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# Families in Recovery



In This Issue	Dear Greg,
Contacts	
2009 Potluck Schedule	Starting with this issue, the FIR Newsletter is available through email. We have also built a very basic website at <a href="http://www.Fir-Monroe.org">http://www.Fir-Monroe.org</a> . 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. If you would like to subscribe, go to the webpage 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.
Potluck News	
President's Message	
Call For Elections!	
Board Meeting Minutes	
Is this the Last Potluck?	
Treasurer's Report	
<a href="#">Join Our Mailing List!</a>	

Quick Links	Potluck
<a href="#">Families In Recovery Website</a> <a href="#">Everett Area AA</a> <a href="#">Everett Area NA</a> <a href="#">Everett Area AlAnon</a> <a href="#">VGH Recovery Center</a>	<h2>NEXT POTLUCK JANUARY 9th</h2>

Contacts
<b>Officers</b> · President <a href="#">Joe V. 425-486-8566</a> · Vice President <a href="#">Diane E. 425-397-9010</a> · Secretary <a href="#">Linda V. 425-486-8566</a> · Treasurer <a href="#">Greg S. 360-568-3207</a>
<b>Board of Directors</b> · <a href="#">Annette S. 360-568-3207</a> · <a href="#">Jerry S. 360-794-4367</a> · <a href="#">Doug L. 425-353-9719</a>
<b>Committees</b> · Hospital Rep. Dave A. 360-794-1405 · Kitchen Diane E. 360-397-9010 · Newsletter Greg S. 360-568-3207

**Christmas Potluck**

Lots of good food, Ham, Turkey, potatoes, dressing, gravy and cranberry sauce. Lots of fun, conversation and good company. Santa came and every child and each patient received a gift. If you were not there, we missed you.

**Potluck Winners**

Everyone was a winner at the last potluck! Unfortunately, no one took notes as is usually done, so that birthdays, raffle winners, and other individuals could be recognized. We do know that Dustin won \$61 in the 50/50 raffle, and got a Barbie from Santa! There was no newsletter winner, so at the next potluck somebody who brings their newsletter will win \$50!

**Newsletter Drawing**

No winner last time! Bring this coupon to the potluck, write your email address on it and deposit in the basket. You could win \$50 in the drawing!

<p><b>Enter</b></p>	<p><b>WIN</b></p>
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· Potluck Raffle  
John L. 206-909-4334

your email: \_\_\_\_\_ \$50

Drop into raffle basket at next potluck

## 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.

January 9  
February 13  
March 20  
April 10  
May 8  
June 12  
September 18  
October 2  
November 6  
December 11

## President's Message

### What it Means to Me to Volunteer

I will admit that there is a certain amount of sacrifice that I have had to make in volunteering to this organization. I've given up almost all of my third Friday's of each month for a Potluck where I get to try out all sorts of great salads, desserts, main courses, and the best of all, fried chicken.

At this little get together, I also get to think that I run the show. I tell people that they have to sit down when I say so, or at least when it is time to say the Serenity Prayer. Maybe it has something to do with the fact that I have the microphone and the volume control.

Another sacrifice is the Saturday after the Potluck I have to give up a whole hour of my life to run a board meeting that tries to decide the future of Families in Recovery. We decide on what the next raffle budget will be; how our current finances are moving into the next month; pay rent for the fairground facility (if necessary); and numerous other issues that crop up each month, some of them repeats and others, new challenges.

Over the last seven years, I've written the Alumni Newsletter for five years; I've been a Director on the Board for the Alumni for a couple of years; I've been Vice-President for one term and organized one of our Christmas Potlucks; and I've been the President for the last year. I have truly enjoyed every minute (almost, it is an honest program remember!!) of these last seven years of volunteering to this organization. I have met some wonderful people during this time, either through the Rap sessions prior to the Potluck, or Family night on the third Thursday of the month, or at Couples each Saturday night. I hope to continue to meet more wonderful, sober people in the future in one of these venues or maybe some new one that I don't know about yet.

Life can sometimes seem like a challenge, it will throw up some road blocks and obstacles in my path, but I prefer to view it more as an adventure. That is what volunteer work is like to me, an adventure with some obstacles tossed in sometimes.

Try putting a little adventure in your life, in your sobriety.

Joe V.

## Call For Elections

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.

