



CAMEL COURIER

VOLUME 30 ▲ ISSUE 6 ▲ JUNE 2016

ALCOHOLICS ANONYMOUS

Area 34 - District 11
coverage area includes:
Antrim, Benzie,
Grand Traverse,
Kalkaska, & Leelanau
counties.

**Traverse City AA
Central Office**
3291 Racquet Club Drive
Suite B
Traverse City, MI 49684



Hot Line
(231) 946-8823
24/7 Service

Office Hours
Mon – Fri 10AM – 5PM
Saturday – 10AM - 2PM

Email
district11centraloffice@yahoo.com

Website
www.district11-aa.org

WHY IS ALCOHOL and DRUG MISUSE on the RISE in OLDER ADULTS?

Four Major Factors Contribute

Four major factors contribute to the large number of older adults now having problems with alcohol and other drugs.

1. Silver Tsunami

The number of people reaching retirement age is growing by leaps and bounds. In 2011, the first of the 76 million baby boomers turned 65. In what's been dubbed the "silver tsunami," every day for the next 20 years, 8,000-to-10,000 boomers in the United States will reach age 65, and many will retire—with time on their hands.

2. Life Changes

About 50 percent of those who make up the boomer generation grew up experimenting with illegal drugs, even if only briefly. When careers and raising a family took precedence, most of this generation gave up their attachment to mood-altering substances. But in retirement, or as empty nesters, a growing number of boomers are reverting to using drugs as a means of dealing with the stressors that can accompany aging—including boredom, health issues, and financial worries, as well as loss of a spouse, loss of identity, and, in some cases, loss of a certain degree of freedom. A 2011 Substance Abuse and Mental Health Services Administration

study found that the rate of current illicit drug use among people in their fifties jumped by about 3.5 percent, from 2.7 percent in 2002 to 6.3 percent in 2011, indicating that the baby boomer generation is more likely than previous generations to turn to drugs as older adults.

3. Pain Management

Since the late 1990s, when the medical community began monitoring pain as a fifth vital sign (in addition to temperature, heartbeat, breathing rate, and blood pressure), prescription painkiller use has experienced a dramatic rise in the United States. Worldwide, Americans take the lead, consuming about 80 percent of all prescription painkillers. Painkillers such as OxyContin and Vicodin fall into a highly

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Why Is Alcohol and Drug Misuse on the Rise in Older Adults? (Continued from Page 1)

addictive class of drugs called opioids, which also includes heroin. Since 2002, use of prescription painkillers has doubled. The result: From 1998 to 2008 the number of people being treated for opioid abuse increased 400 percent. And those who can no longer manage to get their drugs via prescription are turning to the street, where dealers have these pills readily available as well as very pure heroin—which is stronger and often cheaper than pills—creating an epidemic of frequently fatal overdoses across the country.

4. Environmental and Social Norms

Older adults have been conditioned to turn to drugs for relief, whether taking a couple of ibuprofen to soothe an inflamed joint or an opioid painkiller for major back pain. According to a U.S. Census report, as many as 92 percent of U.S. adults live with at least one chronic condition; 41 percent have three or more conditions. Each year, doctors write 17 million tranquilizer prescriptions for older adults, including for benzodiazepines (think Valium, Xanax, and Ativan), the most widely misused class of drugs among that age group. In 2014, Americans filled over 4 billion prescriptions at retail pharmacies alone; and adults over sixty-five fill more than twice as many prescriptions as those younger than sixty-five. This is for a nation of 290 million people.

Older adults may have been comfortable using drugs in their youth, they trust their doctors to prescribe only medication that's good for them, and they trust the television commercials promoting prescription drugs. And who can blame them? Pharmaceuticals have their place in the world. They reduce suffering for millions of people every day. The problem starts when the drugs stop helping and start hurting instead. In some cases, the drug combination (whether mood-altering or not) is the culprit. In these situations, addiction is not the issue—toxic drug combinations, some of which produce dementia-like symptoms, are the problem. But when people cross the line from normal use to misuse and then dependence, addiction starts running the show. And when addiction takes over, the negative consequences start piling up.

Few older adults start out with a hedonistic urge to get high. Most are following doctor's orders, taking medications as prescribed. Others have been victimized by polypharmacy (taking multiple medications to help with various health issues), the result of seeing multiple doctors who don't talk to each other, coupled with a lack of patient advocacy to protect them. Others begin drinking or smoking marijuana to numb feelings of loneliness or depression that can be common in older adults for a variety of reasons. The effects of the recent decriminalization and legalization of medical marijuana in some states are, as of this writing, still largely unknown.

