

Mill Creek A.A. Group

Since 1944

At The Oregon State Penitentiary

Newsletter for July/August 2018

Edition 75 No.4



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous

Edition 75 No. 4

July/August 2018



MISSION STATEMENT

The Mill Creek AA Group has but one purpose:
“To carry the message of Alcoholics Anonymous to the alcoholics who still suffer, through recovery meetings, workshops, seminars, publications and sponsorship, all the while, individually and as a group, practicing the Principles of AA in all our affairs.”

Responsibility Declaration

I am responsible.

When anyone, anywhere, reaches out for help, I want the hand of AA to always be there. And for that,

I am responsible.

Alcoholics Anonymous Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is, a desire to stop drinking.

The Serenity Prayer

“God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.”

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TREASURER REPORT

STARTING BALANCE:	\$ 1576.46
Admin. Interest	\$ 2.08
Refreshment Purchase	\$ - 418.00
May/June Donations	\$ 242.00
ENDING BALANCE:	\$ 1402.54

Trusted Servants

Tim T.	President/ Office Facilitator
David F.	Vice. President/ Newsletter Editor
Open	GSR
Joe C.	OGSR
Scott R.	Assistant OGSR
Martin F.	Treasurer
Ronald C.	Meeting Facilitator
Robert C.	Librarian

Wednesday Night Book Study

Chairman: Ronald C.

Thursday Night Meeting

Secretary: Tim T. Chairman: Ronald C.

Saturday General Meeting

Chairman: Ronald C.

Apreniendo A Vivir Wednesday Night Group

Secretary: Jose G. Chairman: Roger G.

Apreniendo A Vivir Saturday Group

Secretary: Roger G. Chairman: Jose G.

Anyone from the outside wishing to become involved in service or attend a Mill Creek AA meeting at OSP may do so by contacting:

Mr. Steven Finster

Staff Advisor for The Mill Creek A.A. Group of OSP
2605 State Street

Salem, OR 97310

Phone: 503-378-2289 FAX: 503-373-1008

Or email our OGSR Scott R. at:

E-mail: millcreek1944@gmail.com

We would love to have you join us!

DISCLAIMER

The purpose of the Mill Creek A.A. Group Newsletter is to increase unity and to carry the message of recovery to other alcoholics.

The opinions expressed here do not necessarily reflect the views of either Alcoholics Anonymous as a whole or The Mill Creek AA Group of OSP.

No endorsement of or affiliation with any groups or with any organization is at any time intended or implied.

Reprint rights are granted to all service boards, groups and committees of A.A. Submissions from members are eagerly welcomed, but the newsletter editor reserves the right to edit all submissions at his discretion.

The Mill Creek A.A. Group at the Oregon State Penitentiary does not endorse any outside enterprise or lend its name, or the A.A. name to any state agencies, treatment or counseling services whatsoever.

The Mill Creek AA Newsletter is produced solely by the inmates at OSP and is intended to simply reach out, and share the good message of recovery.

Congratulations!

We celebrate everyone who has worked so hard in doing what needs to be done in staying sober,
“One day at a time”

Happy July Birthdays to:

Brian R.	07/15/95	23 Years!
Gary S.	07/28/96	22 Years!
Troy S.	07/02/16	2 Years!
Evan W.	07/06/16	2 Years!
Roy S.	07/16/16	2 Years!
Chris H.	07/06/17	1 Year!

Happy August Birthdays to:

Roger E.	08/09/82	36 Years!
Tim A.	08/21/87	31 Years!
Jimmy K.	08/10/97	21 Years!
William B.	08/30/06	12 Years!
Dennis S.	08/28/08	10 Years!
Charles T.	08/24/12	6 Years!
Robert S.	08/15/15	3 Years!
Richard M.	08/09/16	2 Years!
Jason B.	08/16/16	2 Years!
Gary L.	08/23/16	1 Year!

If your sobriety date is coming up, or we've missed adding you to our list and you'd like the group to help celebrate with you, please send a communication form and let us know.

Also, if you would like a sobriety coin, or if you would like an official sobriety certificate please let us know.

Wisdom from Bill W.

The Grapevine 1962/Pass it On Newsletter

Though we of AA find ourselves living in a world characterized by destructive fears as never before in history, we see great areas of faith, and tremendous aspirations toward justice and brotherhood. Yet no prophet can presume to say whether the world outcome will be blazing destruction or the beginning, under God's intention, of the brightest era yet known to mankind. I am sure we AA's will comprehend this scene. In microcosm, we have experienced this identical state of terrifying uncertainty, each in his own life. In no sense of pride, we can say that we do not fear the world outcome, whichever course it may take. This is because we have been enabled to deeply feel and say, "We shall fear no evil. Thy will, not ours, be done."



