)

October Grapevine now available!



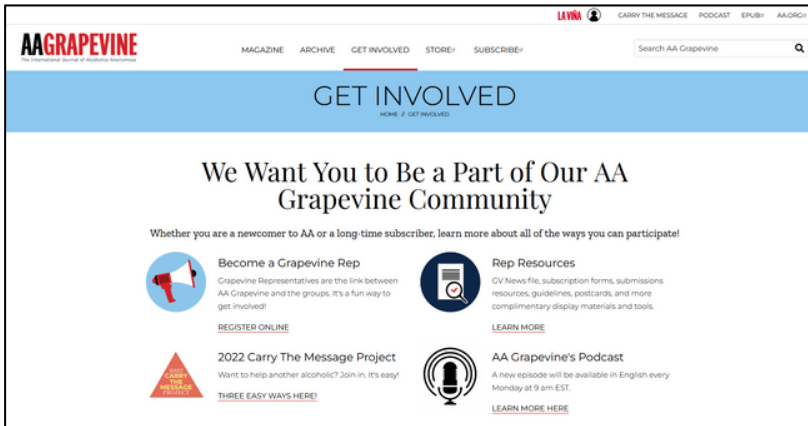
Relapse

This month's featured section is "Relapse" Powerful stories of experience about relapse by AA members who were lucky enough to make it back.

<https://www.aagrapevine.org/>



Grapevine "Get Involved" page



Whether you are a newcomer to AA or a long-time subscriber, learn more about all of the ways you can participate!

Visit the page here:

<https://www.aagrapevine.org/get-involved>



AA Grapevine's Podcast

Their new podcast, the AA Grapevine Half-Hour Variety Hour, can be heard anywhere you listen to podcasts. They release a new episode every Monday. Special features will enhance each episode.



AAGRAPEVINE
Half-Hour Variety Hour

<https://www.aagrapevine.org/podcast>



Story Solicitation for Fifth Edition of the Book *Alcoholics Anonymous — Big Book*

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth Edition of the book *Alcoholics Anonymous*, the A.A. General Service Office trustees' Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees' Literature Committee is searching for recovery stories of A.A. members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities. All stories are of value. It is the Literature Committee's shared hope that any new stories from current membership will help future alcoholics to identify and find recovery in the pages of a Fifth Edition.

Deadline for submissions: October 31, 2022
Online submission: <https://www.aa.org/submit-bigbook-english-5th>



See flyer at the end of the newsletter for more info.

2022 Carry The Message Project



Grapevine and La Viña are Great Twelfth Step Tools!

Get your group, district, area or AA friends to join in.

Carry the Message, it's easy!

To learn more, visit the website:

<https://www.aagrapevine.org/carry-the-message>



Call & Visitor Log August 2022

12 Step Calls – 7
General Info – 3
Family Help – 2
Meeting Info – 37
Central Office Business – 58
Medical/Detox – 0
Visitors – 0
After-hours Volunteers – 43 calls



Visits to aancmco.org website:
Unique Visitors – 2,304
Total Visits – 4,167; Visits/Visitor – 1.81
Total Pages – 32,997; Pages/Visit – 7.92



COR/NCMCO Board Meeting

COR/Board meetings are held every other month on the odd-numbered months. The next combined meeting will be **Thursday, November 10, at 6:00pm.**

It will again be via Zoom -
Meeting ID: 757 855 2319;
Passcode: 000000

All AA members are welcome to attend but only Group CORs may vote so we encourage your group to elect a COR. Your input is important to us!

For updated meeting information and Zoom link, check the website:
<https://aancmco.org/index.php/events/>

Where to Find Meetings

Printable In-person Meeting Guide

Meetings in all 3 Districts

Meetings in District 70

Meetings in District 71

Meetings in District 80

Cash on Hand as of 8/31/2022

Prudent Reserve -
\$16,114.28

Operating Account -
\$19,399.41

Rent Deposit - \$400.00
Petty Cash - \$50.00

Profit & Loss YTD

| | Aug 2022 | Jan-Aug 2022 |
|---------------------------------------|-------------------|--------------------|
| Income | | |
| Contributions | | |
| Birthday Contributions | \$287.00 | \$567.00 |
| Group Contributions | \$1,328.78 | \$21,029.20 |
| Individual Contributions | \$105.03 | \$1,426.97 |
| Total Contributions | \$1,720.81 | \$23,023.17 |
| Interest on Money Market | \$1.37 | \$7.80 |
| Sales Income | | |
| Literature & merchandise | \$2,352.16 | \$14,178.79 |
| Shipping charged to groups | \$85.69 | \$368.59 |
| Total Sales Income | \$2,437.85 | \$14,547.38 |
| Total Income | \$4,160.03 | \$37,578.35 |
| Cost of Goods Sold | | |
| Cost of Goods Sold | | |
| Freight - vendor shipping | \$18.39 | \$227.12 |
| Inventory Adjustments | | \$28.33 |
| Literature & merchandise | \$2,087.40 | \$10,713.50 |
| Shipping to groups | \$91.19 | \$369.22 |
| Total Cost of Goods Sold | \$2,196.98 | \$11,338.17 |
| Inventory Shrinkage | -\$5.94 | \$0.98 |
| Total Cost of Goods Sold | \$2,191.04 | \$11,339.15 |
| GROSS PROFIT | \$1,968.99 | \$26,239.20 |
| Expenses | | |
| Computer Expenses | \$669.35 | \$2,620.27 |
| Copier Expenses | | \$2,107.06 |
| Credit Card Processing | | |
| PayPal Fee | \$17.96 | \$138.09 |
| Total Credit Card Processing | \$17.96 | \$138.09 |
| Office Expenses | \$14.99 | \$119.92 |
| Office Supplies | | \$268.65 |
| Payroll Expenses | | |
| Gross Salary | \$1,340.00 | \$11,370.00 |
| Payroll Taxes (Company) | \$102.52 | \$869.89 |
| Total Payroll Expenses | \$1,442.52 | \$12,239.89 |
| Rent | \$604.00 | \$4,772.00 |
| Stamps/Postage | | \$7.38 |
| Telephone & Internet | | |
| Office Telephone/Internet | \$129.98 | \$1,039.84 |
| Web Expenses | | \$217.29 |
| Total Telephone & Internet | \$129.98 | \$1,257.13 |
| Total Expenses | \$2,878.80 | \$23,530.39 |
| Net Operating Income | -\$909.81 | \$2,708.81 |
| NET INCOME | -\$909.81 | \$2,708.81 |

