



January 2007 Newsletter

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**Barrie & Area
Intergroup
Newsletter**

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and Area A.A. groups.**

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We are back in action!

**Please notify
with any Info!**

Thanks

Carol T.

HOW TO BEAT YOURSELF TO A PULP AND THEN FIND THE GOOD LIFE

Editor's note: this article first appeared in High and Dry, the newsletter of Seattle AA, in October 2003.

Broken marriages, drunk driving, jail time, estranged kids: so what else is new?

Well, nothing, but against mountainous odds, Ron N. found a solution to his problems 33 years ago when he found Alcoholics Anonymous. It wasn't easy. He was two years old when his mother died. He was raised by a drunken father whose parental guidance consisted of demanding to know when he was going to learn to drink like a man. "I'm tryin', Dad," was the dutiful son's response.

But what's the definition of drinking like a man? Ron never found out, unless it was the drunk driving conviction that earned him six months in the Los Angeles County Jail, or throwing the dining room table through a window, or living on the streets of Seattle caging cheap beer and Thunderbird. Maybe the three years he spent as a naval air crewman in Korea during the Korean War, "where I learned to drink with the big boys."

Now 70, Ron got his start in the maternity ward of Harborview Hospital June 22, 1933. He's lived in this area most of his life, except for a brief and disastrous stint in Glendale, California. Trained as a printer, he followed that skilled trade as long as the booze let him. He married and had two children here in Seattle before his drinking prompted his wife to get a divorce and a restraining order.

Ron moved to Glendale and found another wife there. He and his wife had a son before that marriage ended. Throwing the dining room table through the window was apparently one of the reasons, along with his drunk driving conviction. "I thought Scotch would mellow me out, but it didn't seem to work that way." His wife tried to get him into A.A., to no avail, so she left him and moved to Seattle. Ron followed her, looking for a reconciliation, but she wanted nothing to do with him.

Out of options, going down hill, Ron wound up at the Martin Lewis (now the Bishop Lewis) House. "I had \$1.50 in my pocket, a hangover and a head full of guilt," he recalled. "I washed dishes for my room and board. I was still drinking. I broke a hell of a lot of dishes. They were gonna fire me, but decided to give me a break. I finally sobered up there, on July 26, 1967."

That sobriety began with the help of one of the many A.A. members who have played a role in his life. As Ron tells it, he was bending a few at a favorite bar downtown when he met a waitress named Denise. "Cute little thing. I thought she was trying to hit on me. But when we left the bar, where did we go? To the Big Hall and the Alano Club at 915 Pine Street, where she introduced me to her husband. Denise D. was and is a real enthusiastic 12 Stepper." (Editor: Denise was featured in this series in August 1999.)


But For The Grace Of God...

A.A. Birthday and Anniversary Celebrations			
Alcona Monday Night Serenity Group	Monday, 8:00pm Stroud Presbyterian Church NE corner, Victoria St, E, & Hwy 11, Stroud	Saturday Morning Men's	Saturday 10:30 Trinity Anglican, 24 Collier St
Alliston Group	Thursday, 8:30pm St. Johns United Church, 56 Victoria St E	Sunday Morning Group	Sunday, 10:30 am ANAF Club, 70 George St.
As Bill Sees It	Tuesday, 7:30 pm Trinity Anglican, 24 Collier	Sunday Nighter for Uptighters	Sunday, 8:30pm St. Andrews, Owen & Worsley
Base Borden Group	Monday/Friday 8:00pm Protestant Chapel Bld P-152	Young Peoples	Thursday, 9:00pm United Church, 37 Burton Ave
Beginning to Live Sober	Wednesday, 7:30pm Trinity Anglican, 24 Collier	Tuesday Collier	Tuesday, 7:30pm Collier United, 112 Collier St
Friday Night Allendale	Friday, 9:00pm Trinity Anglecan 24 Collier St, Barrie	Victory Group	Tuesday, 9:00pm Grace United, 350 Grove St. E
Golden Anniversary	Friday, 7:30 pm St. George's, Burton Ave	Fellowship Group	Wednesday, 9:00pm Trinity Anglican 24 Collier St
Pass It On Group	Mon/Wed/Fri 12noon Collier United 112 Collier St	Women's 12 Step Group	Thursday, 7:00pm Trinity Anglican, 112 Collier St
Keep It Simple Gr	Mon 8:00pm Burton Ave United		

*Don't forget to notify
newslettereditor@barrieaa.com
 with your group changes and upcoming birthdays and events!*



Tradition One: Each member of Alcoholics Anonymous is but a small part of a great whole. A.A. must continue to live or most of us will surely die. Hence our common welfare comes first. But individual welfare follows close afterward.

