

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.

- April 10
- May 8
- June 12 AUCTION!
- July 18 BBQ Sultan
- September 18
- October 2
- November 6
- December 11

Potluck

Dear Friend,

June 12th will be our famous auction potluck. This event helps raise funds needed to pay for food and supplies for our picnic and BBQ. Please consider donating good used items that have life and desirability left in them. (No refrigerators or analog TV's!). If you need help transporting the item or have questions, call a Board member.

Remember, 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.



President's Message

Our March potluck was a success . Warm building, good food, and a good attendance. For a long time I have transported our potluck items from the treatment center to the fair grounds and with the assistance of patient volunteers we set up tables, chairs, make coffee, etc. This is a very rewarding time for me as I often get to talk with the patients on a one on one basis about the benefits I have received in my recovery by being actively involved with our families in recovery and couples programs. After the festivities are over I once again transport the supplies back

**NEXT POTLUCK,
FRIDAY, APRIL 10th
Easter! Will the
Easter Bunny be
there?**

**Justin,
Remember to bring
the birthday cake!**



**March Potluck
Congratulations to
February Birthday
Celebrants!**

Jim, 28 years
Maxine, 28 years
Bernie, 28 years
Russ, 28 years
Mary 25 years

Winners

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

Mike 50/50 (\$43)
Wally C. Popcorn popper
Earl Craft set
Diane Aqua globes
Jo Ella Candles & holder
Michael Bench grinder
Annette won the doorprize which was an orchid plant, and patients Kevin and Adam each won a leatherbound Big Book in the patient drawing.

to the center. After the supplies are put away and we are saying our goodbyes, it is at this time that the patients often express their thanks for what we are doing for them.

Last month's group very much enjoyed the evening and several of them stated that they would be back for our April potluck.

The treatment center Rap session on the Wednesday prior to the pot luck can sure use some help. Often there are only one or two FIR representatives. It would really be nice if some of the recent "Graduates" could join us to talk with patients about how things are going for them. It would be helpful to have a couple join us and tell about their life after treatment.

Our business meeting is on the Saturday after the pot luck.

This is an open meeting and we really need some input and new Ideas of what we can do to improve the quality of our programs and activities. The July picnic is fast approaching and we need some activity chairmen to help organize it. It is not fair to let our few worker bees do all the work and not get to enjoy some of the activity.

A reminder that the auction which funds the picnic will take place at the June potluck so think of us when doing the spring house and garage cleaning. Save useful items for the sale, no junk please. Join us for an evening of fellowship Friday, April 17. See you there!

Jerry S

News From The



More than One in Ten Washington State 10th and 12th Graders Used Prescription Pain Medications to Get High in the Past 30 Days.

We have all noticed in the last several years that we have seen more admissions of younger adults into the treatment program. When I started here 8 years ago, our admissions for patients aged 18-25 was quite small. Now, 25-30% of our patients are ages 18-25 and the drug they are most often addicted to are opiates. Take a look at some of these links to see what the trends are for Washington State, King, and Snohomish County.

http://depts.washington.edu/adai/pubs/arb/arb04_05.pdf

http://depts.washington.edu/adai/pubs/arb/arb04_03.pdf

<http://depts.washington.edu/adai/pubs/publist.htm>

Contacts

Board Of Directors

President

Jerry S. 360-794-4367
jerry.stackpole@gmail.com)

V.P.

John L. 206-909-4334
lightrays12@yahoo.com

Secretary

Jo B. 425-879-0412
jadewella@hotmail.com

Treasurer

Greg S. 360-568-3207
jgstarup@tgi.net

Director

Diane E. 360-397-9010
peterdianne@clearwire.net

Director

Wade B. 425-879-0412
jadewella@hotmail.com

Director

Wally C. 425-775-7012
crows4u@msn.com

Director

Annette S. 360-568-3207
amshannon@tgi.net

Committees

Hospital Representative

Dave A. 360-794-1405

Kitchen

Diane E. 360-397-9010
peterdianne@clearwire.net

Newsletter

Greg S. 360-568-3207
jgstarup@tgi.net

Potluck Raffle

John L. 206-909-4334
lightrays12@yahoo.com

Treasurer's Report

View the Treasurer's Report at our website, at

David Anderson
 Program Manager

Board Meeting Minutes

Next meeting is April 11th 6:00 at the VGH Recovery Center. Please Come!

FAMILIES IN RECOVERY MINUTES
 March 21, 2009

The meeting was called to order at 6:10 by President Jerry. Members in attendance: Annette, Cheryl, Dianne, Greg, Gwen, Jerry, Jo, John, Mary, Wade and Wally

MINUTES: The February minutes were put online previous to the meeting. Jo forgot to bring hard copies and will do that the next meeting. The February minutes put online were accepted. Mary motioned Annette 2nd.

KITCHEN REPORT: Dianne has receipts she turned in for the last two months. She mentioned that we almost ran out of food at February's potluck. Jerry commented that the food proportion in March was better.

TRANSPORTATION REPORT: Jessica drives eight patients over to set up and drives back in the van to get the rest of the patients. It is working out well.

RAFFLE REPORT: John spent \$44.49 for toys. Gwen says that we now have a nice stock. These monies are coming out of Wanda's fund. It was stated that we needed more tickets and that those can be bought at Fred Meyers. Every child at the March's potluck received a gift! It was suggested that someone walk around with the bucket for the 50/50 at the next potluck.

TREASURERS REPORT: It is time to pay three months worth of rent again. You can view the March Acitivity Report for current expenses. It cost \$39.39 for the last newsletter which is much lower then it use to be due to the new online newsletter. There was a correction on the March Activity Report in that 3053 should be dated 12/13/08 not 2009. The \$75 check to City of Sultan should have been made out to Jerry as well as Jerry gave the City of Sultan \$100 to hold for the July picnic deposit. The report was motioned by Mary and Dianne 2nd.

NEWSLETTER REPORT: The site received many email addresses so only 51 paper copies were needed which is much lower. It was reiterated that newcomers receive

<http://www.FIR-Monroe.org/id11.html> .

three free newsletters before they are notified of cost for a paper issue. If the newcomer is not heard from they do not receive anymore issues. Regulars are sent a notice when they time is due and if they are not heard from they no longer receive a newsletter. After much discussion it was decided that the newsletter prize drawing would be stopped. Motioned by Mary and 2nd by Dianne.

OLD BUSINESS: Greg made some new FIR brochures. John volunteered to make copies. Some will be distributed at the potluck, some at couples and also put in the patient's brochure.

At the last potluck the signs at the fairgrounds for our function were not put out. Jerry will follow up on that.

NEW BUSINESS: The auction is to be held in June. It was decided to put info on it in the next newsletter. We need people to donate quality items. We also need to find an auctioneer. There was some discussion about perhaps having a silent auction with a progressive closing.

Submitted by Jo

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.

April 2009 at the VGH Recovery Center

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

NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30
26	27	28	29	30	May 1	May 2
NA Mtg 10:00			AA Mtg 7:30		NA Mtg 7:30	Couples 7:30

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