Contributions

| Group Contributions: | Aug 2022 | YTD |
|---|-------------------|--------------------|
| Acceptance Group 122-477 | | \$844.27 |
| Agnostics, Atheists & Freethinkers AA Group | | \$1,200.00 |
| As Bill Sees It-Brevard 374-290 | | \$50.00 |
| As Bill Sees It Group 169-463 | | \$10.00 |
| At Wit's End Group | | \$257.78 |
| Back to Basics Grp (Weaverville) 147-139 | | \$85.00 |
| Big Town Group 671-200 | | \$435.15 |
| Black Mountain Lakeside Group of A.A. | | \$85.00 |
| Brevard Serenity Group 631-231 | | \$217.50 |
| But for the Grace of God Group 629-162 | | \$38.80 |
| Candler KISS Group 163-148 | | \$125.00 |
| Cashiers Valley Grp 122-589 | | \$655.58 |
| Cedar Mountain Group 161-082 | \$360.00 | \$420.00 |
| Conscious Contact Group - Asheville | | \$550.00 |
| Cullowhee Valley Group 118-129 | | \$46.20 |
| Cumberland Group 122-472 | | \$250.00 |
| Daily Decisions 643-869 | | \$1,436.74 |
| Day by Day Group 159-058 | | \$1,456.39 |
| Early Bird Group 612-780 | | \$456.00 |
| Emotional Sobriety Group 725-136 | | \$150.00 |
| Fellowship Group, Fletcher 655-542 | | \$500.00 |
| Fireside Group 655-046 | | \$462.50 |
| Grace Group of Asheville 161-970 | \$702.47 | \$1,900.42 |
| Happy Hour Group - Hendersonville 169-182 | \$43.51 | \$373.51 |
| Hendersonville Group 110-594 | | \$133.33 |
| Hendersonville Men's Group | | \$50.00 |
| Hendersonville Women's BBSS 723-106 | | \$269.45 |
| Joy of Living - Brevard 669-820 | | \$30.00 |
| Lambda Group 617-035 | | \$80.74 |
| Liars Club | | \$180.00 |
| Live & Let Live - Forest City | | \$50.00 |
| Mars Hill Group 130-895 | \$50.00 | \$150.00 |
| Marshall Group 100-489 | | \$150.00 |
| Men's Attitude Adjustment Group 670-850 | | \$54.00 |
| Mission Group 606-119 | | \$46.00 |
| Monday 6:00 Open Meeting | | \$126.00 |
| Mountain View Group (Highlands) 110-598 | | \$249.19 |
| New Freedom Group 700-124 | | \$100.00 |
| On Awakening Group | | \$900.00 |
| Practicing Principles 667-311 | | \$224.92 |
| Recovery by the River 674-892 | | \$340.78 |
| Roundtable Group 135-605 | | \$150.00 |
| Safe & Sound Group 645-654 | | \$392.91 |
| Saturday Morning Men's Meeting | | \$225.00 |
| Serenity Service Group 110-498 | | \$1,105.00 |
| Sober Sisters - Black Mtn | | \$161.42 |
| Sober Sisters - Flat Rock 725-094 | \$172.80 | \$364.80 |
| Solutions Group 719-512 | | \$548.53 |
| South Asheville Literature | | \$130.50 |
| Speed Bump Group 512-851 | | \$90.00 |
| Surrender Group - Black Mtn 660-428 | | \$50.00 |
| The 164 Group | | \$17.12 |
| The Principles Group 675-162 | | \$100.00 |
| Traditional Group 110-499 | | \$250.00 |
| Waynesville Grace Group 110-692 | | \$1,298.67 |
| We Think Not Group 700-411 | | \$90.00 |
| Women of Courage Group 688-025 | | \$750.00 |
| Yet To Be Named Group | | \$100.00 |
| Young People's Group 645-646 | | \$65.00 |
| Total Group Contributions: | \$1,328.78 | \$21,029.20 |

| Individual Contributions: | Aug 2022 | YTD |
|--|-----------------|-------------------|
| Anonymous | \$15.03 | \$96.43 |
| Annie B. | | \$3.00 |
| Dagmar A. | | \$200.00 |
| Jill L. | | \$50.00 |
| Judy M. | | \$80.00 |
| Katherine H. | | \$140.00 |
| Kay G. | \$15.00 | \$120.00 |
| Margaret N. | | \$50.00 |
| Pam C. | | \$5.32 |
| Roland B. | | \$12.22 |
| Sandra S. | | \$70.00 |
| Shannon K. | \$25.00 | \$200.00 |
| Sheila D. | \$20.00 | \$160.00 |
| Wm "Pat" D. | \$20.00 | \$160.00 |
| In Memory of B.G. | \$10.00 | \$80.00 |
| Total Individual Contributions: | \$105.03 | \$1,426.97 |

| Birthday Contributions: | Aug 2022 | YTD |
|--------------------------------------|-----------------|-----------------|
| Anonymous | \$250.00 | \$250.00 |
| Bob P. | | \$30.00 |
| Dennis | | \$20.00 |
| Monica G. | | \$230.00 |
| Sandra F. | \$37.00 | \$37.00 |
| Total Birthday Contributions: | \$287.00 | \$567.00 |

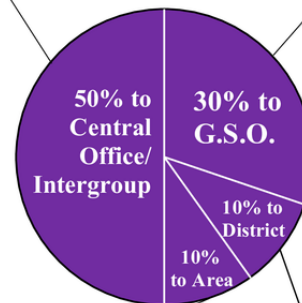
| | | |
|---------------------------------------|-------------------|--------------------|
| Mountain Doin's Subscriptions: | | \$0.00 |
| Total Contributions: | \$1,720.81 | \$23,023.17 |

Suggestions & Addresses for sending Donations to the A.A. Service Structure* Revised for 2021

* From the pamphlet "Self-Support: Where Money & Spirituality Mix." Recommendations for other percentages are also in the pamphlet.

NCMCO
70 Woodfin Place
Suite 206
Asheville, NC 28801

General Service Office
Post Office Box 2407
James A Farley Station
New York, NY 10116-2407



NCGSC – Area 51 Treasurer
PO Box 7337
Kill Devil Hills, NC 27948

District 70 Treasurer
PO Box 8574
Asheville, NC 28814-8574

District 71 Treasurer
PO Box 202
Hendersonville, NC, 28793

District 80 Treasurer
197 Mountain Top Drive
Murphy, NC 28906

A Life Beyond Anything I Could Imagine

(continued from page 1)

When we got home from shopping, Harvey and Bill were there waiting. They came in and we talked for hours. They just told me their stories and I identified.

When they went home to eat, we ate and got dressed to go to our first meeting. I put on a suit and tie, and my wife, a semi-formal dress. They took us to a community center in Allentown, PA. Everyone was dressed casually. It was a meeting with a speaker.

