

THE TRIANGLE

Area 40's Newsletter

Public Information & Fall Assembly Report

From Your Area Public Information (P.I.) Chair

In this issue of the Triangle, the feature "You might be an alcoholic if.." will be pieces of some of the Area Committee's qualifications to be alcoholic.

**If you tried to control your drinking by drinking a case of near beer, you might be an alcoholic.
(Connie R., Public Information Chair)**

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Hello, my name is Connie and I am an alcoholic, and I am truly grateful to be your Area 40 Public Information Committee Chairperson.

Bill W. once wrote: "Public Information takes many forms—the simple sign outside a meeting place that says "A.A. meeting tonight;" listing in local phone directories; distribution of A.A. literature; and radio and television shows using sophisticated media techniques. Whatever the form, it comes down to "one drunk carrying the message to another drunk" whether through personal contact or through the use of third parties and the media."

Pretty simple, isn't it? But I can make it very complicated in my mind if I think about it.

I received my workbook from the General Service Office after I assumed my position as P.I. Chair. I sat down and read it, and have referred to it throughout my rotation as P.I. Chair. While preparing to write this article, I sat down and read it again. There are 13 goals listed in the workbook. One goal that stood out to me more than the others, is the goal to let the fellowship know how to reach out to the hearing impaired.

This goal caught my attention because I have witnessed

a hearing impaired person "hear" his first meeting. My home group made the decision to hire an interpreter for one of our members who had been attending meetings, but is deaf. To be able to watch him finally "hear" experience, strength and hope through the hands of an interpreter was much like watching a newcomer realize that he has hope for the first time. He was on the edge of his seat "listening" to every word. If one suffering alcoholic is helped in this way then isn't it worth it. Since witnessing that home group member embrace the message of A.A., I have shared this experience in many settings.

But there is another way the message is being carried here. The interpreter, who is not a member of Alcoholics Anonymous, has been introduced to us because of her attendance at our open A.A. meeting (actually there have been three interpreters). The additional public information work that is being done here is accomplished when the interpreters carry the message of A.A. to the deaf society. They have experienced not only what A.A. is, but also what A.A. is capable of.

Now, let us look at yet another opportunity to achieve

this goal. In Area 40, we have been discussing establishing a statewide 800 number. The committee took its first step in moving forward with this idea by making a recommendation to pursue service proposals from answering services throughout Montana. Could this perhaps be another way to reach those alcoholics who could not have the possibility of having contact with A.A. if it were not for a phone? The hearing impaired can "hear" the message on the phone with the technology available to them.

Bill's words are as true today as when he first wrote them, "Whatever the form, it comes down to "one drunk carrying the message to another drunk", whether through personal contact or through the use of third parties". It is our responsibility to do just that. Sometimes we need to think outside the box of what we know and consider how we can best serve others. Reach out to the still suffering alcoholic in any way or manner so they may find the hope each of us, who are sober, enjoys today.

Thank you for allowing me to participate in my sobriety.

Local Public Information (P.I.) Committees

The information below was taken from A.A.'s Public Information Guideline. The complete guideline is available at www.aa.org or in the A.A. literature catalog.

Whether sponsored by an area assembly, district, or A.A. central office (intergroup), P.I. committees are responsible to the A.A. entity they serve.

Getting Started: New committees usually begin by contacting the General Service Office (G.S.O.), where a staff person handles P.I. activities and maintains contact with local committees. The new chairperson is sent a welcome letter along with basic P.I. information and placed on the *Box 4-5-9* mailing list. A P.I. Workbook is sent to all P.I. chairpersons. Others are asked to purchase them.

Committee Members: The first qualification for doing P.I., or any other service work, is sound sobriety. All committee members need to be thoroughly familiar with the A.A. program and able to provide consistent and accurate information about the Fellowship. Experience in public relations is not essential.

An understanding of the Twelve Traditions, including a firm grasp of the Anonymity Traditions, is most important. This is often enhanced through committees studying basic P.I. material together.

From one area P.I. committee: "After the assembly acted to establish a P.I. committee, a few interested members met together and realized that we needed participation from the districts and background from G.S.O. Individually, we purchased basic P.I. pamphlets and the P.I. Workbook through our local

intergroup or G.S.O. The committee decided to meet monthly to read and discuss the pamphlets 'Speaking at Non-A.A. Meetings' and 'Understanding Anonymity,' the service piece 'Information on Alcoholics Anonymous' and the workbook.