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Walk-Ins	14
Website hits.....	524

**The History: Canadian Forces Base
Borden Group**

Delegate Area: 86 District No: 8

**Meeting days: Presently held Monday and
Friday evenings at 8:00 p.m.**

**Meeting location: Protestant Chapel
Building #P-152, CFB Borden, Ontario**

1. First recorded meeting date was December 11, 1952, at the then called "Camp Borden". The exact location, i.e. which building, is unavailable. At this time, available notes indicated that Alcoholics Anonymous H.Q. was located at 77 Yonge Street, Toronto, Phone No.: Empire 6-8684

2. No notes or data is available from December 11, 1952 until Sept. 16, 1954.

3. The following is a transcript of the notes from the meeting held Sept. 16, 1954: "Secretary Treasurers notes and accounts: At an election of officers held Sept. 16/54, John R. was voted in as Sec. Treasurer. The turning over of all AA data, plus briefcases etc. was done by Newt N. The AA bank account was transferred from Alliston to the Bank of Commerce in Camp Borden and specimen signatures of Marty A. and John R. passed to the bank. Amount turned over was \$82.19. The speaker at this meeting was Earl D. of the Kingsway Grp. Toronto. Attendance was approx. 18. Collection was \$4.60. Meeting closed at 10:20 p.m. Lunch and coffee was served."

4. It appears weekly meetings were held at the "Auxiliary Hall". Meetings started at 9:00 p.m. and closed at approx. 10:45. There was usually 2 speakers from the Toronto area on a regular basis. After the speakers and the meeting was closed, there was reference to "a light lunch and coffee was served by the ladies." At this time from the information available, it is not clear who "the ladies" were; i.e. Al-anon or simply ladies from the AA group.

5. On Dec. 5, 1954, this group had its' 103rd meeting. The following is a transcript of the notes from that meeting. "The big day! The 2nd Anniversary Party was held in the Auxiliary Hall with 117 persons present. Guest speaker was Adam C., delegate to the N.Y. Conference. Also in attendance were Col. Lindsay, Col. Radly & Major Hatton, Chief P., Padre of Camp. Although roads were very slippery, 8 members of the Centralia Grp RCAF flew in to attend. Col Lindsay & Bob Gasby were both presented medallions for their work in AA. A beautiful

lunch was served and party dispersed at 6:00 p.m. Total collection was \$32.25"

6. On Feb 17, 1955, the regular meeting was held starting at 9:00 p.m., with a large group from Collingwood attending. The speakers were from "The Beaches" in Toronto. However there was reference to "The ladies group assembled and enjoyed an evening of discussion". Again it is still unclear who this "ladies group" is.

7. Two meetings held in June, 2 and 30, made reference to the ladies having their meeting at the same time, and then "joining our meeting due to the speaker this evening".

8. It almost appears that initially the A.A. meetings were held for men only and that the ladies had their own meetings with their own speaker and chairpersons. On Sept. 15 1955 there was reference to the ladies having their meeting with Mrs. Brooks in the chair. "Both meetings very successful" was noted in the records by the Sec. Treasurer.

9. The Sept. 29 1955 meeting made a reference that this men's group was informed that a new group was starting up in Angus on Oct. 10 1955. "The ladies held their bi-weekly meeting" at this time.

10. Nov. 17 1955, notes indicated that "due to lack of lady members of the Alanon group, no ladies meeting was held."

11. 3rd Anniversary Meeting & Party held at 3:00 p.m. at the Provost Sgts. Mess. Over 160 people attended from all neighbouring groups, and friends. Male and Female speakers from Hamilton were present, followed by "the usual excellent Camp Borden AA supper!"

12. March 17 1956 was the last recorded entry in the secretaries notebook which was available to us at this time. Meetings still held in the Auxiliary Hall. A light lunch was served after the meeting by the ladies of the Alanon group.