I don't remember anything that was said, but I shall never forget the warm welcome I received. They called me "the kid." I was 32 and the youngest member of the fellowship in a 50-mile radius. I was shown how to set up the tables and chairs, ashtrays, etc., and how to make the two huge urns of coffee, which was my job for the next six months until another newcomer showed up and took my job.

After set-up, I was to stand at the door and welcome each attendee. I took it on my own to ask the newcomers if they were employed or available to go to meetings. I would take their name and address and pick them up on Tuesday and take them to the noontime eating meeting in Rocky Hill, New Jersey, a distance of 90 miles from my home. They had a long buffet table set up with all kinds of lunch meats, salads, cheeses and desserts. A two-dollar donation qualified us to eat as much and as often as we wanted.

It was a discussion meeting. There were few in those days. It started at noon and finished whenever everyone was finished talking, often well after dark. The people I took there often avoided me thereafter.

I was a union carpenter at that time, and fortunately got laid off. I was able to go to lots of meetings while collecting unemployment and doing a few side jobs under the table. I loved AA and put 100,000 miles on my car the first year of my recovery driving to meetings.

There weren't a lot of meetings back then, usually one in every city, some towns and a few villages. We had to drive sometimes great distances to go to meetings. How fortunate we are today. I still attend many meetings and I'm heavily involved in 12-step work.


I hold a service position in my home group. It has given me a life beyond anything that I could imagine. I've been sober since April 9, 1971, and I'm welcome everywhere I wasn't before. Family and friends now ask me to come and stay a while.

Thank God for my recovery.

My name is Ocean S. I am an alcoholic.

Special Meetings and Events





NOTE: For updates please check the specific event websites or <https://aancmco.org/index.php/events/> 



Ongoing... Bowling Fridays @ Sky Lanes. Hang out with fellow AAs, bowl a game or two, and have some fun! Every Friday at 1:30pm. Sky Lanes, 1477 Patton Ave, Asheville 28806. See flyer for more information.

Districts 71 & 70 Unity Breakfast (with a side of A.A. history) Rescheduled for **Saturday, November 5.** 8:30am Coffee; 9:00am Breakfast; 10:00am Speaker – Keith, Area 51 Archivist. Bring a pastry or a dish to share. Hope United Methodist Church, 2443 Spartanburg Hwy, East Flat Rock, NC 28726

Area 51 Fall Committee and Election Assembly Meeting. November 19-20. The Hilton Raleigh North Hills, 3415 Wake Forest Rd, Raleigh, NC 27609. Deadline for Reservations: Thursday, October 25. If you have any trouble with room rate or availability, please contact the Area Chair: chair@aanorthcarolina.org

59th International Women's Conference. February 16-19, 2023. Dallas/Addison, TX. Four days of closed A.A. meetings, fun and fellowship! To register, visit their website: <https://internationalwomensconference.org/> 

NC Area 51 Conferences & Events: <https://aanorthcarolina.org> 

GSO in New York: For events around the country and the world, as well as great articles and information, go to: <https://www.aa.org/> and Box 459: https://www.aa.org/sites/default/files/newsletters/F-36_Box_4-5-9_Summer_2022_0.pdf  



The Service Express

District 70

GSR Business Meeting – held the 2nd Sunday of the month. The next meeting will be Sunday, **October 9, 2:30-3:30pm**, via Zoom – Meeting ID: 933 8500 3069; Passcode: 672458. For updates go to: <https://ashevilleaa.org/calendar/>



District Service Committees. If you are interested in volunteering for a committee or have questions, please attend the next GSR Business Meeting. There are even more service opportunities than those listed here! (**NOTE:** They are working on updating the website contact list. There are a few Committee Chair email addresses listed here that are valid as far as we know. The best way to get more information about volunteering is to attend the GSR Business Meeting listed above.)

Accessibilities Committee – Chairperson is Scott S. If you are interested in being a part of this committee, or have any questions on what the Accessibilities Committee does, contact Scott at access@ashevilleaa.org. (See page 7 for more information.)

Archives Committee needs you! Chairperson is Stacy R. The Archives Committee wants AA members to help compile a complete list of group histories, record interviews with old-timers, and collect classic AA literature. It's fun AND it's service work!

CPC/PI Committee – These are two separate service committees – “Cooperation with the Professional Community” and “Public Information” – chaired by George M. You can contact him at cpc-pi@ashevilleaa.org. The CPC Committee visits schools, businesses, and community meetings to speak about AA. Volunteers for area events are needed for health clinics and DUI classes to name a few. The PI Committee provides accurate A.A. information to the public and media when requested.

Corrections Committee – There are lots of ways to be of service. For more information on how to get involved, contact Tammy Z., the Women's Corrections Chair, at corrections_women@ashevilleaa.org. Andrew is the new Men's Corrections Chair. Please attend the next GSR Meeting to connect with him.

Below are the current opportunities/needs:

- Buncombe County Jail in Asheville. Volunteers needed, men and women. There is a 30-minute application and training process to become a volunteer. They are still working to get volunteers, get them trained, and get the meetings set up.
- Yancey County Jail in Burnsville. There is a monthly Men's meeting on the third Thursday of each month and a monthly Women's meeting on the fourth Tuesday of each month, both at 7 pm. We could always use more volunteers. Contact Tammy Z if interested.
- Western Correctional Center for Women in Swannanoa - women's facility. They are working to get a Blue Card training scheduled and start up an evening meeting on Tuesday or Wednesday nights.

Literature and Grapevine Committee – They have a new chairperson for this committee – Maria E. She is seeking committee members! The focus of the committee is to ensure that A.A. literature and Grapevines are available to all groups, service meetings, and other A.A. events. Through displays, supplies of A.A. catalogs and order forms, and A.A. workshops, these volunteers help A.A. members and other committees to carry the A.A. message through our literature. If you are interested in volunteering, please attend the next GSR Meeting.

Treatment Facilities Committee – Joe L. is Committee Chair. He can be reached at treatment@ashevilleaa.org. It's all about bringing the message of recovery to alcoholics in treatment facilities and to set up means of “bridging the gap” from the facility to an A.A. group. For more information, please attend the next GSR Meeting.