"Our study meetings gained in enthusiasm as we read together from one basic P.I. pamphlet at a time. New members joined, and before long we each began to enjoy taking part in 'practice talks' during our monthly meetings.

"A 'practice talk' session was led by a committee person who had prepared a presentation, asking us to 'pretend' to be a certain audience (high school students, church or business group, etc.).

After the talk, the 'audience' would ask questions suitable to the supposed group. We concluded by offering loving suggestions for improvement or clarification.

"After six months, we informed the local community of our availability. The next year, we were able to visit 20 schools, sharing A.A. information with more than 7,300 people."

In locations with sparse populations and small number of A.A.s involved in P.I. service, the need to regularly share experience and information is just as vital, and may be conducted by phone or mail. P.I. committee meetings are less frequent, but the purpose, need for guidance and link to an A.A. service entity remains the same.

Box 4-5-9: P.I. committees can benefit by the shared P.I. experience through articles in G.S.O.'s bi-monthly newsletter. Collected A.A.

service experience in carrying the message is valuable to the Fellowship, and G.S.O. welcomes the opportunity to receive sharing on local activities and projects from local P.I. committees so that it might be shared with others.

Financing: Most often the cost of doing P.I. service work is met from group contributions to whatever body forms the committee—general service area, district, central office/intergroup or, in smaller communities, one or more A.A. groups.

Usually, funds for the committee's work will be included in the "budget" of the A.A. entity served, and P.I. expenses are regularly reported. Occasionally, there is consideration of a special allocation for P.I. projects, such as distributing Big Books to local libraries.

BASIC COMMITTEE FUNCTIONS

What follows are the essential services, which may be altered or amplified by the group conscience of the A.A. entity supporting the P.I. work.

P.I. Visits: Some examples of visits might include schools, local businesses, church and civic groups. Where no Cooperation Professional Community committee exists, P.I. committees might also be in contact with professionals such as the clergy, health care providers, lawyers and teachers. In advance of initial contacts, P.I. committees often distribute a simple letter describing their availability and how interested persons can make contact for more information. They might also plan a visit by two or more committee

Local Public Information Committees Continued..

members.

A P.I. visit might include distribution of A.A. Literature, a brief talk and/or showing an A.A. video. It is essential that participating A.A.s agree on the basic outline for the visit, and are familiar with the details in "Speaking at Non-A.A. Meetings" and "Understanding Anonymity."

A few points to remember:

- Open by describing the need for personal anonymity at the public level; give your first name and A.A. membership.

District 23 Report

District 23 currently has 3 active groups and one new group forming.

Sidney Welcome Home Group attendance is slow but has been picking up a little recently. They currently meet Sunday and Tuesday nights and Saturday noon.

Glendive Life Again Group is staying fairly well attended. They meet on Tuesday and Thursday nights.

Fairview is trying to form a Monday night meeting.

WATCH East has meetings on Friday and Sunday nights. Usual attendance is 40 or more. District 23 would like to thank Bob H. From Huntley for his help with "Bridging the Gap" presentations at the facility. We would like to stress the importance of writing, making the contact before someone is released when you get a Bridging the Gap contact card in the mail. The importance of this was made very clear to me when I attended a meeting and a girl spoke up and said she would be getting out in a couple of days and no one had contacted her yet. Her concern/fear

- Avoid drunkalogs, keep your A.A. story general and brief. Use humor with good taste; what's funny to A.A.s may not be laughable to nonmembers.
- Confine your comments to A.A. information; remember that we're not experts when speaking as A.A. members. We don't try to speak for A.A. as a whole.
- As nonprofessionals, we do not give any information concerning the general subject of alcoholism.
- If appropriate, offer A.A. literature,

of going home without the contact was evident, so again please contact/write them before they are released.

The annual Lower Yellowstone Soberfest (LYS) was held on the third weekend in August. We would like to thank Bob H. for his help. We would also like to thank our Area 40 Delegate for attending and presenting the delegate's report. LYS attendance was down a little, but we were able to fund the entire function with only 7th Tradition and have a little seed money for the next LYS. The speakers, food and fellowship were great. The function is held in Makoshika State Badlands Park and was a very special place to be. The main speakers on Saturday night speak out on the Deck over looking the rugged badlands. The view of the sun setting on the badlands while listening to our speakers was clearly evident to all we were at a very spiritual event.

