

The Triangle

Area 40's Newsletter

From Your Area Cooperation with Professional Community (CPC) Chair

It's hard to believe that a whole year has gone by since you allowed me to serve as your Area CPC Chair.

As they say, "time flies when your having fun" and life for me is fun in sobriety.

The CPC provides information about A.A. to those who have contact with alcoholics through their profession. These groups include health care professionals, educators, members of the clergy, lawyers, social workers, union leaders and industrial managers, as well as

those working in the field of alcoholism.

The provided is: Where we are; What we are; What we can do; and What we can not do.

In October 2005, I was invited to Bozeman for a professional luncheon. It was well attended by professionals from several fields of work.

If your District or group is having a luncheon or other CPC event, or would like a workshop, please give me a call and I will be there!

The Area 40 CPC, Public Information and Corrections Chairs are working with Montana State Prison at Deer Lodge to provide an informative presentation on AA to one of their training classes.

Remember, as individuals we can do so much by informing and educating our Doctors, Clergy and other professionals we come in contact with on a regular basis about A.A.

In love and service,
Lloyd B.

From District 11 PI/CPC Chair

My name is Arlen and I'm an alcoholic. I got to AA because of a judge sentencing me to the WATCH program. I recently celebrated 4 years of continuous sobriety and am an active member of my home group. I am also currently serving as the PI/CPC Chair for District 11.

District 11 has literature racks in a variety of locations including hospitals, mental health centers, law enforcement facilities, etc. The PI/CPC Committee Members

assure the racks are never empty. In addition, the committee members visit a variety of institutions in an attempt to schedule presentations regarding what AA does and does not do.

Medical facilities, schools, and law enforcement agencies are among the institutions approached.

The committee meets on a monthly basis to assure this work is being done.



I, state your name, resolve to send an article to the Triangle in 2006.

**Volume 14,
Issue 1
AA and
Cooperation
with
Professional
Community
January 2006**

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From Your Area Delegate

Greetings Area 40:

Now that 2005 has come to a close, it is time to make plans for the numerous Alcoholic Anonymous events in 2006. In addition to the many local and District functions planned this spring, please review the following list of events.

The West Central Regional Alcoholics Anonymous Service Conference, March 3 – 5, 2006 at the Double Tree Hotel in Minneapolis, MN. A flier and schedule of events is available on the Area 40 web site at www.aa-montana.org. I would encourage anyone who has the resources to attend the Service Conference. The free flow of ideas and ensuing discussion regarding the Agenda Items for the 56th General Service Conference definitely makes the trip worth the time and resources.

Three Pre-Assemblies have been scheduled. (Please see the Calendar of Events.) The Pre-Assemblies are a great opportunity to meet with your neighboring groups and Districts to discuss the Agenda Items for the 56th General Service Conference.

The Spring Assembly will be held on April 8 & 9, in Lewistown. There is an Alcoholics Anonymous meeting Friday night before the beginning of the Assembly. The Agenda for the Assembly will be available on our web site in the next couple of months. Deadline for submission of Agenda Items is February 1. Please send your items for discussion or consideration to the Area Chair – Andrew W.

The background information for the 56th General Service Conference “should” be available mid-February. If you would like a copy of the information, let me know by mid-January. *Estimated* costs will be \$45.00 for the printed copy and \$5.00 for the CD – both plus postage. Your self support

will be appreciated to offset the costs of the material.

The Grapevine has a special holiday offer: buy one gift subscription to the Grapevine and give a second subscription for half-price. I hope you will give subscriptions to friends, newcomers, and the institutions where we are doing Twelfth-Step work. You might even want to take advantage of it yourself. The offer expires January 30, 2006.

Also available are new soft cover books from the Grapevine. The first, *I Am Responsible: The Hand of AA*, is a special collection of stories from past Grapevines that defines responsibility in AA as one alcoholic sharing with another alcoholic. Another book, a new edition of *The Home Group: Heartbeat of AA* is a collection of Grapevine articles, eight of them new, illuminating the healing effect of belonging to an AA group. Also, there is the first easy-to-read, large-print edition of a book ever published by the Grapevine – *The Best of Bill*, a collection of six frequently requested articles, written by Bill W on such themes as honesty, humility and love.