“Bridging the Gap” (with treatment facilities) – This is a Temporary Contact Program, which is designed to help the alcoholic in the facility make that transition from “inside” the program to life on the “outside”. If you are interested in volunteering, please attend the next GSR Meeting to connect with Matt M., the Bridging the Gap Chair. For more information on Bridging the Gap, visit the website: www.btgww.org



District 71

GSR Meeting – held on the 2nd Saturday of the month. District 71 will meet in person quarterly with the other two meetings monthly via Zoom. The next meeting will be Saturday, **October 8, 9:30am**, via Zoom – Meeting ID: 839 998 9177; Passcode 71. Check their website for meeting updates: <https://www.nc71.org/>



Transylvania County Jail and the Henderson County Detention Center are beginning to allow volunteers back in. Scheduling is in the works. There are also several committee positions that need filling. If you are interested in volunteering, please come to the next GSR Meeting. For more information, contact Liz, the DCM, through the website: <https://www.nc71.org/contact>



District 80

GSR Meeting – held quarterly. The next meeting will be Sunday, **October 16, 1:00-4:00pm**. This will be a hybrid meeting with Zoom capability as well as a physical meeting place. Zoom Meeting ID: 820 4421 9650; Passcode: District80. The physical location will be Meridian Behavioral Health, 44 Bonnie Ln, Sylva, NC 28779. Park behind the building in the staff parking area and enter on the left side (facing rear of building). All interested A.A. members are welcome to attend. For more information go to their website: <http://aawnc80.com/events>



Appalachian Community Services Center located at 91 Timberlane Rd, Balsam, has A.A. meetings every Monday and Wednesday at 6:00pm and every other Saturday at 5:30pm, with one volunteer allowed in per meeting. If you would like more information about volunteering, please contact Carl by calling or emailing Central Office: 828-254-8539; info@ncmco.net



Murphy Intergroup Meeting – held quarterly. The next meeting will be Thursday, **October 13, 5:00pm**, and will be held virtually. The GoToMeeting ID is 543513261. Office business will be discussed. All groups are encouraged to send a representative. The Murphy Central Office is in need of volunteers in all areas!

After-hours Phone Volunteers Needed

Central Office is looking for volunteers to answer the phone from 1:30pm in the afternoon until 9:30am the next morning. Most nights don't see more than a call or two, rarely after 10 or 11pm. Most callers are interested in meeting information – so volunteers should have the internet at hand to access the meeting guide. One year of sobriety is required.



Information can be found at: <https://aancmco.org/index.php/about-ncmco/service/> (scroll down to “After-hours Phone Volunteer”) or call Central Office at (828) 254-8539.

District 70 Accessibilities Committee

We would like to introduce the Accessibilities Committee for District 70. Our job is to partner with groups and individual members to find solutions when access to AA – meetings, literature, or any other aspect of full membership in our fellowship – is a challenge. These challenges may include issues of transportation, technology, vision, literacy, parenthood & caregiving, hearing, remote members & communities, physical and movement disability, chronic illness, service animals, learning disabilities, and other intellectual, emotional, sensory, developmental or social disabilities, and more. More will surely reveal themselves. Simply put, we are here to help our local fellowship attain the broadest possible realization of the AA Responsibility Statement – **“I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”**

Accessibility challenges are often built into our fellowship due to our own lack of awareness of how we – through meeting location, seating arrangement, print size, implementation of anonymity, etc. – unexpectedly filter out individual alcoholics. There may be a ramp to your meeting’s doorway, but is there a step up to the restroom? Is the meeting room very noisy or reverberant, making it difficult for those with hearing issues to comprehend? Does your group allow service animals, but prohibit non-alcoholic sign-language interpreters from your closed meeting?

It’s difficult for anyone to know what they haven’t experienced. We are not interested in recriminations or enforcement. We are not asking for anyone’s pity. We are hoping to find willingness. What we seek, in ourselves and in our fellowship, is a willingness to learn and to work together for solutions. There is no standard person with standard accessibility needs. We cannot see everyone coming, nor anticipate every need, but we can be willing to learn and act on that learning.

This is our approach. Accessibility isn’t about a particular disability, limitation, person or personality. Accessibility is about putting our principles before personalities. In our 12th Step, “we tried to carry this message to alcoholics.” In our 3rd Tradition “the only requirement for A.A. membership is a desire to stop drinking.” The Responsibility Statement is quoted above. These principles tell us that our sobriety depends on making this program, this fellowship, as available as possible to every alcoholic who wants it. Our principles make accessibility our responsibility. We can’t make AA easy for anyone, but we can help keep it simple. We can make AA more accessible.

So, if you see your group, your meeting or yourself in any of the above; if you have an “aha” moment and see a limitation where you hadn’t seen one before; or if you’re having trouble accessing Alcoholics Anonymous for whatever reason, please contact our committee. While we certainly won’t have all the answers, we do have access to information. We’ll help with the details. We will be working with professionals and other communities locally.

District 70 will have an Accessibilities Workshop on Sunday, November 13, 1-2pm, via Zoom. We’ll be coming soon to your groups to invite you all in person as we get closer to the date. Meanwhile, please contact us by email at access@ashevilleaa.org or by phone at AA’s Asheville Central Office, 828-254-8539. Add accessibilities to your next group inventories (ask us how). Consider adding an Accessibilities Coordinator to your group’s service positions. Join the District Accessibilities Committee. As a fellowship, we can work out solutions together.

- Scott S., Accessibilities Committee Chair

Central Office Board Positions Open

Central Office is looking to fill the following three Board positions: Chair, Alternate Chair, and Treasurer. Below are the responsibilities and requirements for each position.

If you are interested, please attend the next COR/Board meeting, November 10 at 6:00pm, via Zoom:
Meeting ID: 757 855 2319; Passcode: 000000



Contact Central Office with any questions about these service positions: (828) 254-8539; info@ncmco.net

Chairperson (Complete the 2-year term that began January 2022)

1. Shall preside at Central Office Board and COR General Committee meetings.
2. Shall see that all decisions of the Committees are acted upon.
3. Pursuant to specific authority given on occasion by the Committees, may sign and deliver contracts and other documents in the name of North Carolina Mountain Central Office Inc.
4. With the recommendation and approval of the Central Office Board, shall call for eligible people to stand for positions and appoint chairpersons of standing and special subcommittees.
5. May vote, bring motions, initiate and engage in discussion and debate at board meetings in accordance with Robert’s Rules of Order for Small Groups (see “How Meetings Operate” at end of the bylaws).
6. Shall perform all duties incident to the office of Chairperson and other duties that may occasionally be assigned by the Committees.
7. Shall have five years’ continuous sobriety at the time of taking office.

Alternate Chairperson (2-year term beginning January 2023)

1. Shall perform the duties of the Chairperson when requested by the Chairperson or in the case of their absence or inability to act, and shall preferably be interested in rotating to the Chairperson position if it becomes vacant.
2. Shall perform other duties as occasionally assigned.
3. Shall have at least five years’ continuous sobriety at the time of taking office.
4. Shall attend Central Office Board and General Committee meetings.