Rich B.

GSR Glendive Life Again Group

ture, such as "A.A. at a Glance," "A Brief Guide to Alcoholics Anonymous" or the A.A. Membership Survey flyer. Include information on local open A.A. meetings.

- Be on time. Dress simply and neatly. First impressions are important.

For more information, email the Area 40 Public Information Chair at pi@aa-montana.org.

If you have left your favorite convenience store having purchased two cups of your vomit rather than a soda, you might be an alcoholic. (Scott W., Area 40 Delegate)



If you come to in a bean bag chair covered in beer and poker chips, you might be an alcoholic. (Andrew W., Area Chair/Alternate Delegate)



Area 40 Elections & Committee Assignments

Elections for the 2007-2008 Area 40 Officers and Committee were held at the Fall Assembly. The Delegate, Chair/Alternate Delegate, Secretary, and Treasurer were conducted via the Third Legacy Procedure. The Committee Chairs were elected by simple majority. Below are your trusted servants for the 2007-2008 rotation. The next Triangle will contain contact information for these individuals.

Area Delegate-----Andrew W., Missoula
 Area Chair/Alt Delegate-----Carole B., Billings
 Area Secretary -----Connie R., Clancy
 Area Treasurer-----Curt K., Helena
 Archives -----Conrad M., Eureka
 Cooperation with Professional Community
 -----Terry S., Helena
 Public Information -----Sean B., Bozeman

Area Corrections Chair Report

Serving in this position has not been what I expected, whatever that was. It has been much busier and more fulfilling. It has been a privilege to work with some very enthusiastic A.A.'s and some very grateful inmates. I've become more aware of how little most people outside of A.A. know about A.A., and I've seen my patience grow in working with people employed by institutions who are indifferent to A.A. or even opposed to A.A.. My hope is that over these two years this committee has saved some souls from the grip of alcoholism by pointing them towards a new way of life in A.A.'s program of recovery.

On a more pragmatic note, the Pink Can Fund continues to provide literature to inmates across Area 40 who could not otherwise get any A.A. literature. Since the Spring Assembly I have received \$3,096.37 from three different districts, fourteen different groups, the 7th Tradition at the Miniconference held at the Men's Prison in Deer Lodge, and from money sent to our Area Treasurer to be passed along to the fund. I have placed thirteen orders to six different institutions in the same time period. The amount spent came to \$4,005.46. With those institutions that allow A.A.s to carry in orders, I place the orders based on the requests of those A.A.s. With the institutions that demand direct delivery to their institution, I rely on the staff to tell me their needs. Any group or person wanting information on

Corrections ----- Bill E., Bozeman
 Grapevine-----Billi Jo D., Havre
 Treatment-----Geoff D., Billings
 Literature -----Linda B., Billings
 Triangle Editor-----Raymona C., Columbia Falls

The Committee assignments for the 2007-2008 rotations were also assigned as follows:

Finance—Delegate, Area Chair, DCM 23, DR 31
 Archives—DCM 72, DCM 51, DR 42, DR81
 CPC—DCM 11, DCM 71, DR 61, DR 51
 Corrections—DCM 31, DCM 91, DR 71, DR 93
 Grapevine—DCM 41, DCM 93, DR 21, DR 11
 Public Information—DCM 61, DCM 81, DR 21, DR 11
 Literature—DCM 42, DCM 21, DR 23, DR 41
 Treatment—DCM 12, DCM 72, DR 81, DR 61
 DCM—District Committee Member
 DR—District Representative

the Pink Can Fund may contact me and I would be happy to supply that information. Any group or person wishing to contribute money to the Pink Can Fund can send the money to me until my term ends. Also, anyone needing help, financial or otherwise, in providing A.A. literature to their local correctional facility can contact me. I also have information on the Corrections Correspondence Service, where A.A.s on the outside are put in touch with A.A.s on the inside for the purpose of writing letters to each other.

The Miniconference was finally held at the Men's Prison in Deer Lodge on July 29th after three date changes. Twenty-four outside A.A.'s and approximately thirty-five inmates attended it. The feedback from both outside and inside A.A.'s was very positive.