To order, call toll-free 1-800-631-6025; visit aagrapevine.org; or contact the Grapevine by mail at Grapevine, PO Box 1980, Marion, OH 43306. Magazines and other Grapevine items are mailed in plain packaging, in keeping with AA’s tradition of anonymity.

The Trustees’ Literature Committee reviewed the Spanish Third Edition Big Book, *Alcoholicos Anonimos*, Subcommittee report and noted that 130 stories had been submitted. The Committee agreed the selection process should not be rushed and requested that the deadline for story submission be extended until June 1, 2006. If you know of anyone that

would like to write their story, the time line has been extended. Please have them contact me for the specifics regarding the guidelines for the Spanish-language submissions.

I have the honor and privilege to attend the General Service Board meeting in New York from January 27-30. Friday morning is an orientation meeting for the Delegate Chairpersons and the Conference Secretaries of each Conference Committee. Friday afternoon I will have the opportunity to visit with my committee secretary. Saturday & Sunday are the Trustees’ committee meetings. Monday morning is the General Service Board Quarterly meeting. I can hardly wait to attend. A couple of past Delegates have described the experience as when the last puzzle pieces fell into place.

I am looking forward to this coming year. I have a better comprehension of the Delegate service position and hope to be more effective in that position. I still sit back in amazement, how did I get from living in the Buick to God’s grace and sobriety? Thank you for your example and insisting my life become filled with respect and humility.

One last item I would like to mention. In just 9 short months we will be electing the new rotation of Area 40 servants. Now is the time to look around your Home group, your District, and the Area for the new servants. Ask the hard questions of commitment, responsibility and accountability of the people around you and yourself if you are willing to let your name stand and be available to serve our Fellowship.

May the new year continue to bring you the blessing of sobriety.

Scott W.



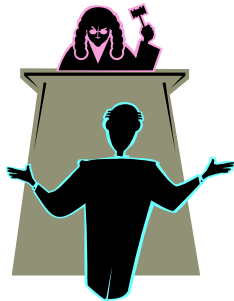
Linda Chezem's Area Assembly Talk (Fall 2005)

Earl F., past Delegate, introduced Linda, and it turns out that Earl had already met Linda in her court before Earl had stopped drinking!

Thank you for all being here. I will share how I got here to be a Past Class A (non-alcoholic) trustee. The "A" stands for amateur. My journey to be of service to Alcoholics Anonymous has been a very happy one, that has affected my whole life. My roots are in Montana, where I grew up on a dairy farm. My father wanted me to be an English teacher, but instead, I ended up in the judicial system. I am not a drinker--I think it is an acquired taste, and I am still acquiring it.

I could never understand the behavior of drunks that would come to see me in my court--especially the part where they kept coming back. I began to have thoughts and ideas about how I could try to help these alcoholics that I kept seeing time and again.

I wrote a grant requesting money to start a counseling session in my court. We created a panel where I



was with two other alcoholics that shared a great deal about AA with me. I loved them dearly. I went from that position to Fairbanks Hospital, where 50% of the board was required to be in recovery. It was at this point that I was invited to be a Class A Trustee, and I enjoyed my weekend in New York when I went before the nominating committee. This was a nice, calm, moment for me. I was touched, spiritually, when I was notified that you (AA) wanted me to serve.

I do believe that you have to grow your Class A Trustees. In other words, do not be afraid to ask those that you respect in business, medicine, money management, the clergy, etc. if they would be interested in serving AA. You just don't know who is ready and willing to do this. What a wonderful time I had rotating through the different service positions at GSO.

I recently took a cruise, and I was able to see that AA is truly all around the world. I was also reminded of this at the International Convention in Toronto, Ontario, Canada. What a great time I had meeting all of you again.

I rotated on in 2003, and I continue to be a life-long friend of AA. Miracles I never dreamed possible keep happening. I recently was married, and my husband is now in the AA program. Thank you for being there for

me.

Also, because of my experience with AA, drunks coming and going through my courts, I work in a National Institute for alcohol research that Bill W. had a hand in starting years ago. I am able to work with kids and families, and I am able to share my experience with alcohol and the justice system. Science is not the enemy of AA, it is the proof of AA.