13. The next recorded entry is from a business meeting held Sept 10 1968. The meetings are now apparently taking place in Bldg #C-37, at 7:30 p.m. The business meetings are chaired by the groups' secretary. Some of the concerns at this meeting were responsibilities for heating oil, building security, building maintenance, & garbage disposal. Also discussed was the fact that volunteers were still needed for various committees; such as Entertainment committee, Steering and Housing committee, Alateen and Al-anon representatives and volunteering to chair Monday and Friday regular AA meetings. It was at this meeting that a group conscience was established to acknowledge group members birthdays with

medallions on the 1st, 5th, 10th, 15th and at 5 year intervals only. Cakes, cards and best wishes only on the other birthday celebrations. A group conscience decision was made to close the meetings with The Lord's Prayer.

14. A letter dated March 29 1972 was sent to the Base Commander inviting him and his staff to come celebrate AA's 13th anniversary, to be held April 14th 1972 at 9:00 pm. in Bldg P-14, with one of the original members as guest speaker.

15. Business meeting records from June 19th, 1978 indicating group conscience decisions being made, regarding members attendance.

16. Business meetings records from Dec. 3rd, 1979 indicating the group is looking for a permanent location to have the regular AA meetings in.

17. Next available records are from business meetings dated Oct. 5 1987, (No business decisions); Dec 14th, 1987, (Motion passed regarding extending the regular meeting length to 1 ¼ hrs at the discretion of the chairperson); Feb. 19 1990, (Discussions held regarding if holding hands when reciting the Lord's Prayer was appropriate); Feb. 11 1991, (Motion passed regarding the G.S.R. should chair the business meetings, and not the secretary); March 11 1991, (Discussions held regarding changing the format of open and closed meetings); Feb 20 1995, (No discussions); & Dec. 11 1995. After the Dec 11 1995 business meeting minutes, there are business meeting minutes which have no date on them, but they make reference to moving to the Base Hospital to hold the regular meetings.

18. Minutes of business meetings from Dec 1998, June 11 2001, May 14, 2001, Sept. 10 2001, Feb. 11 2002, and March 11 2002. All information available indicates the regular kind of discussions at business meetings, i.e. length, format, monies, group conscience decisions etc.

19. As of this date, December 2005, the meetings are well attended. Monday nights are a closed topic discussion meeting, Friday nights are a closed Big Book or 12 & 12 study/discussion meetings, and the last Monday of every month are an open birthday celebration meetings. We currently meet at the Protestant Chapel Building #P-152, but this is now under review as the Military is closing various buildings on base as a cost cutting exercise.

Respectfully submitted, Keith
Farquharson (G.S.R. - Base Borden Group)

HUMILITY Definition:

hu-mil-i-ty (hyue mil'i tee; often yue-) n.
 1. the quality or state of being humble; modest opinion of one's own importance or rank; meekness.
 [1275-1325; ME humilite < L humilitas; see:

hum-ble (hum'buhl, um'-) adj. <-bler, -blest> v. <-bled, -bling> adj.
 1. not proud or arrogant; modest.
 2. low in importance, status, or condition; lowly: a humble home.
 3. courteously respectful: in my humble opinion.

The root "hum" means earth as in humus and, humor. When the definition says that Humble means "lowly" it does not mean servile or inadequate. It means, simply, not exalted, as is the earth as opposed to heaven.

So, humility is not thinking less of yourself, it is thinking of yourself less.

The way we have come to look at humility is that it is a virtue, one of the principles that AA teaches us to live. The definition we have adopted pictures us as standing naked before God, without pretense nor reservation. It means hiding nothing, being our real selves, both good and bad. A good synonym for humility is honesty.

The First Ninety Days



"Let's spend some of that booze money, now that you're sober!"

Keep Coming Back,...

News Flash:
 Watch for new
 Intergroup Literature Office Hours
 Starting in February 2007

Easy Does It....

Mark Your Calendar:
 Upcoming Events
 15th Annual
Toronto Winter Round Up
 Novotel North York, 3 Park Home Ave., Toronto
 Saturday, 27 January 2007 @ 9:00 am

Bradford One Day RoundUp
 Holy Martyrs of Japan Church, 167 Essa Street,
 Bradford, ON
 Saturday, 17 February 2007

Ontario Regional Conference 2007
 Fairmount Royal York Hotel, Toronto, ON
 16, 17, 18 March 2007

The Usual Suspects
First Annual 12 Step Weekend
 Red Pine Motor Inn & Convention Centre,
 497 Victoria Street East, Alliston
 11, 12, 13 May 2007