At that Conference, I was informed by the prison staff that an orientation, which is mandatory in order to attend the Saturday meetings at the prison, would be held sometime in October and that I needed to submit the names of those wishing to attend by September 1st. I was pleased by the response, as I received thirty-seven names as the result of work of those at the district level. However, I am concerned about attendance at the orientation, as the prison scheduled the orientation from 8 AM to noon on Friday, October 6th, instead of the typical 10 AM on Saturday. I am hoping that all

District Committee Member Report—District 81

Greetings from District 81, Missoula to Polson and Thompson Falls to Seeley Lake, home to 31 registered groups, 11 of which are represented here today. In my travels to visit groups in the outlying areas over the summer, I found most groups were small, but thriving, with a wide range of sobriety lengths. I was inspired by the A.A. servants who continue to keep the doors open, the literature out and the coffee on, despite little or no attendance. Not surprisingly, those members usually had many years of sobriety. Making contact with these groups and GSRs has truly been the highlight of my duties as DCM.

This past spring our district held a new event, the Spring Fling/Service Fair. Each service area was highlighted by the district chairperson at a table with literature and sign-up sheets. In addition, we had a cake walk, coin toss and other games to win prizes and a concession “stand” with hot dogs, caramel apples, etc. Though I can’t say it was well attended – as it was also the first beautiful warm day of spring – it was informative and fun for the people who came and an event we will probably try again.

On June 10th, we held our annual Founders’ Day celebration where Scott W. came and shared his Delegate’s report with us. We also had an old-timers’ panel, music, food, horseshoe tournament and the traditional softball game. Though the day started out rainy which kept some people home, by afternoon even the mud puddle at home plate had cleared up. I continue to learn that I am only responsible for the effort; that God is responsible for the outcome.

In addition, the Ray of Hope/TGIF group in Polson recently hosted their 23rd annual Camporee on Flathead Lake which was blessed with gorgeous weather all weekend. Dennis O. spoke on the history of A.A. in an Archives workshop and Robbie and Mark S. shared their experience, strength and hope on Sponsorship. Great speakers, food and fellowship were enjoyed by all.

Currently, all the District service positions are filled and we held elections last month for next year’s new rotation. We elected an incoming DCM, Alternate DCM, Secretary and Treasurer. Elections will continue at this month’s meeting. In addition, members are actively carrying the message into the corrections facility, treatment center, teen recovery center and speaking in the high schools. We have received several Bridging-the-Gap contact requests from the WATCH program and, hopefully, will soon have a list in place of A.A. members willing to be contacts – similar to the 12-step call list for the phone line.

It has been my privilege to serve the groups in my district these past few years and I want to express my gratitude for the opportunity and the trust they placed in me. As usual with A.A. service, I feel I’ve gained far more than I’ve given. Thank you.

Julie R.

If at your high school reunion you finished your classmate’s drinks for them, you might be an alcoholic.

(Gail M., Grapevine Chair)



If at 3:00 am, you’re trying to get your truck out of the ditch to make it to the next party, you might be an alcoholic.

(Paul W., Area Secretary)

If your boyfriend, who carries out your garbage bags full of beer bottles, leaves A.A. literature around your house, you might be an alcoholic. (Louise M., Literature Chair)

Public Information (P.I.) Committee Report

The Committee considered the implementation of a state wide 800#. A new position, Area Answering Service Chair, structured similar to the Area 40 Webmaster, would be created to administer this program. District P.I. Chairs or District Answering Service Reps would ensure the Area 40 website is up to date and, if possible, that AirPage Communications gets an updated call list seasonally.

The consideration was read to those in the committee session and then the session was opened for discussion. Questions were brought up about how this would affect those districts that already had an answering service in place. With the proposal most of the districts would just be handled by one account representative rather than having 4 or 5 different account representatives. From past correspondence with Airpage it appeared that other answering services could be connected to the Area 800# just like individual phone numbers that might be on a contact list. A problem with a

call being sent to an individual that should not have been sent to A.A. was discussed. It was suggested that this would be an opportunity for the local P.I. Committees to do an employee training with the Answering Service as to what A.A. is and is not.

We discussed how coverage would be handled with an 800#. Some people shared that making sure that those who are signing up for calls are truly stating when they are available as it is when the answering service has to call several people that we lose those trying to reach A.A. and it cost money.

We were very impressed with this proposal as far. The proposal was presented with actual costs based on the service already being serviced by Airpage provided to 4 districts. The concern is that the totals did not match with what Airpage was proposing.