Treasurer (2-year term beginning January 2023)

1. Having charge and custody of all funds of Central Office.
2. Accuracy of all financial records of Central Office.
3. Receipts and disbursements as approved by the Central Office’s various committees.
4. Arranges for preparation and filing of all required tax returns.
5. Prepares an annual financial report.
6. Prepares monthly financial report and presents it to the Central Office Board and COR General Committee.
7. Attends Central Office Board and General Committee meetings.
8. Shall have at least five years’ continuous sobriety at the time of taking office.



Happy Anniversary!

Acceptance Group

| | | |
|-----------|------------|--------|
| Brian T. | 10-06-2021 | 1 yr |
| Sahra L. | 10-07-2005 | 17 yrs |
| Vigilance | 10-15-2016 | 6 yrs |
| Dan G. | 10-23-1983 | 39 yrs |
| Jill S. | 10-23-2018 | 4 yrs |

Back to Basics Group - Weaverville

| | | |
|----------|------------|--------|
| Chase B. | 10-23-2013 | 9 yrs |
| Karl S. | 10-28-2011 | 11 yrs |
| John S. | 10-28-2013 | 9 yrs |
| Bob H. | 10-30-1988 | 34 yrs |
| Glen S. | 10-31-2009 | 13 yrs |

Brevard Serenity Group

| | | |
|------------|------------|--------|
| Michael S. | 10-16-1991 | 31 yrs |
|------------|------------|--------|

Candler K.I.S.S. Group

| | | |
|----------|------------|--------|
| Sally G. | 10-20-2010 | 12 yrs |
|----------|------------|--------|

Conscious Contact Group

| | | |
|----------|------------|--------|
| Mike F. | 10-08-2008 | 14 yrs |
| David W. | 10-16-1992 | 30 yrs |

Cumberland Group

| | | |
|-------------|------------|-------|
| Scott A. | 10-06-2014 | 8 yrs |
| Jonathan F. | 10-26-2016 | 6 yrs |

Daily Decisions Group

| | | |
|---------|------------|--------|
| Mark H. | 10-09-2012 | 10 yrs |
| Rayn | 10-30-2020 | 2 yrs |

Fellowship Group

| | | |
|------------|------------|--------|
| Eric W. | 10-01-2021 | 1 yr |
| Terra H. | 10-01-2021 | 1 yr |
| Mike K. | 10-05-1977 | 45 yrs |
| Susan M. | 10-10-2001 | 21 yrs |
| Marc C. | 10-12-2008 | 14 yrs |
| Mike K. | 10-13-2001 | 21 yrs |
| Lisa H. | 10-14-2021 | 1 yr |
| Leroy F. | 10-18-2021 | 1 yr |
| Lindsey H. | 10-25-2021 | 1 yr |

Grace Group

| | | |
|--------------|------------|--------|
| Mark M. | 10-01-2019 | 3 yrs |
| Sarah H. | 10-01-2020 | 2 yrs |
| Doug H. | 10-03-2014 | 8 yrs |
| Elena L. | 10-04-2019 | 3 yrs |
| Kat C. | 10-04-2020 | 2 yrs |
| Esaias J. | 10-09-1992 | 30 yrs |
| Catherine H. | 10-09-2014 | 8 yrs |
| Kate H. | 10-11-2016 | 6 yrs |
| Allison G. | 10-13-2020 | 2 yrs |
| Kathleen C. | 10-13-2021 | 1 yr |
| Nanette R. | 10-14-2010 | 12 yrs |
| Devon M. | 10-17-2016 | 6 yrs |
| Patrick A. | 10-18-2005 | 17 yrs |
| Tyler H. | 10-23-2017 | 5 yrs |
| Ronnie J. | 10-31-1985 | 37 yrs |

Happy Hour Group

| | | |
|----------|------------|--------|
| Frank R. | 10-19-1979 | 43 yrs |
| Hugh A. | 10-27-2012 | 10 yrs |

Hendersonville Group

| | | |
|-------------|------------|--------|
| Brandon W. | 10-02-2015 | 7 yrs |
| Ellie C. | 10-17-2006 | 16 yrs |
| Mike H. | 10-19-2009 | 13 yrs |
| Kathleen K. | 10-31-2010 | 12 yrs |

Lambda Group

| | | |
|--------------|------------|-------|
| Robert C. | 10-02-2016 | 6 yrs |
| Maryann J. | 10-17-2014 | 8 yrs |
| Elizabeth S. | 10-21-2016 | 6 yrs |
| Chase B. | 10-23-2013 | 9 yrs |
| Rob A. | 10-30-2018 | 4 yrs |

Mars Hill Group

| | | |
|---------|------------|--------|
| Karl S. | 10-28-2012 | 10 yrs |
|---------|------------|--------|

Marshall Group

| | | |
|---------|------------|-------|
| Neva S. | 10-19-2017 | 5 yrs |
|---------|------------|-------|

Motley Crew/Columbus

| | | |
|---------|------------|--------|
| Don L. | 10-11-1998 | 24 yrs |
| Adie M. | 10-18-1986 | 36 yrs |
| Jim M. | 10-21-1996 | 26 yrs |

Out to Lunch Bunch

| | | |
|-------------|------------|--------|
| Roger M. | 10-16-1984 | 38 yrs |
| Virginia H. | 10-28-1986 | 36 yrs |



Phoenix Group

| | | |
|-------|------------|--------|
| Frank | 10-06-2005 | 17 yrs |
|-------|------------|--------|

Serenity Now Group

| | | |
|---------|------------|--------|
| Rose W. | 10-16-1995 | 27 yrs |
|---------|------------|--------|

Serenity Seekers - Marion

| | | |
|----------|------------|-------|
| Terry M. | 10-19-2016 | 6 yrs |
|----------|------------|-------|

Total Surrender Group

| | | |
|---------|------------|-------|
| Kari W. | 10-25-2015 | 7 yrs |
|---------|------------|-------|

Waynesville Grace Group

| | | |
|-----------|------------|--------|
| Heather W | 10-03-2017 | 5 yrs |
| Gordon P. | 10-14-1992 | 30 yrs |
| CJ D. | 10-15-1978 | 44 yrs |
| Tommy Mc. | 10-15-1982 | 40 yrs |
| Cara G. | 10-19-1998 | 24 yrs |
| Craig B. | 10-24-2007 | 15 yrs |
| Jimmy R. | 10-31-1982 | 40 yrs |

West Asheville Group

| | | |
|---------|------------|--------|
| Bobby | 10-13-1971 | 51 yrs |
| Ryan S. | 10-24-2016 | 6 yrs |

Women's Big Book Step Study Group

| | | |
|----------|------------|--------|
| Linda K. | 10-08-1988 | 34 yrs |
|----------|------------|--------|

Young People's Group

| | | |
|--------------|------------|--------|
| Daniel N. | 10-05-2020 | 2 yrs |
| Leigh H. | 10-07-2019 | 3 yrs |
| Katherine J. | 10-12-2017 | 5 yrs |
| Jack A. | 10-16-2008 | 14 yrs |
| Reid O. | 10-20-2013 | 9 yrs |



The Birthday Plan

For many years, A.A. members have celebrated their sobriety by sending a contribution to the General Service Office. Your birthday (or anniversary) money helps to support G.S.O.'s services to members and groups throughout Canada and the U.S., to ensure that the A.A. message is carried around the world. The services that G.S.O. provides the A.A. groups cost more than \$6 per member per year. Members customarily contribute \$1, \$2 or even \$5 a year for each year of sobriety—others may give a penny or a nickel a day for each day of their sobriety. You may request these Birthday Contribution Envelopes (FR-5) from G.S.O., for yourself or for your group, at no charge.

