

Families in Recovery



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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 (#501) at the Evergreen State Fairgrounds in Monroe.

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

Dear Friend,

Welcome to our third month of email publication. Email drastically reduces the cost of providing you with information. It also gives us the opportunity to provide you with last-minute updates, like last month when the potluck was moved to a different building. You can also access our website at <http://www.FIR-Monroe.org> for information, or to sign up for an email subscription.

Write to us!!!

Tell us what you feel. Send us ideas for articles, or write one. Tell a good story. 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.

Happy St. Patrick's Day

President's Message

Due to circumstances beyond our control the January potluck was held in a less than desirable facility, but we persevered and made the best of a very chilly (cold) evening.

The potluck was opened with a minute of silence in memory of Jack W. followed by the Serenity Prayer. Jack's wife Marilyn passed a 25 year coin around for all to share Jack's 25 years of sobriety. Jack was very instrumental in helping me grasp sobriety. Jack and his words of wisdom and keen sense of humor and yes his sometimes ribald jokes will be missed but never forgotten by those of us whose lives he touched.

Attendance was light, (lack of old-timers) but on the other hand it was encouraging to see many folks in their

- December 11

Potluck

NEXT POTLUCK, FRIDAY, MARCH 20

St. Patrick's Day theme!!!

Could this mean corned beef and cabbage? Maybe more than that! Here is a link to some Irish recipes get you started

<http://southernfood.about.com>

Sharon O. has volunteered to bring the birthday cake, thank you!



February Potluck

The kids especially had a great time with the cakewalk.

Congratulations to February Birthday Celebrants!

Winners

Everyone was a winner at the last potluck! Here are those that won in the raffle:

Chris L.	50/50 (\$51.50)
Elisabeth O.	Horse Bookends
Greg S.	Desk lamp
Chris L.	Wet/Dry vacuum
Greg S.	Newsletter \$10 (donated back)
Kevin C.	Socket set
Greg S.	Bird feeders

Ali A. won the doorprize which was a flower arrangement, and patients Blake and Sheila each won a leatherbound Big Book in the patient drawing.

The following children each got to choose a beanie baby to

first year or early recovery that have been attending our potluck regularly, were present and jumped right in helping get things set up and dismantled and packed up after the program was over. The evening ended with a cake walk for the kids. A patient cake walk was planned but due to miscommunication (BIG C to those of you that have attended Couples} all the cakes were gone when it was time for the patients to participate. Food was not overly abundant but the desserts were excellent.

I think that the March potluck is my favorite potluck as tis the wearing of the green and feasting on Bully Corned Beef.

Jerry S.

News From The



Despite the downturn in the economy, we have been very busy. The number of calls in September, October, November and January for inpatient treatment has been up. We are getting referrals from a wide variety of sources such as alumni, insurance companies, and medical professionals. We have also added another Intensive Outpatient Group due to the increase in referrals.

Why is this happening? I don't really know but I have a few theories. One of them is that we are having increased referrals because people are drinking/using more because of the added stress due to the economy.

This theory is supported by a recent report from the State of Washington that liquor sells are up (and so is tax revenue). Another theory is that word is spreading about our program here. As many of you know, we have a wonderful staff here who do an incredible job working with people that many people have already given up on.

It is this passion and commitment from our staff that has caused the word to get out about our program.

Combine the hard work from the staff with a new and comfortable building, and the result is more referrals.

If the person reading this has made referrals to us, we want to thank you and hope you will continue to send people our way.

take home: Alice, Wendy,
Abby, J.J. Dustin, Courtney,

Bring this coupon to the
potluck, write your email
address on it and deposit in the
basket. You could win \$10 in
the drawing!

Contacts

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David Anderson
Program Manager

**WIN
\$10**

Enter your email

Place in drawing basket at potluck

Passings

I first met Jack W. almost 22 years ago as a patient at the treatment center (Valley General). One thing I noticed about Jack is that he had a great gift for listening to what was being said and he was very wise. Jack would think about what you were saying and then have some profound words of wisdom. Case in point. One Saturday night after the couples meeting, the couples group went to Petosas as we always did for dessert. We were sitting with Jack and Marilyn not having known them for very long, and I was whining about how I did not like the job I had but that I felt obligated to stay with the company because they put me through treatment. Jack sat and listened to me...never said a word, let me finish what I was whining about and then said: "Doug you don't owe that company anything. It was your Medical Insurance that put you through treatment and you should not feel obligated to stay with that company for those reasons." It was the company where I had hit my bottom using drugs at work and with all my druggie friends. The way I looked at it, Jack gave me permission to QUIT. So I did. That pretty much changed my life, and I owe it to Jack. Whenever Jack met anyone he always greeted them warmly and talked to them as if he had always known them. Jack's great sense of humor was evident last June when he and Marilyn accompanied Rosemarie and me for our Anniversary dinner at the Palisades. Part way through dinner a phone started ringing and Marilyn, Rosemarie and I were trying to figure out where it was coming from. We discussed the fact that maybe it was for the waiters to let them know their orders were ready or maybe someone left their cell phone at a table or it was on the floor. It was very irritating and Jack never said a word. Everyone sitting near us was looking around. When dinner was over Rosemarie looked down at her purse and picked up her phone. It was her calendar reminder ringing. Jack looked at Rosemarie and said "IT'S FOR YOU!". Our family has been blessed to have had Jack in our lives, especially our daughters. When they were not