It was in the discussion of what Airpage proposed that one attendee felt that perhaps it would be prudent of us to pursue proposals from other compa-

nies that provide an answering service in Montana. The committee has had this item for the past two years and the committee took no action because there was more information needed. Many felt that the 800# was worth pursuing and that we need to begin somewhere. It was decided that presenting it to the Area floor is a first step in seeing if Area 40 wanted the 800# answering service.

Therefore, the Public Information Committee unanimously recommends to pursue implementing the 800# in Area 40, utilizing an Adhoc Committee to obtain contract proposals with answering services throughout Montana for consideration at the 2007 Spring Assembly.

The Assembly considered the motion and passed it. The Area Chair, Andrew W., will be selecting the Adhoc Committee.

Area Corrections Report Continued...

those who signed up to attend and can attend will attend. Depending on who goes through the orientation I may suggest a different monthly rotation of which districts are responsible for different Saturdays. Thank you to all those involved for your continued patience in trying to carry the A.A. message inside this institution.

This past week the staff at RYO contacted me and I attended a staff meeting there this last Thursday. RYO is the federal juvenile facility in Galen, and virtually all of those incarcerated there are Native Americans. They now have a new director who has a positive view of A.A. and wants us to get in-

involved in carrying the message there. They are especially interested in the Temporary Contact Program. I will be putting in calls and emails to various districts in order to build a base of temporary contacts. I hope districts can immediately start working on this. The towns they are most interested in are as follows: Poplar, Harlem, Wolf Point, Box Elder, Lame Deer, Lodge Grass, Hardin, and Busby. There will be other towns too, but these were their highest priority. We are hoping to also add either a regular A.A. meeting or speaker meeting inside the facility and I just placed a literature order out of the Pink Can Fund for

them. I am very excited about the possibility of getting A.A. active in this facility.

God Bless,
Gary O.

If you brought tools and tie downs with you to collect the roundup stool rather than asking for help, you might be an alcoholic.
(Gary O., Area Corrections Chair)

The roundup stool is 4 inches and passed from roundup to roundup.

Area Treatment Committee Report

The Committee discussed the feasibility of putting together and maintaining a 12-Step call list for Area 40. The Treatment committee was assigned this topic because this committee has historically maintained a statewide contact list to make Bridging the Gap contacts for people coming out of the WATCH Program.

Discussion concerned:

- Background on Airpage (an answering service) which would provide 800# hotline for statewide use. Districts would choose to participate (or not) and support the maintaining of the lists.
- The Area would pay for the service. This option would be more effective than maintaining the three 800#'s currently in use.
- The three districts, currently using 800#'s can provide experience with problems and solutions.
- A.A. would also be listed in every local phonebook.
- The possibility of creating a non-voting Area position to oversee the hotline, like the Webmaster and Archivist.
- Questions concerned the ability/responsibility of districts maintaining and communicating updated phone contact lists.
- Suggestion to tie 800# to Area 40 website and use electronic means to keep lists updated and to mail update list to each group to ensure that lists are current.
- Need to make sure that Air-

page is aware of and is using A.A. guidelines for connecting callers with help.

- Possibility of providing Airpage with contact list compiled by city name rather than by various districts.

If after diligently working 11 other 12-step programs and your life is still in the toilet, you might be an alcoholic.
(Lee G., Area Treatment Chair)



- Will meeting schedules also be included? This, again, brings up concern of how to keep lists current.
- What would be the role of the Area position in overseeing the process? It would be the responsibility of the districts to maintain current lists.
- One member brought up the concern about the need to make sure that people leaving treatment have immediate help getting to meetings. Response included the need for district and group treatment chairs to provide Bridging the Gap presentations to local treatment facilities. In some districts, there is no District Treatment Chair so the DCM fills several

roles, making each one more difficult to do adequately.

Montana Chemical Dependency Center (MCDC) Update

Last month, Lee, Gary O, Area Corrections Chair, and Kevin M, District 71 Treatment Chair and MCDC facility met to discuss allowing A.A. back into the facility. It looks like we will be able to return to the facility but with several changes.