From the President

Tim T. Mill Creek A.A. President

In this issue, we're discussing steps seven and eight. Step Seven says, "Humbly asked Him to remove all our shortcomings." Ok, ask God, whatever that means to you, to get rid of your faults. Good idea. We should all definitely do that. However, honestly, good luck. It's tricky. Can we teach ourselves not to be such screw-ups? Absolutely. Remove them completely? I don't know. Maybe. Let's work on it...

Step Eight however says, "Made a list of all persons we had harmed and became willing to make amends to them all." All right, now we're talking. Here's one of my favorite steps. Why? Because it's so stinkin' hard. The goal of this step is not only to take responsibility of our mistakes, but now, to those very people we've harmed, try to make up for them. For some of us, including me, that would be a life long process. How many people have I hurt with my selfishness, my willingness to put me above them? Uh, a lot...

So how do we do it? How do we even get started? Well, first things first, we start with those we care for most, right? Our family, our kids, wife, mom and dad (mine have already passed, so I'm screwed on that one) brothers and sisters. Maybe, we start with those that are suffering right now because they, still at this very moment, are paying for our bad decisions. How many people are hurting because we're in prison, sitting in a cage every day? (And not where we should be, with those who need us, love us, depend on us) I know it's tough to even think about, but we have to, don't we? Some even get mad when you ask them to think about how many of their closest family are right now paying for their stupid and selfish decisions. It's too hard, too much guilt, too much pain to fully take responsibility for our hurtful actions. Believe me, I know, I feel it every day. I want to punch myself in the face, scream in the mirror, "What the hell is wrong with you!?" The answer? I still don't really know. So many issues...

All I know now is I don't want to do it anymore. Yes, sometimes it's good to figure out why we have done the things we have done. Daddy issues, mommy issues, God doesn't love me...

However, sometimes the truth is, who cares! Sometimes the best thing to do is to just realize you don't want to be that man anymore and simply, don't be that man anymore. Sometimes, just making the decision not to be such an asshole to those you love is enough inspiration to make the choice to actually not do it anymore. We're grown ass men, we do what we want, right?

So, what do we really want? Bottom line, I don't want to be an idiot anymore. I don't want to hurt those I love. I want to be better. I want to be the dad my kids deserve, the husband my wife truly desires, the friend those closest to me need. Sometimes, just realizing that you want to be better, allows you to take the steps to do just that. Make the decision to put others ahead of yourself. Why? Because you want to! Because that's who you see yourself as. It doesn't need to be some difficult thing. We are strong-minded men.

Sometimes spending years figuring out why we're so screwed up is sometimes just a waste of f**king time. We need to see ourselves as exactly the good and honorable men that we are, and then, just do it! Enough is enough! There are people right at this very moment who need us, miss us, want to hold us and talk to us and share their lives with us. We owe it to them to be there. We owe it to ourselves to be there. That is where we are meant to be. That is where we will be most satisfied, happy, content, at peace. That is where we have to arrive as soon as possible. We must work hard, be diligent, fight as hard as we can to get there. So much is riding on our success. We can do it. If we must do it alone, we will. But the fact is, we don't have to. That's what our group is. We're not alone. You are not alone! We're in this thing together.

Most of all, that is what our group is meant to represent. We are the support system for ourselves. Just sitting in a meeting, whether we talk or not, whether we're bored out of our minds or not, just being there is proving to ourselves that getting there, to us, is absolutely all-important. And you know what? We are getting there. Day by day, we're that much closer to where we need to be. You can do it! You will do it! In fact, you're doing it right now...

From The V. President

David F. Mill Creek A.A. Vice President

The Seven Step

“Humbly asked Him to remove our shortcomings.”

Asking my higher power to remove my shortcomings was a really hard step for me shockingly enough, because this was the point of no return. Most people ask if I am serious, because they consider this one of the easiest steps. But for myself it wasn't.

This is the third time I have had to face my defects of character. The first was when I made my inventory; I had to delve deep and truthfully into myself and my past. Then, not only am I ashamed and embarrassed about my actions, thoughts and beliefs that I had throughout my alcoholism and addiction, I had to admit to another person those dark secrets. Believe me, those skeletons in my closet weren't pretty at all. I had to expose every secret and every lie. Now after I am broken and in despair I feel a relief that I have never felt before rise inside of me. That relief I have come to understand as humility and what it feels like to humble oneself, whether it is to a fellow man or a higher power, the feeling is always the same.

Now the steps would like me to face this all over again and humble myself to my higher power and let it all go. Now this is the point that I call the “the point of no return,” because as soon as I give this up it is gone. There is no more left to hold me back, there is no excuses left in my book to justify relapse because past actions and behaviors are no longer excuses in my arsenal that I can resort to.

Now my question to you is, “Are you ready to give that up? Are you ready to give up all those excuses and justifications for your relapse?” If you are then this is the step that when I completed I knew I was ready to stay sober because I was able to ask for help, be honest, reach out, humble myself, and it resulted in me feeling human once again.

The Seventh Tradition

“Every A.A. group ought to be fully self-supporting, declining outside contributions.”