(Reprinted from Box 4-5-9 Vol. 62, No.1 / Spring 2016)

Birthday Contribution Envelopes from G.S.O. are available for free at Central Office.

We also have envelopes for sending Birthday Contributions to the Central Office!

Stop by the Office to pick up envelopes for yourself or your group members. Or call us (828-254-8539) and we will mail envelopes to you. We thank all the A.A. members and groups who donate so generously!



Need to update your Group's anniversary list? Call Central Office - 828-254-8539 or send a new list to: info@ncmco.net

The November newsletter deadline for sending in anniversaries and announcements is October 15.

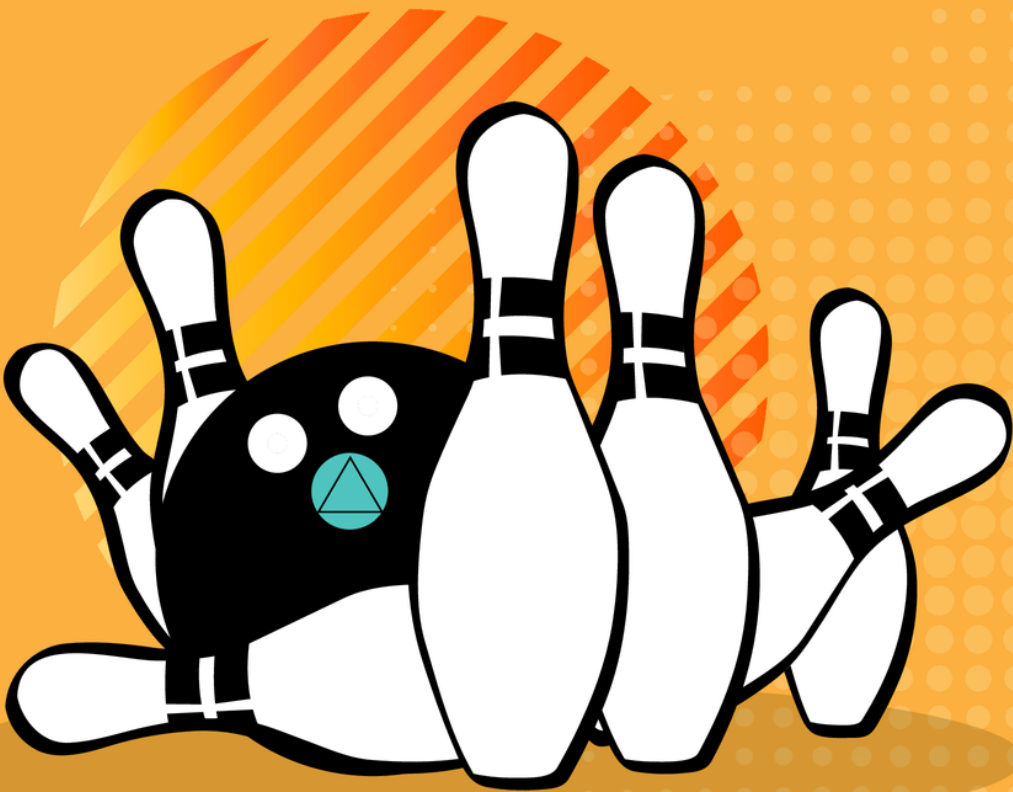
(They have great food too!)

Bowling



FRIDAYS @ SKY LANES

Hang out with fellow AAs, bowl a game or two, and have some fun! Ask for Joyce or Jeanette at the counter.



WHERE?

Sky Lanes
1477 Patton Ave
Asheville

WHAT TIME?

Every Friday
at 1:30PM

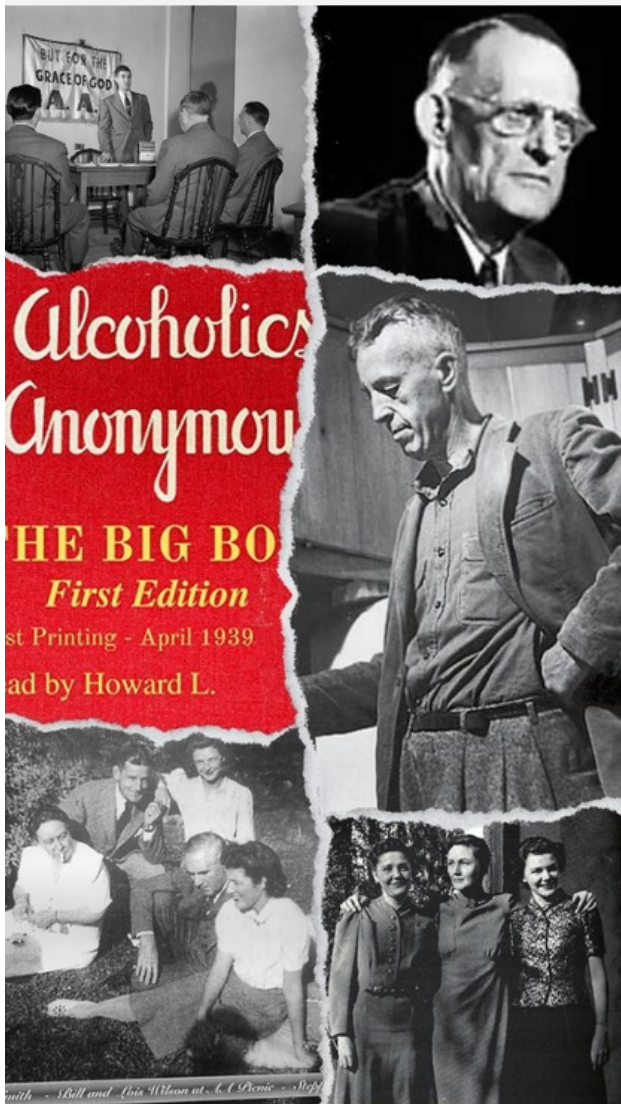
HOW MUCH?