Potluck Raffle

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

able to come to Whidbey Island for the famous Memorial Weekends or to the Pot Lucks, he always asked about how they were doing. I remember when our oldest daughter came from Colorado and we took her and our granddaughter to a Memorial Weekend on Whidbey Island. Jack made them feel so at home. Jack was like a Grandpa to them.

Jack was a mentor to me and I will miss him greatly.
 Doug L.

Board Meeting Minutes

Next meeting is March 21st 6:00 at the VGH Recovery Center. Please Come!

FAMILIES IN RECOVERY MINUTES
 February 14, 2009

Meeting called to order at 6:30 pm by President Jerry.

Members in attendance: Jerry & Mary, John, Annette & Greg, Dianne, Wally & Cheryl, Wade & Jo

MINUTES: Minutes read and accepted. Greg motioned and Annette seconded.

KITCHEN REPORT: There was lots of help cleaning up but barely any food as well as not very many donations for the cake walk.

TRANSPORTATION REPORT: The van is working out just fine.

RAFFLE REPORT: A sign needs to be made stating ages eight and younger for the kids raffle. John L. will take \$50 from Wanda's fund to buy new toys. More toys for boys are needed.

TREASURERS REPORT: Greg provided the board with this months debits and totals. The board discussed the letter received from a member with questions. It was decided to have it published in the next newsletter with answers to their questions.

NEWSLETTER REPORT: Greg was asked to put a notice in the newsletter stating that smokers need to stand 25 feet from the entrance of the building as well as a reminder for the volunteer who is bringing the birthday cake.

OLD BUSINESS: Reese park in Sultan has officially been reserved for July 18th, 2009. A chairman for games is needed.

It was once again suggested that the potlucks be moved to twice a year or quarterly rather than every month. No vote was taken. Jerry was asked to contact the fairgrounds to put out the signs each month right before the potluck to direct traffic.

NEW BUSINESS: Panel every three Wednesdays is interfering with RAP a few months this year. Jerry is suggesting that something be done to separate RAP from the panel on those evenings. Wade volunteered to speak at the next RAP.

A new Families in Recovery brochure is needed with new dates.

Some discussion ensued as to where the August potluck could be held this year. Suggestions that were made include the Eagles Park or Lake Tye. Insurance will need to be arranged and reservations as well.

The next potluck is March 20th. It will be a St. Patrick's theme. Dianne will bring her CD player and Mary will bring some Irish music. Dianne has lots of St. Patrick's Day decorations.

Meeting adjourned 7:25 motioned by Jerry, seconded by Wade.

Submitted by Jo

Treasurer's Report

View the Treasurer's Report at our website, at <http://www.FIR-Monroe.org/id11.html> .

From Our Readers

Letters from our readership are encouraged! We will publish those that may have interest for our members. Email your comments to familiesinrecovery@verizon.net.

Where Does the Money Go? Where are the interesting news articles?

The following was received by our Treasurer, Greg S. and was forwarded to our Board. The writer asks some good questions, and has some strong opinions. Our Board of Directors directed Greg to respond and publish it in the Newsletter (see meeting minutes of February 14th). Greg's reply follows the several emails received from bull-man44. The email reply to bull-man44 was returned as the address is no longer active.

(Received 2-3-2009)

let me introduce myself for now you can refer to me as bull_man44 i just finished reading what this families in recovery calls a newsletter, i have been reading this newsletter for a lot of years and the last two months that would be january and february have left a little bit to the imanignation it used to to be something a whole lot more interesting to read with some good articles in it what happened if this is the way it is going to be i am not so sure i will be taking it in the future like i said i have been taking it for a lot of years and never have i seen it like this also in reading what you put in the newsletter for the last two months it seems as though one of the main things that was in there was how the board was so concerned about saving money in doing the newsletter i also see since i guess you are the treasuer also that the alumni seems to carry a balance of about \$900.00 if your orgnation is one of non profit what do you need to have such a big balance every month, what is going on with you people non profit means non profit oh well i have said enough for now maybe you could answer these few questions for now

bull_man44

(Reply sent 2-3-2009)

Thank you for your comments. They will be brought to the attention of the Board. We would very much like to have your ideas of what makes a good newsletter, and any help that you can give in making this a better organization. We would be happy to accept articles for publication. Our Board meetings are open, and you are invited to attend. The next meeting is at 6:00 February 14th at the Recovery Center. We have many opportunities for volunteer service, and would welcome you.