There are no laws against us using the 12 Steps, and doing so has greatly enriched my life. Thank you.

Our service work gives us a spiritual way to live in a materialistic world. Don't let AA become the world's best kept secret. Protect your anonymity, but share your solution with the rest of the world. Look for other friends (Class A Trustees) to help you carry the AA message and

Linda Chezem, past Class A Trustee.

Overheard at meetings:

The monkey is off my back, but the circus is still in town.

CPC: What's in it for ME?

I got sober in the summer of 1995. AA became my lifeline. With barely a year's sobriety, my original home group in Helena needed a GSR to finish a rotation, and picked me. While I was still learning that job, I became a member of the District 61 PI/CPC committee, largely because the chair of that committee was so obviously enjoying the work.

Having participated as a committee member and subsequently as chair of that district committee, I want to share what I received from that service work, as a suggestion of what other members of the Fellowship might likewise receive.

You will have the opportunities to share your AA experience with doctors, nurses and other practitioners of the healing arts (including mental health professionals), educators, students (at elementary to postgraduate levels), lawyers, judges, correctional

officers, social workers, dentists and folks in various businesses and government agencies. You might gain new insight into your own recovery as well as into the perceptions and problems of all these people relating to alcoholism and alcoholics. You will have the chance to carry the message of recovery to persons who interact with or themselves might be suffering alcoholics. You will get to be of service to others.

You might also learn new things about problems with substances other than alcohol, and the very good reasons for AA to stick to its primary purpose and not seek to dictate what professionals or alcoholics treating with professionals should or should not do regarding outside issues. You might be challenged about unexamined beliefs you have about yourself, your disease, your friends and family, your community or even our Fellowship.

You could experience new dimensions in living sober and in being awake and present in your life, in your surroundings and with the people you love.

You will grow. It will be uncomfortable. It will be exhilarating. It might heal wounds and scars you did not realize you had. It could deepen your ability to identify with others, the better to give away what you have.

You could get to stay sober, to experience serenity and to come to believe and experience that God's will for you is to be happy, joyous and free.

Try it. You might like it.

Terry S., DCM District 61

Cooperating with Court, DWI and Similar Programs: What are some common problems and how are they solved?

Getting AA members involved.

Many A.A. members are not aware that this kind of Twelfth Step work is available and that they can participate in it. In some locales, this service is coordinated by the Committee on Cooperation With the Professional Community (CPC). Often ongoing Twelfth Step work within the court system leads to a subcommittee connected to the district or central office/intergroup. It's important to include enough A.A. members to cover A.A. commitments in the court system without detracting from other service work.

Usually, it is up to members of these committees to share this experience with other A.A.s, so that more A.A.s understand how to take part in this kind of Twelfth Step work.

Mandatory attendance at AA Meetings.

All of us sober in A.A. know that to get well we really had to want it for ourselves—eventually, if not at first. We could not stay sober just because we were “required” to, or for anybody else.

Yet, in a real sense, every A.A. member is at first “sentenced” to A.A., either by their employer, family, friends, doctor, or by their own inner suffering. In A.A., we are not concerned about who or what first sends the alcoholic to us. Our responsibility is to show A.A. as a way of life, so that all newcomers who need it might want it.

Proof of Attendance

It is important for the judge to understand that attendance at A.A. meetings does not guarantee anybody's future sobriety. Nevertheless, some judges re-

quire legal, written proof that offenders have attended a certain number of meetings. Often, when the court-ordered newcomer attends an A.A. meeting, the group secretary (or other group officer) is happy to sign their first name, or to initial a slip furnished by the court saying so-and-so was at the meeting on a particular date.

All involved recognize that neither the group nor the members are “bound” in any way by the signature, nor does this courtesy signify affiliation of the group with any other program. It simply illustrates cooperation.

This has been taken from the AA Guideline. You can find this guideline at http://www.aa.org/en_pdfs/mg-05_coopwithcourt.pdf.



Closing the Loop

If Bill Wilson were still alive, he would be not only be 110 years old, but would have celebrated 70 years of sobriety. Bill co-founded Alcoholics Anonymous with Dr. Bob Smith on June 10, 1935 (Bob's sobriety date).