Regardless of intentions or age, the results of addiction are the same: Addiction destroys lives and families. Recovery from addiction can reverse these damages by promoting a fulfilling life that heals relationships.

SOURCE: Excerpted AARP's book, Not As Prescribed: Recognizing and Facing Alcohol and Drug Misuse in Older Adults—A Guide for Families and Caregivers, by Harry Haroutunian, MD, Physician Director, Licensed Health Professional Program at the Betty Ford Center in Rancho Mirage, California.

Calendar of Events - JUNE 2016

June 4, 11, 18, 25 Open Talk Speaker Meeting at Munson Hospital basement, 1105 Sixth Street, Traverse City, 8:00pm. If you would like to be a Speaker in the upcoming months, please contact Shannon H. at (231) 649-3294, or email: tho2936992@hotmail.com .

June 8 Central AA Office Board Meeting, 3291 Racquet Club Drive – Suite B, Traverse City at 5:30pm. All AA and Al-Anon/Alateen members are welcome. For More Information: Call (231) 946-8823, email district11centraloffice@yahoo.com or view their website: <http://www.district11-aa.org>

June 10 – 12 81st Anniversary of Alcoholics Anonymous in Akron, Ohio – THE Birthplace of A.A. For More Information: <http://foundersdayregistration.akronaa.org/>

June 14 District 11 Meeting - now held on the **SECOND TUESDAY OF EVERY MONTH, 7:00pm-8:30pm**. This meeting will be held t the Fife Lake Municipal Building, 616 Bates Road. For More Information: Email area34.district11@gmail.com .

June 19 Western Michigan Area 34 Assembly – meeting starts at 10:30am. Hosted by District 6 – at the True North Community Services, 6308 S Warner Ave, Fremont 49462. For More Information: Email area34.district11@gmail.com or check out <http://wmaa34.com/>

June 24 – 26 Midwest Motorcycle Alcoholics Anonymous Convention in Pecatonica, IL. For More Information: <http://mmaac.org/>

Future 2016 AA Events

July 22 – 24 MCYPAA Advisory Annual Campout, at the Paddlebrave Camp & Canoe in Roscommon, MI. For More Information: http://mcpaa.org/wp-content/uploads/2016/03/MCYPAAAC_Campout_2016.jpg

August 26 – 28 64th Michigan State AA Convention, Dearborn, MI - Hosted by Area 33, For More Information: http://www.aa-semi.org/flyers/MI_AACon64th_1.jpg

October 14 - 16 28th Annual Fall Weekend, The Island House Hotel in Mackinac Island, MI. For More Information: http://www.aa-semi.org/flyers/2016_Mackinac_Registration_Form.pdf

November ? - ? Traverse City Fall RoundUp 2016. Dates to be determined. Keep checking <http://www.tcfu.com/> for new information.

November 11 - 13 We Agnostics, Atheists and Free Thinkers (WAAFT) International AA convention in Austin, Texas. For More Information: <http://www.waafiaac.org/>

November 25 - 27 Michigan Convention of Young People in A.A. #38, Ann Arbor Marriott at Eagle Crest Resort in Ypsilanti, MI. For More Information: <http://mcpaa.org/host/>

Traverse City Central Office's Website

www.district11-aa.org

Our site has the most up-to-date area AA Meetings List (printable); Al-Anon and Alateen Meetings; District 11 information; AA Links; as well as current and archived issues of our monthly newsletter - the *Camel Courier*; . . . and much more.

ALCOHOLICS ANONYMOUS

District 11 – Area 34

Central Office

3291 Racquet Club Drive #B

Traverse City, MI 49684

(231) 946-8823

Board Members

Jodie S., Chair

Amanda S., Secretary

Steve G., Treasurer

Joe S., Asst. Treasurer

Rebecca S., Literature Buyer

Jodie S., Webmaster

Phil S.

Ted K.

Volunteer Coordinator

Susan N.

★RECOVERY★

★UNITY★

★SERVICE★

CENTRAL OFFICE WELCOMES NEW OFFICE MANAGER

Congratulations to Scott S.! We are excited for Scott to bring his talents and passion for service to the Central Office team. Scott will be in the office on a part-time basis starting this week, and will cover most days going forward. Please feel free to drop in and welcome him to the team!

CENTRAL OFFICE NEEDS VOLUNTEERS

Are you looking for a way to get involved in the New Year? Central Office needs you! The District 11 Central Office is a vital communication link between the newcomer and Alcoholics Anonymous in our area, as well as the main literature supplier for groups in our district and beyond.