Greg S.

(Received 2-5-2009)

come on dude can't you as newsletter person answer my questions what has happened to the newsletter do you not have the same person doing it anymore, i am trying to say that you are doing a bad job but it was a lot more newsie before the last two months and i dont even know if you are doing it what ever your name is oh i see you are greg oh wait i see you are the teasuer also so then you can also answer my other question if you are non profit how come this orgnation carrys so much money on the books and if money is the big issue for that newsletter with such a big balance on your books how much of a cost could there have been for a newsletter like this, some things don't add up so maybe you can explain that to me, one thing it is good that you publish the treasurs report and we can see where the money goes and does not go sounds like some of the banks in the country today once you got your hands on it you don't want to let it go so the board hange on to it thats the way it looks if that is not right what do you do with it, i just want you to know that this old doumb cowboy is watching, maybe the rest of the flock doesn't care but bull_man does maybe i should send this off to some board members like who ever the main dude is wait a minute i see you have a president i will let it go for now see how or if i even get an answer no answer then i will go higher up i dont want you to think this is a threat i just want you to know someone is

watching for the good of all
bull_man44

(Received 2-8-2009)

hey dude i guess this is the typical blow off say come to the board meeting will i cant do that i do not have time to do that to much work to do so why dont you just answer the questions that i have asked what are you trying to hide come on dude there are a lot of people that want to know the answers to these questions how do we know that this will even be brought up at a board meeting like you say, you havent been very truthful so far just answer the questions dude

bull_man44

Reply to Reader's questions

Greg Replies...

Dear bull-man44,

I appreciate your comments and concerns, and respect the value of your time as I know all of the Board of Directors also does. Each of us have full-time jobs, families, and other volunteer responsibilities besides giving our time to Families in Recovery. Most of us are also active in our Home Groups. Being that this is a volunteer organization, we rely on members such as yourself to provide feedback, newsletter content, help at the potlucks, and assistance with keeping the organization going. We do the best we can, and sometimes it takes longer than we would like simply because of all the commitments we have, as I am sure you understand.

I agree with you 100%. We need more material for the newsletter! Just like a program of recovery, the editor cannot do it all alone. It takes help from the membership to provide articles and as you say "newsie" items. As you have demonstrated by writing to us, the email format may provide a bigger opportunity for that to happen. Thanks for writing! I hope others will follow your example and provide comments, questions, news articles, stories, and poems for the newsletter.

We are a non-profit organization, but being non-profit does not mean we should not have a prudent reserve of cash. Most non-profits maintain a reserve totaling a number of months of expenses, (usually more than 6 months) determined by the stability of their funding source. AA and NA both recommend that groups "put aside enough money to cover at least one to three months' operating expenses." (from The AA Group Treasurer). Our primary funding source is from the raffles that take place at our potlucks. Experience has shown that income from raffles varies considerably. Sometimes we do not take in enough to cover all of the expenses for the coming month, so we have to be prepared.

All-in-all, last year it cost an average of \$353 each month for Families in Recovery to do what it does. In 2008, the newsletter cost \$654.77 more than what members paid for their subscriptions, (mostly because we send it out to patients of VGH Recovery Center at no charge for 3 months). Putting on potlucks cost \$1,235.58 which includes rent that we pay to the Fairgrounds. We also purchase items for the raffle, as well as solicit donated items. The year-end 2008 balance of funds was \$1,002.24. Of that, \$180 was donated for a specific purpose in memory of one of our deceased members. This money will be used to purchase toys to give away to children at the potlucks. The remaining balance of \$822.24 will support the organization for slightly longer than two months. Not much of a safety cushion! F.I.R. also donates items for patients' use at the treatment center. We have purchased several guitars as well as other items to enhance the treatment experience. This is in addition to the cost of potlucks and newsletters.

I hope that this has helped to increase understanding of F.I.R. Let us know what type of content you would like to see in the newsletter, or send us an article!

March 2009 at the VGH Recovery Center

S	M	T	W	T	F	S
1	2	3	4	5	6	7
NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
8	9	10	11	12	13	14
NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
15	16	17	18	19	20	21
NA Mtg 10:00			RAP 6:00 AA Mtg 7:30		Potluck 7:30	Board Mtg 6:00 Couples 7:30
22	23	24	25	26	27	28
NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
29	30	31	April 1	April 2	April 3	April 4
NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30

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