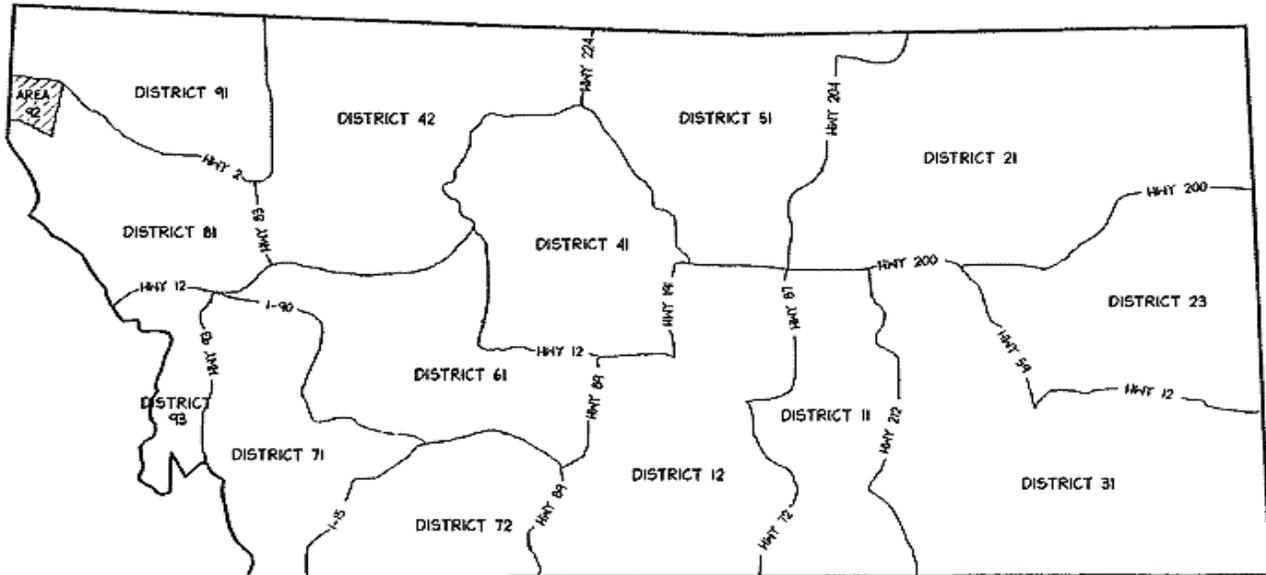
Everyone must attend a required orientation before taking meetings into MCDC.

There is now a 1 year sobriety requirement. The meeting chair will be responsible for maintaining order in the meeting and addressing issues immediately if someone violates any facility guidelines.

If you think Listerine and soda is a reasonable breakfast cocktail, you might be an alcoholic.
(Sid G., Area Treasurer)



Overheard at meetings:
The Steps prevent suicide and the Traditions prevent homicide.



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
 District 93—Bitterroot Valley

Triangle Tidbits

- Thanks to all of you who submitted articles for this issue of the Triangle. The next Triangle issue will be dedicated to the Accomplishments of the 2005-2006 Area Committee and the Grapevine. If you would like to share your experience with us, please do so by submitting an article.
- The next issue will come out in December. Deadline for submission of articles is November 15. 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.
- 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

- HAVRE– Mini Roundup– October 6-8– Craig E. 945-3889
- HELENA–Carrying the Message Workshop–October 7– Bryan S. 443-2186
- KALISPELL–Fall Refresher–October 14-15–Paul W. 892-0278
- BOZEMAN– Inclusiveness in A.A.– October 21– Verna W. 582-0550
- FLATHEAD LAKE– Women’s Retreat–October 27-29–Ginger 212-4729
- BILLINGS–A.A. Service Committees Workshop– October 28–Arlen P. 248-8977
- HELENA– Service & Sobriety–November 5–Ed C. 439-2149
- BOZEMAN–Corrections/Treatment Workshop–November 11–Mike B. 580-2446
- HELENA–Attitude of Gratitude– November 18– Bill C. 439-9774
- BILLINGS–First Saturday–December 1-2–Scott D. 256-0936
- LINCOLN, NE–West Central Regional Service Conference– March 2-4, 2007 – Andrew W. 546-2828
- HELENA–Pockets of Enthusiasm–March 16-17, 2007–Alex M.–443-5706
- LEWISTOWN– Spring Assembly–April 14-15, 2007–Carole B. 252-4197
- BUTTE– Spring Roundup– May 18-20, 2007– Gary O. 563-5789
- SAN ANTONIO, TX–A.A.’s 75th Birthday Party–July 1-4, 2010

If you would like your event listed here, please email the editor at Triangle@aa-montana.org or send it to 4522 Shasta Lane, Billings, MT 59101

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