We need volunteers - shifts are Monday thru Friday, 10AM-2PM and 2PM-5PM, as well as phone coverage after retail hours.

PLEASE CONTACT

Susan N. (our Volunteer Coordinator)

at (231) 645-1267

or email her at sjnoakes@sbcglobal.net

DISTRICT 11 MEETING CHANGES

District 11 has voted to move its day and time to accommodate more groups in the district. It will now be held on the **SECOND TUESDAY OF EVERY MONTH, 7:00P-8:30P**. The next meeting will be held on June 14 @ 7pm at the Fife Lake Municipal Building, 616 Bates Road. Future meetings will be held in different parts of the district.

CENTRAL OFFICE RETAIL STORE

Our Literature Buyer, Rebecca S., has been placing quite a few orders lately to make sure the gift and merchandise inventory at Central Office are plentiful and available for all of our customers. Along with the wonderful conference-approved literature (Big Books, 12 & 12's, etc.) we have many new 'Daily Meditation' books.

We have received new items like hats as well as beautiful jewelry, greeting cards, coffee mugs and wallet cards. We carry book covers, posters of the Steps and Traditions, a wide variety of anniversary coins, and World Service Manuals to help with service positions.

We also have a large supply of items for Al-Anon and ACA. If we don't have it in stock, Rebecca S. would be happy to track it down for you or your individual group.

If anyone would like to assist Rebecca S. with any of the duties or inventory work – please contact Central Office and let her know. It's a great way to get involved with service work.

GRAPEVINE DAILY QUOTE

is a book (GV32) made of selections from other AA Grapevine literature. The book *Daily Quote* is available at the Traverse City Central Office. You may also subscribe at <http://www.aagrapevine.org/emails>.

OPEN SPEAKER MEETINGS
at Munson Hospital
Conference Room in Basement
Every Saturday (8:00pm)

✦ Upcoming Speakers ✦

June 4 Diane K. Burdickville
June 11 **OPEN**
June 18 Trapper TC Group
June 25 Terry D. Indiana
July 2 **OPEN**
July 9 Laura L. New Hope Grp
July 16 **OPEN**
July 23 **OPEN**
July 23 **OPEN**



If you're interested in being the
main speaker, please contact:

Shannon H. at (231) 649-3294,

or email: tho2936992@hotmail.com

★ **RECOVERY** ★ **UNITY** ★
★ **SERVICE** ★

Central Office

Always Needs Volunteers

Whether you can help — in the OFFICE, handle
AFTER HOURS CALLS,
be on the 12 STEP CALL or RIDES LIST ...

PLEASE WE NEED YOU!!!

For More Information,
call Central Office's Volunteer Coordinator,
Susan N. at (231) 645-1267.

T H A N K Y O U

JUNE 2016 Central Office Volunteers:

Adam	Edwina	Marilyn
Amber	Frank	Nancy K.
Bill	Jennifer	Peter V.
Brian S.	Konnie	RuthAnn
Butch	Kristen	Shellie
Connie	Linda	Susan N.
Daniel	Lisa	Susan V.
Diane	Liz	Tamara

Northern Michigan Corrections Committee (NMCC)

*Carrying the AA Message into
Jails and Corrections Facilities*



For information on volunteering to help with meetings or for donations towards
purchasing literature,

please contact: Dan S. @ 231-633-0860, or email nmcc2011nmia@gmail.com,

or mail donations to:

Northern Michigan Corrections Committee, PO Box 5712, Traverse City, MI 49696

***“Recovery is contagious. Get close to it. Stay
close to it. Catch it. Keep catching it. Pass it on.”***

~Bill White

Central Office Board Meeting Minutes

May 11, 2016

(Minutes to be approved at the June 8, 2016 Board Meeting)

Board Members Present: Jodie, Rebecca, Amanda, Phil, Steve

Others present: Frank, Edwina, Brian

Secretary's Report: Amanda read minutes from April 2016 meeting; Jodie moved to accept minutes as written; passed unanimously

Treasurer's Report: Steve read the treasurer's report for April 2016

Webmaster's Report: still looking for a webmaster to serve on the board and keep the website up to date

Camel Courier Report: Mike reports that last month's Camel Courier was the best-received of any issue he's ever distributed. He requested a Munson speaker list but has not received one from TC Group.

