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Families in Recovery



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Contacts

Board Of Directors

President

Jerry S. 360-794-4367
<mailto:jerry.stackpole@gmail.com>)

V.P.

John L. 206-909-4334
<mailto:lightrays12@yahoo.com>

Secretary

Jo B. 425-879-0412
<mailto:jadewella@hotmail.com>

Treasurer

Greg S. 360-568-3207
<mailto:jgstarup@tgi.net>

Director

Diane E. 360-397-9010
<mailto:peterdianne@clearwire.net>

Dear Greg,

This is the second month that the FIR Newsletter is available through email. We have also built a very basic website at <http://www.FIR-Monroe.org>. As costs rise, we are trying to find ways of serving more people in recovery, at a lower cost. We will still mail copies if you cannot, or prefer not to receive the newsletter via email.

[Register for the email newsletter!](#)(Click on this link)

If you are reading a print version, go to the webpage at <http://www.FIR-Monroe.org>, and enter your email address in the newsletter registration box. Forward a link to the webpage to others that you think might be interested. If you have ideas for either the newsletter or webpage, please send us a line!!! The email address is familiesinrecovery@verizon.net.

If You Are New

Welcome to our family! Things may seem strange for a while, you may feel uncomfortable, but things WILL get better so long as you don't pick up. It takes time to learn a new way of living and you are responsible for doing the footwork.



Potluck

NEXT POTLUCK, FRIDAY, FEBRUARY 13



Valentine's Day Cakewalk!!!

A big sweet hit with young and old! Bring a cake or cupcakes, and walk to sweet victory!

Director
 Wade B. 425-879-0412
<mailto:jadewella@hotmail.com>

Director
 Wally C. 425-775-7012
<mailto:crows4u@msn.com>

Director
 Annette S. 360-568-3207
<mailto:amshannon@tgi.net>

Committees

Hospital Representative
 Dave A. 360-794-1405

Kitchen
 Diane E. 360-397-9010
<mailto:peterdianne@clearwire.net>

Newsletter
 Greg S. 360-568-3207
<mailto:jgstarup@tgi.net>

Potluck Raffle
 John L. 206-909-4334
<mailto:lightrays12@yahoo.com>

2009 Potluck Schedule

Join us for delicious food and company! Bring a dish...your choice.
 Held at 7:30 on the Friday nights listed below, in the 4H building at the Evergreen State Fairgrounds in Monroe.



- February 13
- March 20
- April 10
- May 8
- June 12
- July 18 BBQ Sultan
- September 18
- October 2
- November 6
- December 11

January Potluck

Lots of fun, conversation and good food. Kids were delighted with receiving their very own Beanie Baby of their choice! The traditional raffle did not take place due to logistical difficulties, but the hat was passed and \$188 was collected to help defray costs of the potluck! Despite the snow, many came to have a great time! If you were not there, we missed you.

Congratulations to January Birthday Celebrants!

Jerry S. 25 years
 Leroy 7 years

Potluck winners

Everyone was a winner at the last potluck! The following Patients won a leather bound Big Book:
 Roy
 Mark D.
 Debbie G.
 Valerie R.

Newsletter Drawing Winner, \$50!

Wade B.!

Bring this coupon to the potluck, write your email address on it (or name if you don't have email) and deposit in the basket. You could win \$10 in the drawing!

WIN Enter your email
\$10 _____

Place in drawing basket at potluck

President's Message

When I last wrote the Presidents Corner I thought that perhaps I would not be doing so again. During the last administration we officers and members voted to amend the bylaws of our organization to increase the term of elected office from six to a twelve month period. This change really did not change anything as it seems that in the past when a person is voted into or volunteers to accept an office it became a multiple term commitment.

At the January potluck when nominations were opened for officers I observed a reluctance to accept nominations. True the weather kept many folks from attending. I raised my hand and in doing so once again became the President, of this great organization. I can not state how many terms this will be. I felt that I must be responsible and take the office as it had been

discussed at our board meeting that if we were unable to obtain a slate of officers, the January potluck would probably be the last. Solberg Alumni, which was to become Families in Recovery, has been a very important part of my Recovery. In fact that particular night I was proud to claim head of food line privilege with 25 years.