\$5 per game
\$3 shoe rental

DISTRICTS 71 & 70 UNITY

Breakfast

with a side of A.A. history



**Saturday,
NOVEMBER 5, 2022**

8:30 AM - Coffee

9:00 AM - Breakfast

10:00 AM - Speaker

Keith - Area 51 Archivist

- Early A.A. in WNC
- Women & African Americans in Local A.A. History
- Area 51 Archives Display

bring a pastry or a dish to share, if you like



**Hope United Methodist Church
2443 Spartanburg Hwy, East Flat Rock**

40 minutes from downtown Asheville | 11 minutes from downtown Hendersonville

Area 51 Fall Committee & Election Assembly Meeting November 19-20, 2022

THE HILTON RALEIGH NORTH HILLS
3415 Wake Forest Road, Raleigh, NC 27609

ADVANCE HOTEL INFORMATION

Deadline for Reservations: Thursday, October 25, 2022

Group Code: A51

Group Name: Area 51 General Service

Room Rates: \$132.00 Single/Double, \$132.00 Triple, \$132.00 Quad

Phone: 919-872-2323 or 800-445-8667 [1-800-HILTONS]

Internet: Link for direct reservations: <https://tinyurl.com/2p8mmavs>



Internet: Link for hotel information: www.northraleigh.hilton.com



For Best Results:

- Reserve as soon as possible and definitely before the deadline. Please note, once the rooms in our block sell out, it's unlikely there will be other rooms left in the hotel.
- Using the direct reservation link will ensure the contracted rate and apply to the room block.
- **PLEASE MAKE YOUR RESERVATIONS EARLY!**
- If you reserve by phone, be sure to specify the group code "A51" and the group name "Area 51 General Service"
- If possible, call the Hilton Raleigh North Hills directly at 919-872-2323 during business hours Monday through Friday. This gives you the best chance to speak with a reservations clerk at the hotel. At other times - when the hotel clerks are busy -- calls to this number may be transferred to a regional reservations center.
- Always be sure to get a confirmation number.
- If you have ANY trouble with room rate or availability, please contact the Area Chair at chair@aanorthcarolina.org

Thank you for your service and support of Area 51. See you at the Fall Election 2022 Committee and Assembly!

Why Staying at Our Host Hotel is Important

A Message from the Area 51 Chair

Fall 2022

The hotels that host Area 51 events typically charge for meeting space based on how many guest rooms our attendees occupy. For every Assembly, Committee Meeting and Convention, Area 51 has a contract that specifies the number of guest rooms the hotel will “block” for our use. If we fill at least 85% of our room block, our meeting space is *free*. Otherwise, we are charged on a sliding scale according to how far short of the 85% mark we fall.

Free meeting space is what Area 51 budgets and what we usually achieve. However, more than once we have come up short and paid a steep price. The chart below shows the meeting space charges we could incur for this event if we fail to meet our room block. ¹

| Event | Room Block ² | Sliding Scale of Meeting Space Charges Based on % of Room Block Filled | | | | |
|--------------------|-------------------------|---|--------|--------|--------|---------|
| | | 85-100% [❖] | 75-84% | 65-74% | 55-64% | < 55% |
| Assembly (Raleigh) | 287 | \$0 | \$4500 | \$5800 | \$7500 | \$10500 |

¹ To date, we have never filled less than 75% of our block.

² Expressed as “room nights”. A room night is one night’s stay in one room. For example, 31 rooms booked for 2 nights each would yield 62 room nights.

Area 51 makes every effort to negotiate the most favorable room rates possible. But budget hotels don’t have the kind of meeting space we require, and as the chart above shows, meeting space in higher-end hotels is expensive. The willingness of individuals to attend Area events and to book their rooms at our host hotel is essential in making Area events affordable at all.

So please attend the Area events you can, and stay at the host hotel using the group code and name whenever possible. Though rooms there may be more expensive than at nearby budget hotels, please consider the additional cost as a contribution to Area 51—a small sacrifice for our “common welfare,” which really must come first if we are to continue meeting and working together to fulfill our Primary Purpose as an Area.

“I am responsible...When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible.”

Thank you for your service in Area 51!

Please direct all
communications to:

P.O. Box 459
Grand Central Station
New York, NY 10163
Fax: (212) 870-3003

STORY SOLICITATION

Fifth Edition of the Book *Alcoholics Anonymous* —Big Book

Deadline for submissions: October 31, 2022

Online submission: aa.org/submit-bigbook-english-5th



The Preface to the Second Edition of the Big Book explains that revisions to the personal history section of the book were made in order “to represent the current membership of Alcoholics Anonymous more accurately, and thereby to reach more Alcoholics.”

In that spirit, the 2021 General Service Conference recommended that “a Fifth Edition of the Big Book, *Alcoholics Anonymous*, be developed, including an update of stories to better reflect the current membership, keeping in mind the 1995 Advisory Action:

“The first 164 pages of the Big Book, Alcoholics Anonymous, the Preface, the Forewords, ‘The Doctor’s Opinion’, ‘Dr. Bob’s Nightmare’, and the Appendices remain as is.”

In response to the 2021 General Service Conference Advisory Action requesting the development of a Fifth edition of the book *Alcoholics Anonymous*, the trustees’ Literature Committee is seeking a wide range of A.A. recovery experience of members in the Fellowship.

The trustees’ Literature Committee is searching for recovery stories of our members for possible inclusion in the Fifth Edition which are from a broad cross-section of our local communities, all stories are of value. As Bill writes on page 29 of the book *Alcoholics Anonymous*: “Our hope is that many alcoholic men and women, desperately in need, will see these pages, and we believe that it is only by fully disclosing ourselves and our problems that they will be persuaded to say, ‘Yes, I am one of them too; I must have this thing.’”

It is the Literature Committee’s shared hope that any new stories from our current membership will help future alcoholics to identify and find recovery in the pages of a Fifth edition.

The suggested format for typed manuscripts is 3500 words, double spaced, in 12-point font. Handwritten manuscripts should be approximately 5 to 6 pages. Please include your complete name, address, and email/phone information on the first page of the submission. A copy of your manuscript should be retained for your files.

The anonymity of all authors will be observed whether their story is selected for publication or not. Stories will be accepted in English, French or Spanish. If you have any questions, please write to 5BBStory@aa.org

Instructions for submitting your manuscript:

Deadline: Please submit on or before October 31, 2022.

Online: aa.org/submit-bigbook-english-5th 

Email: 5BBStory@aa.org

Subject Line: Fifth Edition of the Book *Alcoholics Anonymous*

Postal Mail: Attn. Literature Assignment, General Service Office, Box 459, Grand Central Station, New York, NY 10163

On the envelope: The word "5th Edition BB" should be written on the envelope and at the top of the first page of the manuscript.