Literature Report: Rebecca is getting ready for the spring roundup and has made arrangements for a cargo van to transport the literature; she will keep track of all expenses

Volunteer Coordinator's Report: Jodie read Susan's emailed report: all shifts have been covered for this week. Still need regular volunteers for Tues PM, all day Thurs, and every other Saturday. Susan would like to see increased visibility of Central Office, especially in the newcomer packets.

Old Business: Non-AA groups renting the Central Office space for meetings? Prudent reserve?

New Business: Frank requested a prompt review of the applications for office manager so that a decision can be made. Brian and Edwina each echoed Frank's statement. The board reviewed applications for the office manager position. A vote was called for. Cigarette butt holder idea tabled until next month



DISTRICT 11 MEETING MINUTES

April 14, 2016

The meeting was opened by Mel H. at 9:30 with the Serenity Prayer

District 11 Statement of Purpose: Deanna D. * Tradition of the Month: Amber J. * Concept of the Month: Dean J.

* Declaration of Unity: Amber J.

Role Call: Eleven members present, at least when the meeting started.

Officer Reports

Secretary: Amended report accepted. Treasurer: Report accepted. Chair: Computer ate report. Area 34 meeting: State Convention for 2018 will include East Central Regional Conference. Mel asked for a bid cost for the Grand Traverse Resort. The cost per room seemed high so Mel is open to other suggestions. Discussion of the formation of District 18. Reminder of the upcoming Sponsorship Workshop

Committee Reports

PI/CPC: Open. Corrections: Jerry H., interim Chair, held a meeting of the Northern Michigan Corrections Committee at the Central Office and Big Books will be provided for jails in the district. Would like to get financing for Grapevines for jails. Heather asked about average inmate participation. Motion by Heather G. to have District provide two Grapevine subscription for Pugsley Prison. Amber J. seconded. Motion passes Motion by Marv S. to support financially support Northern Michigan Inter-Area Corrections with a one-time \$100 contribution. Phil S.

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seconded Motion passed with one opposed. Treatment: Munson Hospital has a meeting every 8 weeks to inform intensive out-patients about AA, NA, and Alanon. Brian J. says that the coordinator for that meeting needs Big Books. Phil asked why they can't buy their own Big Books. Diane says that Munson is going to a 4 week program from a two week program and requests help from Brian J. Diane works at Munson and says that they have a closet full of Big Books. Motion by Amber J that we buy 10 big books for Munson treatment. Seconded by Marv S. Jerry suggests we take it back to the groups. Amber withdraws her motion after Diane clarifies that Munson accepts responsibility for providing Big Books for patients. Special Needs: No report Central Office Liaison: Phil S. reported on a recent Board Meeting and reported that Central Office has hired a part-time office manager, Scott S., and that Central Office is providing literature where needed and is taking some to the Spring Roundup. Heather asks about the phone system, and Phil reported that the system is up and functioning well.

DCM Reports

Grand Traverse: Amber J. has made email contact with GSRs and heard that there is no support for rewriting Big Book, but that alternate versions might be okay. Kalkaska: Marv S. reports that he has been meeting with people in his area. He reports that many of his groups are having Group Conscience meetings. He cautioned against 13th Stepping, and emphasizes that Sponsors need to be alert on this matter. Leelanau: No DCM Benzie: Scott reports meeting with groups and trying to get them to accept group structure as outlined in the Service Manual. New group in Honor, Honor Serenity Group, meets Sundays at 4:00 at the church right next to the Drive In. Scott is stepping down as DCM for Benzie county. He is working to provide a replacement.

Area 34 See above Chair report.

Group Information, Announcements, and Concerns

Amber asks why we have so much money in our account. Amber continues to point out that over the last few years we haven't really used more than \$200 or so. Motion by Marv S. for District 11 to contribute \$50 to the Northern Michigan Inter-Area Spring Roundup. Jerry seconded. Phil S. points out that no request has been specifically made to District 11. Marv S. answers that he is representing Northern Michigan Inter Area. Motion passed. Motion by Amber J. that in future Treasurer's reports we discuss what we plan to do with the money in our account. Seconded by Marv S. Phil S. objects to the placement of the discussion of money in our account. Motion passed Heather announced a 7:00 open meeting Mondays at UU and is asking for support. TJ announced a 7:00 PM Friday night beginners open meeting by the Common Ground Group at the West Bay Covenant Church.

Old Business

Sponsorship Workshop report. Mel has offered to provide water leftover from the Area Assembly.