Our bylaws provide for annual elections for your board of directors and officers. This next Potluck, held January 9th, we will choose a new President along with all other officers and directors. Our organization needs diversity and new ideas. 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](#) if you have any questions, or want to be persuaded to become a candidate.

## Board Meeting Minutes

***Board meetings are open to all, and all are strongly encouraged to attend. Get involved!***

Meeting called to order at 6:10 pm by President Joe. Members in attendance: Joe & Linda, Greg, Mary & Jerry and Dianne.

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

KITCHEN REPORT: Dianne reported that she spent \$78.74 for supplies (paper for tables & kitchen stuff), \$270 on patient gifts & \$54.15 for kids. She also purchased an additional \$40 in dessert for potluck as we only had two items that had been brought in for the potluck. All purchases approved and 2nd.

TRANSPORTATION REPORT: Everything seems fine with transportation issues. Because of the counselors attending the potluck and the new van, Jerry doesn't even have to pick up patients for set up which is really nice.

RAFFLE REPORT: John was not available but Joe reported that he felt raffle went well by doing both the 50/50 and gifts. Everyone seems to like the opportunity to win some cold hard cash as well as items they can use themselves or for gifts. Most of the items for the raffle this month were donated by Safeway, Joe & Linda, Dianne & Nancy PH and Ric & John L. Thanks to all of them.

TREASURER'S REPORT: Ending balance \$962.71. This is prior to the expenses needing to be paid out to Dianne and postage for newsletter. Newsletter still is a major expense. More discussion on what can be done to cut back the costs.

NEWSLETTER REPORT: Suggestion was made by Greg to check with hospital and see if email addresses can be added to the patient forms. If we can reduce the number of copies of newsletter being mailed out, we could cut way back on the newsletter letter costs which right now we are spending at least ½ as much more on copies, mailing then we take in. We are in the red by over \$600. We are desperately in need of a newsletter person as Mari is no longer doing the newsletter.

Greg volunteered to do the newsletter for January.

OLD BUSINESS- Recruiting seems to be major issues in our organization. We definitely need people to step up and do some service work by taking on the board and director positions. If we don't have people step up, January may be the last potluck the alumni puts on as we will have no officers/directors to organize it.

We also want to extend a major thank you to the counselors for their help along with the patients each and every month at the potlucks.

NEW BUSINESS- Jerry suggested doing bulk mail for newsletter to save on some costs. Unfortunately, we do not mail out near enough to get bulk rate. Jerry was also concerned about a meeting that is conflicting sometimes with the RAP session. Greg said panel is every 3rd Wednesday and sometimes it is going to fall on the RAP night. Suggestion was made to take a few minutes at the potluck and explain what the alumni is about and mention our Couples meeting as well. Motion made to adjourn the meeting by Greg and Dianne 2nd. Meeting adjourned at 7:10 pm .  
Submitted by Linda V. -Secretary

### Is F.I.R. Dying?

It is not unusual for organizations such as this one to have only a few individuals that step up to the plate to give service. The fact-of-the-matter is, however that the individuals who have put in the time over the last few years to make things work are not only tired, but have other obligations that make it difficult to continue in their present capacities. The January potluck could be the last one. If no one steps forward to be president, secretary or treasurer the organization will be rudderless, and will drift away. If no one spends a few minutes writing a newsletter article, or if no one addresses and stamps them, you will not get one. If there is no one to set up the potluck, people will arrive with food in their hands, but the door will be locked because the rent was not paid, and no one brought paper plates, utensils or coffee. It may be time for F.I.R. to cease. Its purpose may be done. If that is the case, then there is no need to volunteer. However, if you believe that the organization has value to you or to others, and you care about it, then you need to volunteer. Please see "Call For Elections" above, and call us or send us an [email](#).

### Treasurer's Report

F.I.R. 2008 YTD Summary December 27, 2008

Raffle Income	3,561.15
Raffle items expense	(1,421.52)
Newsletter income	669.00
Newsletter expense	(1,323.77)

#### Other Expense

Kitchen, Potluck, Picnic, BBQ	635.58
Rent	600.00
Administration	<u>181.00</u>
Total other Expense	1,416.58

#### Checking and Petty Cash Summary

Beginning Checking Balance 1/1/2008	796.35
Total Deposits	4,398.76
Total Withdrawals	<u>(4,242.87)</u>
Ending Checking Balance	952.24

Petty Cash (Raffle Till)	50.00
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Total Cash as of December 27, 2008	1,002.24
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