Thank you to all who are participating in this process!

IWC MISSION STATEMENT

The International Women's Conference is the bridge to a better understanding of the Alcoholics Anonymous philosophy and way of life because of our special needs in sobriety as women. We as women members of Alcoholics Anonymous are survivors. We have found a way to obtain meaning, depth, and responsibility in our lives. This came about out of desire, decision, determination, and spiritual guidance. An elevated sense of belonging that is brought about by the special services and a special need provided by our Women's Conference is our goal.

SELF-SUPPORTING

This conference is self-supporting through the money paid by registration fees, banquet tickets, and contributions. No AA funds are used to pay for this event. Conferences are special events and require money, as well as months of planning and preparation. Expenses include contracted costs for the use of meeting rooms, preparation of food and beverages, printing for registration forms, flyers, program schedules, postage, supplies and many other costs. The registration fee and banquet fees are kept as low as possible to meet our financial goal of breaking even. Our contractual commitments to the hotel require a guaranteed number of hotel rooms and banquet sales. Thank you for your support and your help in achieving our financial commitments.

IMPORTANT INFORMATION

- IWC is a CLOSED conference for women in AA, registrants only.
- Pre-registration ends Dec. 31, 2022, or when full
- Late registration begins Jan. 1, 2023
- No refunds after Dec. 31, 2022
- **Onsite registration by cash, Zelle, and credit cards only; no checks**
- Maximum banquet occupancy is 1,500
- Screening room for up to 700 is provided for overflow
- No Pets – Only service dogs allowed at conference
- **Badges must be worn at all times**
- Childcare is NOT provided
- The 59th International Women's Conference is not responsible for loss of personal items or any personal injury

59th IWC Dallas
PO Box 293013
Lewisville, TX 75029-3013



THE 59TH
INTERNATIONAL WOMEN'S
CONFERENCE
February 16 – 19, 2023



The Language of the **Heart**
Will Be Spoken Here

Being held at
The Renaissance Dallas Addison
15201 Dallas Pkwy, Addison, TX 75001
(972-386-6000)

REGISTRATION FORM

Register on-line by JAN 18, 2023 at:

<https://internationalwomensconference.org/>

Name: _____

Name on Badge: _____

Address: _____

City: _____ State _____ Zip _____

Phone: _____ Sobriety Date: _____

Email: _____

WOULD YOU LIKE TO BE OF SERVICE? YES: _____

DO YOU HAVE A SPECIAL NEED THAT MAY IMPACT YOUR ENJOYMENT OF THE CONFERENCE? YES: _____

Contact: SpecialNeeds59iwcDallas@gmail.com

*TOURS AND EXCURSIONS

TOUR 1: A private tour of NorthPark Center / Dallas's Top Shopping Destination. Filled with museum-quality artworks and extraordinary landscaping. NorthPark is home to 200 retailers, including luxury boutiques, trend-setting brands, restaurants, and movie theatres., NorthPark is a shopping experience unlike any other. **Thursday 10am-2pm**

NorthPark Center Private Tour: 4 hours long

TOUR 2: This 125-acre venue is one of the most popular stops in Fort Worth and is home to the world's only LONG HORN CATTLE DRIVE. Visit the Stockyard Museum, Texas Cowboys Hall of Fame, and the newly renovated Mule Alley, plus lots of fun places for shopping and eating. **Saturday 10am-3pm (Cattle Drive 11:30am)**

Fort Worth Stockyard Tour: 5 hours long

*Tours/Excursions are subject to a minimum number of 30 participants and participants will be required to sign a liability waiver.

59th IWC DALLAS VIRTUAL INFORMATION ON WEBSITE
<https://internationalwomensconference.org/>

REGISTRATION

| | |
|---------------------------------------|---------|
| Pre-Registration (Ends 12/31/2022) | \$50.00 |
| Late Registration (Begins 01/01/2023) | \$60.00 |
| Virtual Conference | \$10.00 |

ALL Meals Include **Vegan Options

| | |
|-----------------------|---------|
| Friday Night Dinner | \$70.00 |
| Saturday Night Dinner | \$80.00 |
| Sunday Morning Buffet | \$55.00 |

**Indicate Vegan

SOUVENIRS

Check Out & Purchase on our Website:

| | |
|--|---------|
| Circle Size and Indicate Option | |
| Short Sleeved T-Shirt S M L XL | \$20.00 |
| Short Sleeved T-Shirt 2X 3X 4X | \$23.00 |
| Long Sleeved T-Shirt S M L XL | \$22.00 |
| Long Sleeved T-Shirt 2X 3X 4X | \$25.00 |
| Coffee Mug | \$12.00 |
| Phone Wallet | \$15.00 |

TOURS

| | |
|---------------------------------------|---------|
| Tour 1: NorthPark Center Private Tour | \$35.00 |
| Tour 2: Fort Worth Stockyard | \$40.00 |

CONTRIBUTIONS

Contribution to a Scholarship \$ _____

TOTAL ENCLOSED \$ _____

CHECKS PAYABLE TO: **59th IWC Dallas**

There will be a \$25.00 charge for insufficient funds
Credit Card Fee 3.49% plus 10 cents

Mail Registration Forms and Payment To:

59th IWC Dallas
PO Box 293013
Lewisville, TX 75029-3013

LODGING

Renaissance Dallas Addison
15201 Dallas Parkway, Addison, TX 75001-4609
(972-386-6000)

IWC Reservation special rate - \$182+taxes
Begins March 1, 2022
Ends Jan 18, 2023

*Room Rate (single & up to 4 persons)
**Hotel will charge a one-night, non-refundable deposit
***Mention 59th IWC Dallas for the hotel room rate
All reservations require a valid credit card to hold your room reservation
Check In: 3:00pm Check Out: 11:00am

AIRPORTS

DALLAS HAS 2 CONVENIENT AIRPORTS
(DFW) Dallas/Ft. Worth International
19 miles to Renaissance Hotel in Addison, TX
(DAL) Dallas Love Field
11 miles to Renaissance Hotel in Addison, TX

GROUND TRANSPORTATION

Several transportation options are available from DFW or DAL to the Renaissance Hotel in Addison. For your convenience, below are their websites.
<https://www.lyft.com/rider>
<https://www.uber.com/>
<https://www.dart.org/>
<https://goairportshuttle.com/>

IWC CONTACTS

Dallas Chair: Terri O.
Chair59iwcDallas@gmail.com

Dallas Registration Chair:
Registrar59thiwcDallas@gmail.com

Dallas Treasurer: Rhonda M.
Treasurer59iwcDallas@gmail.com