My inauguration did not receive the same reverence as that of the other elected president did a few days later. No speeches, Joe handed me the portable microphone and said good luck.

The other president, upon taking office, talked about economic recovery and a financial stimulus package. I don't know about those items, but I do know about recovery, and this organization has been a very important part of my own and many others RECOVERY.

Webster defines stimulus as something that rouses to activity. Please help to inject some stimulus into our Alumni, group. WE NEED ALL OF YOU.

Jerry S.

Who Makes it Work?

Service is a Cornerstone of Our Recovery

One of the most rewarding ways to work our recovery program is to give service. Families In Recovery exists because people care enough to give of their time and effort to organize, plan and hold events. The Board of Directors and Officers are chosen annually by our members to serve for the next year. Here are the results of the January election:

FIR Board of Directors 2009

President	Jerry S.	360-794-4367	mailto:jerry.stackpole@gmail.com
V.P.	John L.	206-909-4334	mailto:lightrays12@yahoo.com
Secretary	Jo B.	425-879-0412	mailto:jadewella@hotmail.com
Treasurer	Greg S.	360-568-3207	mailto:jgstarup@tgi.net
Director	Diane E.	360-397-9010	mailto:peterdianne@clearwire.net
Director	Wade B.	425-879-0412	mailto:jadewella@hotmail.com
Director	Wally C.	425-775-7012	mailto:crows4u@msn.com
Director	Annette S.	360-568-3207	mailto:amshannon@tgi.net

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Hospital Rep	Dave A	.360-794-1405	
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Newsletter	Greg S.	360-568-3207	mailto:jgstarup@tgi.net
Potluck Raffle	John L.	206-909-4334	mailto:lightrays12@yahoo.com

Our organization needs diversity and new ideas. There are many ways that you can help. No experience is necessary! Getting involved in this way gives one an opportunity to grow and meet new people, as well as to provide service to the recovery community. Please call or email familiesinrecovery@verizon.net if you have any questions, or want to be persuaded to become a volunteer.

Desparately Needed...

Someone interested in graphic design and/or writing to take on the task of newsletter editor and/or webmaster. No experience necessary! You need not take on all the tasks, the work can be shared. This is a fun job and offers the opportunity to be very creative! The present editor is hopelessly overwhelmed, and recognizes that there are individuals in recovery who are far more talented. Call any of the people listed in this newsletter to find out more.

today I know the quicker I get back to defining my life by the principles of Narcotics Anonymous, the quicker my balance will return. I realize today that I am indeed a very fortunate man who with a great deal of support and encouragement offered to me from the people of Narcotics Anonymous has found a new way to live.

Kevin V., Ontario, Canada

Reprinted from The NA Way Magazine, January 2009

Treasurer's Report

F.I.R. 2009 YTD Summary January 25, 2009

Income and Expense Summary

Raffle Income	0.00
Raffle items expense	(50.00)
Newsletter income	17.00
Newsletter expense	0.00
Contributions	188.60
Total Gross Margin	155.60
Total other Expense	0.00
Excess (deficit) Income over Expense	155.60

Checking and Petty Cash Summary

Beginning Checking Balance 1/1/2008	952.24
Total Deposits	205.60
Total Withdrawals	(50.00)
Ending Checking Balance	1,107.84

Beginning Checking Balance 1/1/2008	952.24
Excess Income over Expense YTD	155.60
Ending Checking Balance	1,107.84
Petty Cash (Raffle Till)	50.00
Total Cash as of January 25, 2009	1,157.84
Restricted Funds (Wanda's Fund)	180.00
Unrestricted Funds	977.84

Board Meeting Minutes

**Next meeting is February 14th 6:00 at the VGH
Recovery Center. Please Come!**

FAMILIES IN RECOVERY
BOARD MEETING MINUTES
January 10, 2009

(A meeting of the outgoing Board was held first, followed by the first meeting of the newly elected Board)

The first meeting was called to order at 6:10 pm by President Joe. Members in attendance: Annette, Cheryl, Dianne, Greg, Gwen, Jerry, Jo-Ella, Joe, Linda and Wade

MINUTES: Minutes read and accepted. Jerry motioned Dianne 2nd.