Changing time and place. We have several options for venue. Amber volunteers to head a committee to set a schedule. Art, Deanna, and Mel all volunteer to help. Motion by Jerry H that we have next meeting at Fife Lake Municipal Building, 616 Bate Street, Tuesday, June 14 from 7:00-8:30 Seconded by someone. Motion passed

Discussion of who gets to vote at District meetings. There was common agreement that we would follow the Service Manual on this, so only GSRs, alternate GSRs when the GSR isn't present, and officers may vote.

New Business

Deanna asks for Fall Roundup donation. She reports that this year the Roundup will be a more open recovery event. Suggestion by Heather to take back to the group the idea of contributing to the Roundup. This item will be put on next month's agenda Motion to close at 11:08

The meeting closed at 11:08 AM with the Responsibility Statement. The next meeting will be held at the Fife Lake Municipal Building, 616 Bate Street, Tuesday, June 14 from 7:00-8:30. **- Art H., District 11 Secretary**

DISTRICT 18 AREA 34 REPORT
May 10, 2016

Our District Committee met May 10th 2016, with (8) GSR's (3) Dist. Officers and (3) Alternates.

- It was resolved :To Accept minutes of 04/14,
- We would open an acct @First Merit Bank in Bellaire MI
- We have established a P.O. box #1141 Bellaire MI, 49615 for all communications/donations to District 18 Area 34
- We shall conduct business under modified Roberts Rules of Order
- All District Officers, GSR's and Committee Chairs (or their respective alternate in their absence) are eligible to vote on all matters before the Assembly. DCM only votes in case of a tie vote
- We will meet on the 2nd Tuesday of each month @ the Forest Home Township Hall in Bellaire MI from 7:00 pm. Until 8:00 pm.
- The DCM or his Designated Representative shall be reimbursed at the rate of 14 cents per mile for travel to and from Area Assembly. Mileage to be determined via Google Maps from home to meeting place. A report on that Assy. Meeting is required for reimbursement.
- The Secretary shall have a monthly Draw of up to \$15.00 as needed.
- We discussed the support of the Antrim County Jail meetings.
- voted to sponsor the December Area meeting.(however it has already been spoken for)
- To have the GSR's solicit input from the groups what they would like to see accomplished by Their District Committee.

NEXT Assembly: June 10, 2016, 7:00-8:00pm Forest Township Hall. Bellaire MI.

Respectfully submitted DCM District 18 - ROGER B

Central Office MAY 2016 Treasurer's Report

INCOME IN MAY 2016

Checking Account Balance	\$ 10,248.29
Total Deposits	\$ 2,310.58
Credit Card Sales	\$ 1,074.55
Central Office Meeting Contributions	\$
TOTAL DEPOSITS	\$ 13,633.42

EXPENDITURES IN APRIL 2016

Rent	\$ 775.00
Volunteer Coordinator	\$ 460.00
Insurance (annual fee)	\$
Phone/Internet	\$ 261.90
Office Supplies	\$ 69.41
Literature Purchased	\$ 3,447.33
Postage	\$ 13.45
Grasshopper	\$ 27.36
Sales Tax Paid to State	\$ 609.93
Credit Card Fees	\$ 30.73
TOTAL EXPENSES	\$ 5,664.38

ALL ACCOUNTS as of APRIL 30, 2016

Checking Account Balance	\$ 7,969.04
CD Saving (1 Yr matures 6-10-16)	\$ 517.03
CD Saving (6 mth matures 4-3-16)	\$ 547.22
Savings Account Balance	\$ 1,494.76
TOTAL ALL ACCOUNTS	\$ 10,528.05

SALES REPORT APRIL 2016

Taxable Sales	\$ 2,630.89
Non-Taxable Sales	\$
Donations to Central Office	\$ 641.68
TOTAL SALES	\$ 3,272.57
TOTAL SALES TAX DUE	\$ 157.86

CONTRIBUTIONS RECEIVED FROM:

In Memory of Don Curran, Westside Group, Carp River Group, AWOL Groups, Set in Stone Group, Unstable Study Group – Kingsley BBS, Kingsley Sunday Al-Anon Group, Eden Bible Group, Eastside Group, Unity of Traverse City, Tuesday Nooners Lake Leelanau, and many other Anonymous Donations.

THANK YOU

TO ALL THE GROUPS FOR THEIR SUPPORT

The CAMEL COURIER seeks a NEW EDITOR

Are you looking for an opportunity to serve? Our *Camel Courier*, in print since 1989, needs you!

If you have at least 1 year of sobriety, computer savvy and willing to put together a great read for the community, please let us know immediately at Central Office and come help be of service.

IF INTERESTED --- Call **(231) 946-8823** or Email: district11centraloffice@yahoo.com