Many professionals worked with Bill to come to the focal point that we know today as Alcoholics Anonymous.

Medical Profession—Dr. William Silkworth described the physical allergy and the mental obsession to Bill and provided his opinion in the book *Alcoholics Anonymous*. He did this at a time when the medical profession did not consider alcoholism a disease.

Psychoanalysis Profession—Dr. Carl Jung who is considered to be one of the greatest psychologists. Dr. Jung treated Rowland Hazard who helped Ebby Thatcher who helped Bill.

Religious Profession—the Oxford Group which practiced 1st century Christianity. In the beginning, AA was known as the Drunk Squad of the Oxford Group.

In 1960, Bill realized that Dr. Jung may not have known his part in the creation of AA. Bill wrote Dr. Jung outlining the events of Rowland's life and the creation of AA.

The following is Dr. Jung's response to Bill dated January 30, 1961 (Dr. Jung died later that year):

"Your letter has been very welcome indeed. I had no news from Rowland anymore and often wondered what has been his fate. Our conversation which he has adequately re-

ported to you had an aspect he did not know. The reason that I did not tell him everything was that those days I had to be exceedingly careful of what I said. I had found out that I was misunderstood in every possible way. Thus, I was careful when I talked to Rowland. But, what I really thought about was the result of many experiences with men of his kind."

"His craving for alcohol was the equivalent of a low level of spiritual thirst of our being for wholeness, expressed in medieval language: the union with God."

"How could one formulate such an insight in a language that is not understood in our days?"

"The only right and legitimate way to such an experience is, that it happens to you in reality and it can only happened to you when you walk on a path, which leads you to higher understanding. You might be led to that goal by an act of grace or through a personal and honest contact with friends, or through a higher education of the mind beyond the confines of mere rationalism. I see from your letter that Rowland has chosen the second way, which was, under the circumstances, obviously the best one."

"I am strongly convinced that the evil principle prevailing in this world, leads the unrecognized spiritual need into perdition, if it is not counteracted either by a real religious insight or by the protective wall of human community. An ordinary man, not protected by an action from above and isolated in society cannot resist the power of evil, which is called very aptly the

Devil. But the use of such words arouses so many mistakes that one can only keep aloof from them as much as possible."

"These are the reasons why I could not give a full and sufficient explanation to Rowland H. but I am risking it with you because I conclude from your very decent and honest letter, that you have acquired a point of view above the misleading platitudes, one usually hears about alcoholism."

"You see, alcohol in Latin is "spiritus" and you use the same word for the highest religious experience as well as for the most depraving poison. The helpful formula therefore is: spiritus contra spiritum."

"Thanking you again for your kind letter. I remain yours sincerely, C.G. Jung"

We all have had someone help us get to AA whether it be a doctor, police officer, bartender, lawyer, psychologist, or counselor. Have you closed the loop with that professional? By doing this, you can demonstrate to professionals that AA works. You then might be able to assist them in helping other suffering

Overheard at meetings:

It may be worth the \$175 to schedule an appointment with your psychiatrist to let him know you are recovering in Alcoholics Anonymous.

A Member Shares His Experience

Hi everyone, my name is Paul W., and I am an alcoholic.

My story of how I was introduced to Alcoholics Anonymous involves a minister. To this day, this still surprises me, as I was not a believer in a God of any sort, nor did I put much faith in going to Church--I just liked the potlucks--an attribute that still remains with me! I was introduced to going to church by my Mother at an early age, and I attended Sunday school and went to church services regularly. I even participated in youth groups, and once we went to another church to help the members renovate their church.

The one idea that I received while going to church, an idea that really irritated me, was that some of the church goers were actually happy, and seemed to know what life was all about. I had known for a long time that being happy and successful and contented, had eluded me, and there was no way that I was going to find out, on my own power, how to live like I wanted to.

For some reason, I would go to church once each year for three years before coming into Alcohol-

ics Anonymous. On each one of these visits, I was convinced that I would find answers to life's most baffling features, namely, how do I be happy and not afraid all the time?? Needless to say, I did not hear or see anything that resembled an answer to me, so I quit going to church.