KITCHEN REPORT: Dianne thanked Cheryl for stepping in at the January potluck for her. Dianne bought plates and cups. Lemonade will be put on next month's bill.

TRANSPORTATION REPORT: Jerry states it is going good considering the new van.

RAFFLE REPORT: John apologized for not having the raffle at the January potluck. He could not be there due to inclement weather. Wally donated \$50 for the newsletter drawing. Thank you Wally!!

TREASURERS REPORT: The 2008 YTD summary was passed out showing that we are ending the year with about the same as we started approximately \$800. Rent needs to be paid. How many months to be paid is saved for new business. We are currently paid through December 2008.

NEWSLETTER REPORT: Thanks to Greg for his amazing effort on the newsletter! The online newsletter is a 60 day trial with a template provided. After 60 days it will be \$15/mo. The move to get more people to received the newsletter online versus through the mail is taking place. New patients will be asked to provide their email addresses and new email addresses will be collected at renewal time from everyone else. \$75 was spent for printing and postage and is eating the budget up.

The new officers have already been updated online as well as the next potluck date has been posted. There was some discussion as to what software would be used in the future.

OLD BUSINESS: The insurance contract apparently needs to be signed yearly in order to continue having the potlucks. Joe then handed the reins to Jerry the new 2009 President. Thank you Joe for your service!!!

NEW BUSINESS: The new meeting started.

The meeting was called to order by the new President Jerry at 6:39. He started by welcoming new board member Wade and secretary Jo-Ella. The 2009 officers are Annette, Wade, Wally and Dianne. The Vice President is John and he and Gwen will also be doing the raffle committee. Dianne will continue doing Kitchen. The board is currently looking for someone to do the newsletter.

RAFFLE: John states we are in good shape and that the prizes are ready.

NEWSLETTER: Greg is doing this temporarily. Thank you Greg!! The minutes will be online in the newsletter from now on.

TREASURERS REPORT: Minus Wanda's fund and petty cash for the raffle, we begin the new year with \$822.24. There was some discussion about Wanda's fund and what it would be used for as for at the next potluck on February 13th. Dianne suggested toys. After considering hauling and cleaning it was decided against.

Dianne states she takes \$25 a month to arrange door prizes and it was decided that she continue.

It was motioned by Dianne and 2nd by Jerry to pay 3 months worth of rent, \$240 for January through March.

There was a bill for stamps in the amount of \$60.73.

OLD BUSINESS: None

NEW BUSINESS: Rent was decided upon as listed in the treasurers report.

Linda suggested crafts for the February 13th potluck. Dianne will be cutting out hearts for the kids. Joe mentioned that the beanie babies passed out at this month's potluck was a big hit. It was suggested that each person bring not only a dish to share but a cake for the cake walk as well. Annette will be bringing music for it. Jerry will try to get volunteers to help out from RAP and couples.

The board designated Jerry, Greg, John and Dianne to all give their information to Linda V. so she could get the signature cards set in motion.

Jerry is to call Sultan and reserve Reese Park for the July potluck on a date separate from the Sultan Shindig.

The second meeting was adjourned at 7:13, motioned by Wally and 2nd by Jerry.

February 2009 at the VGH Recovery Center

S	M	T	W	T	F	S
1	2	3	4	5	6	7
			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
8	9	10	11	12	13	14
			RAP 6:00 AA Mtg 7:30		Potluck 7:30	Couples 7:30
15	16	17	18	19	20	21
			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
22	23	24	25	26	27	28
			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
MARCH 1	MARCH 2	MARCH 3	MARCH 4	MARCH 5	MARCH 6	MARCH 7
			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30

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Families In Recovery | PO Box 192 | Monroe | WA | 98272