Life predictably got worse for me, and on the day that I came to Alcoholics Anonymous, I found myself first in the office of the minister to whose church I had attended three times in the last three years. One comment he made to me was that he had noticed me for those three visits, and that he had sensed that something was amiss in my life. I was not impressed by this, and eventually, after all my sobbing and sniveling and blaming others, he calmly offered to take me to a meeting of Alcoholics Anonymous and said that what I would find in these meetings and the ensuing way of life might just be the answers that I had been searching for so long. I was not impressed by this, but don't you know, when he asked me to 'get in the car', I was not only too afraid not to go, but I realized at that exact mo-

ment, that I had nothing else to do in my miserable life.

I did not know what it meant to be an alcoholic, and I was doubly puzzled by the fact that a minister could be one of those people too. I eventually learned what it meant to be an alcoholic and that alcohol is no respecter of race, creed, religion, etc. My journey into AA was made possible by the actions of a minister who was a member of AA, and continues to be a member in good standing.

I have been able, as CPC for my District, to take information about AA to Ministers and churches, and to do workshops about Cooperation with the Professional Community around the state of Montana as Area 40 CPC Chair.

I have also taken AA materials to my dentist, and my doctor knows that I am a member of Alcoholics Anonymous. These different actions on my part have been one of the steps I find necessary for me to do if I want to continue to stay sober. The same will happen for you too when you do these things. Thanks.

Cooperating with Court, DWI and Similar Programs: Which AA Traditions guide us in cooperating with these programs?

All of them, but these have been specially mentioned: One—Our common welfare should come first; personal recovery depends upon A.A. unity; Two—For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience Our leaders are but trusted servants; they do not govern; Three—The only requirement for A.A. membership is a desire to stop drinking; Five—Each group has but one primary purpose—to carry its message to the alcoholic who still suffers; Six—An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose; Ten—Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy; Eleven—Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films; and Twelve—Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Sponsor your Professional—Area 40 CPC Committee

“Sponsor Your Doctor” is an approach to CPC service work that’s been around Alcoholics Anonymous for a long time; the January 1976 Grapevine is devoted to the topic of doctors and A.A. The purpose of CPC is to carry the A.A. message to professionals who may be in contact with the still suffering alcoholic. Local CPC Committees typically take a broader approach to working with professionals, by doing panel presentations to staff and students.

Experience shows that personal, one on one contact is more effective in carrying the A.A. message. A good place to start is with our own personal physicians, dentists, clergy, etc. Professionals with whom we already have a relationship, actually putting a face on A.A.

When you go to your doctor (or dentist, pharmacist, clergyman, probation officer, judge, etc.), do you inform him/her that you are in recovery? Do you then assume that your doctor (etc.) knows what A.A. is and what it isn’t? There are many myths about A.A. that still exist – anything from it’s a “religion” or a “cult” to people who think A.A. can teach people how to “drink like a gentleman”. Is your doctor (etc.) aware that A.A. is a tool available for persons in their care? How better to make ourselves available than to ensure that those who come into contact with suffering alcoholics are aware of what A.A. is about?

Hints and tips:

1. Being familiar with the Twelve Traditions will help you be able to dispel any myths or misconceptions that arise during your conversation(s) with professionals.
2. On your next office visit, bring some A.A. literature with you.
3. If your doctor (etc.) doesn’t already know you’re in the Fellowship, tell them.
4. Don’t just give them the literature

and leave it at that.

5. Let them know you’re a sober member of A.A., a program of recovery that requires us to work with others to insure our continued sobriety.
6. You might say something like, “In your profession, you probably run into people like me. I just wanted to make sure you know A.A. is a resource for you. I brought you a few pamphlets that briefly talk about what A.A. is, and what it isn’t. I’m also willing to act as a resource for you – not on alcoholism – but on A.A. and how it works to help alcoholics to abstain from drinking. I’m available to take people to A.A. meetings or visit with them about my drinking, how I got to A.A. and what happened to me after coming to A.A.”
7. Offer them a free subscription to our semi-annual newsletter to professionals, “About A.A.”. They can just fill out the postage-paid card and send it in to G.S.O.
8. Don’t be pushy, just helpful. The goal is to keep it a personal, one on one thing.

You might find it helpful to read the pamphlet, “Let’s Be Friendly with Our Friends” before you make your approach. This pamphlet was written by Bill Wilson back in 1958, and it’s a great discussion of why we need a friendly relationship with professionals, the debt we owe them and why a cooperative attitude is vital to all of us. Another good pamphlet on this topic is “How A.A. Members Cooperate with Professionals”.

It’s not our intention to inflict a bunch of homework before you talk to your doctor (etc.). These are just suggestions, to help you be better prepared. When I’m clear about what my purpose is, I’m not so uncertain about what to say or do.

For the A.A. Member:

- “Sponsor Your Professional” service piece for Area 40
- Let’s Be Friendly With Our Friends
- How A.A. Members Cooperate with Professionals

- Information on Alcoholics Anonymous (white paper)

For health care professionals:

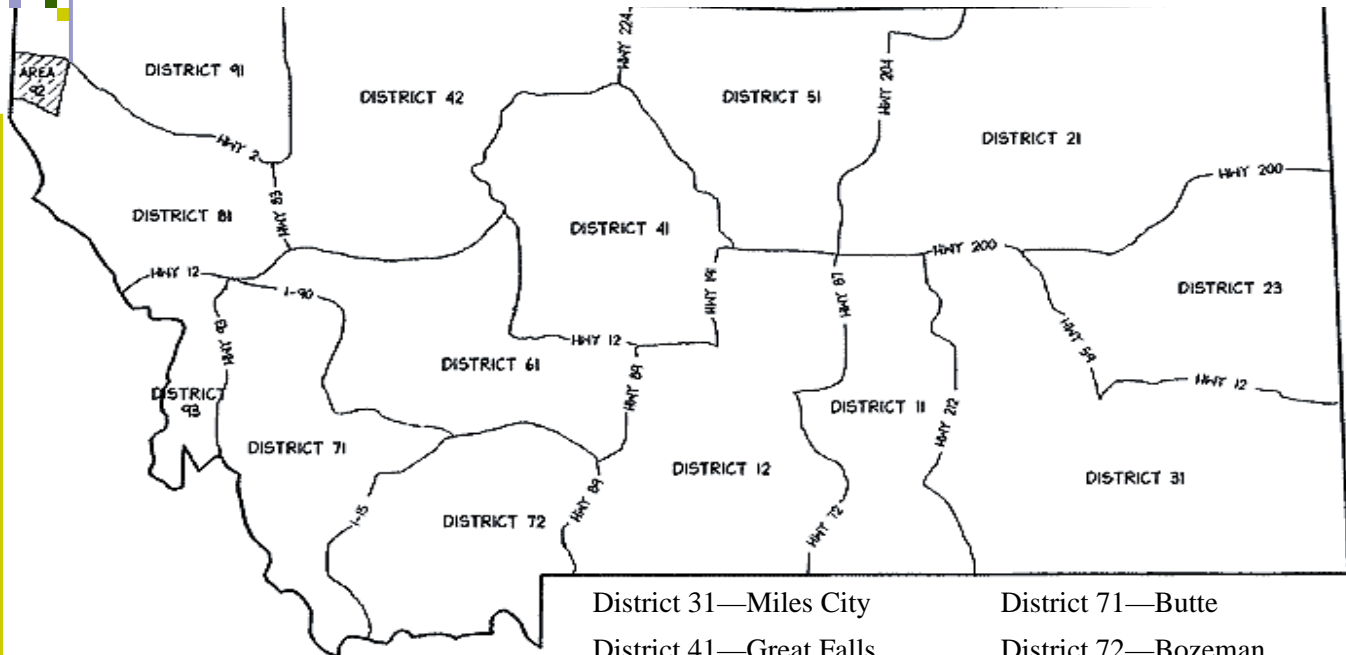
- “About A.A.” subscription card
- Copy of the most recent edition of “About A.A.”
- Problems Other than Alcohol (the long one)
- A.A. as a Resource for the Health Care Professional
- If You’re a Professional
- A Brief Guide to A.A.
- A.A. in Your Community
- Information on Alcoholics Anonymous (white paper)

For members of the clergy:

- “About A.A.” subscription cards
- Copy of the most recent edition of “About A.A.”
- Problems Other than Alcohol (the long one)
- Members of the Clergy Ask About A.A.
- If You’re a Professional
- A Brief Guide to A.A.
- A.A. in Your Community
- Information on Alcoholics Anonymous (white paper)

For Law Enforcement:

- “About A.A.” subscription cards
- Copy of the most recent edition of “About A.A.”
- Problems Other than Alcohol (the long one)
- If You’re a Professional
- A Brief Guide to A.A.
- A.A. in Your Community
- A.A. in Correctional Facilities
- A Message to Correctional Professionals
- Information on Alcoholics Anonymous (white paper)



District 11—Billings

District 12—Laurel

District 21—Wolf Point/Glasgow

District 23—Glendive

District 31—Miles City

District 41—Great Falls

District 42—Cut
Bank/Choteau/ Shelby

District 51—Havre

District 61—Helena

District 71—Butte

District 72—Bozeman

District 81—Missoula

District 91—
Kalispell/Whitefish/ Eureka

Triangle Tidbits

- Thanks to all of you who submitted articles for this issue of the Triangle. The next Triangle issue will be dedicated to AA's Archives. If you would like to share your experience with us, please do so by submitting an article.
- The next issue will come out in mid-February. Deadline for submission of articles is February 1, 2006. Send to the address below.
- I'm still looking for "You might be an alcoholic if..." and "Overheard at Meetings" to use. Please send one in if you have one or I'll keep quoting my grandsponsor.
- If you are having an event and would like it listed, please provide the information to the address below.
- Check your subscription date located on the mailing label. If your subscription has expired, please mail \$10 to the Triangle at the address below. Checks should be payable to Area 40. If your group cannot afford the subscription, you will continue to receive a copy.
- The mailing list is continually being updated. If your group is not receiving the Triangle, please send the correct mailing address to the address below.
- The Triangle's address is 4522 Shasta Lane, Billings, MT 59101 or Triangle@aa-montana.org.
- Contributions to Area 40 should be mailed to Area 40 Treasurer, PO Box 495, Helena, MT 59624.

Calendar of Events

- **HELENA—It's In the Book Group Speaker Event—Jan 21—Don G. 443-3869**
- **KALISPELL-Into Action Weekend– February 17 & 18—Mary M. 862-8314, Katy H. 253-2612, Clark P 755-5294 or email: mtnmare@centurytel.net**
- **MINNEAPOLIS, MN—West-Central Regional Service Conference– March 3-5– Scott W. 238-9895
www.aamontana.org**
- **BILLINGS- Pre-Assembly– March 11– Linda B.—656-0727**
- **HELENA—Pockets of Enthusiasm—March 17 & 18, 2006—Pat K. 449-4639**
- **HAMILTON-Pre-Assembly– March 26– Mary H. 777-4226**
- **GREAT FALLS- Pre-Assembly– April 1-Brian M. –452-2568**
- **LEWISTOWN—Area 40 Spring Assembly– April 8-10 – Andrew W. 777-5136 www.aamontana.org**
- **BOZEMAN—Spring Roundup-June 2- 4—Kurt W. 586-4635**
- **BILLINGS—Fall Roundup—September 8-10—Don B. 656-0727**
- **LEWISTOWN—Area 40 Fall Election Assembly—September 16-17— Andrew W.777-5136**
- **SAN ANTONIO, TX—AA's 75th Birthday Party—July 1-4, 2010**

We absolutely insist on enjoying life!
Get in the car!



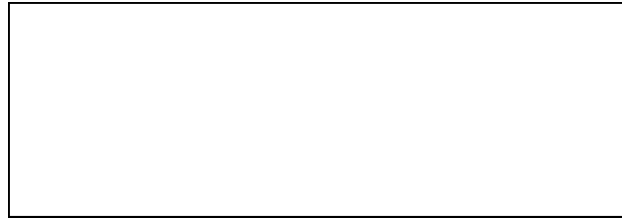
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Individuals: If your subscription has expired, this will be your last issue of the Triangle.

TRIANGLE SUBSCRIPTION FORM

If you would like a subscription for yourself, a friend or your group,
please return this form.

The cost of the Triangle is \$10 per year.

SEND TO: Area 40 Triangle, 4522 Shasta Lane, Billings, MT 59101

Make checks payable to Area 40.



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