From The Librarian

Robert C. Mill Creek Librarian

The Eight Step

“Made a list of all persons we had harmed, and became willing to make amends to them all.”

I don't really do step work. Sitting in on the meetings and listening to others speak helps me a lot. Honestly, I couldn't even tell you what all of the twelve steps are. But one stands out to me more than others. Step 8. Make a list of all persons we had harmed, and became willing to make amends to them all.

Don't get me wrong, I have considered working the steps. The thing is, I'd rather just work this step over and over again. To make amends to those I've hurt. I made the decision to do this even before joining AA, but after I committed my crime.

I took a life. It's why I am here. There isn't much I can do to make amends to my victim, but I can to my victim's family and friends. Hopefully the opportunity will present itself. I've been able to reach out to the father via a letter. I just have to be satisfied with that for now. Nobody else on my victim's side wants to hear any explanations or apologies. They just want me to rot in prison for the rest of my life. Which actually makes me feel bad for them. That's a long time to carry hatred with you.

What I can do is pay attention to my family and my friends. And that is essentially how I live my life these days. I've mad my apologies. I've given my explanations. I've told certain people that I'm not going to apologize anymore. Not after five years in prison. They don't need to hear it anymore.

So, I be the best person I can be for them. Most of what I do (or don't do for that matter) is dependant on how it will affect them. It's hard not to do anything stupid around here. We all know that. But unlike on the outside, I think before I act. I'm not going to knowingly do something that will cause me to not be able to call them, or even have them come visit me. I make my amends by being there for them.

Obviously things happen in prison that we don't have any control over. But I like to keep control of my actions as much as I can. That is the best way I can think of to make my amends. I just hope they see it that way too.

The Eighth Tradition

“Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.”

POEMS & STORIES

The Mill Creek AA wants to thank everyone who has submitted poems and stories to be published in our monthly newsletter. There have been many insightful, humorous, touching, uplifting and well-written submissions and we look forward to publishing even more in the future. Some articles or poems may be submissions from the official AA Grapevine Magazine.

Writers' personal opinions expressed in

"Poems and Stories" do not necessarily represent the views of The Mill Creek AA Group.

Help Not Judge

By Laura A.

I would not be alive today had there not been AA. Just to think that two alcoholic men could have put two sentences together, let alone a fellowship that has saved millions of people suffering with the disease of alcoholism. My year of depression is coming to an end, because I found I really like myself. Who would have thought?

I really encourage everyone who has a problem to try out. We are here to help and not judge.

We've learned that being judgmental doesn't get you anything other than pain or a black eye. For one dollar I can have one hour of greater discussions and love, and learn more about myself and what alcohol does to me. I know that talk won't go out of the rooms, and that's makes me feel safe to speak my mind. People only know you by your first name. It is just this simple- Alcoholics Anonymous is a lifesaver, Mine.

Saying Yes

By Shari M.

When I was Little, my dad used to always say, "Shari, you're too sensitive!" Because of my self-centeredness, I was so hyper-aware of myself. Turn out that was a character defect for me, a big part of doing service in AA being willing to stand up, make a mistake and accept criticism If I hide in the rooms, if I don't raise my hand to share, if I don't tell my story if I don't sponsor and if I don't do coffee or chair meetings or do service for the district or area, then I stay "safe" in AA. There are no opportunities to make a mistake and my sensitive ego stays protected. So in order to be of maximum service to those about me, I have to be willing to stand up, to say yes, to take a risk and put myself out there. So far it has paid off enormously! I offer a genuine thank you to all members who are willing to say yes when AA need us to help.

A.A. News, Medical and Special Interest Articles

The purpose of these articles is to offer information that may further readers understanding of the medical, legal and social aspects of alcoholism; the severity and international scope of the illness; and the worldwide efforts being made to combat it.

Publication here does not imply endorsement or affiliation.

AA does not conduct or participate in research, nor does it hold any opinion on research conducted by others.

Alcoholism and Mental Illness

Substance Abuse and Mental Health Services
Administration June 2011

Alcoholism is four times more likely among adults with mental illness, compared to those without mental illness, according to a new government survey. The survey found the rate of alcoholism among adults with mental illness was 9.6 percent, compared with 2.2 percent for those without mental illness. Additionally, the rate of alcohol dependence increases along with the severity of mental illness. While 7.9 percent of adults with mild mental illness were alcohol dependent, that rate rose to 10 percent for those with moderate mental illness and 13.2 percent for those with serious mental illness. "Mental and substance use disorders often go hand in hand," said SAMHSA Administrator, Pamela S. Hyde. "Co-occurring mental illness and substance use disorders are to be expected, not considered the exception. Unfortunately, signs and symptoms of these behavioral health conditions are often missed by individuals, their friends and family members and unnoticed by health professionals. The results can be devastating and costly to our society."

New Insight on Male Alcoholism

New Insight on Male Alcoholism
Biological Psychiatry/The Grapevine

The fact that men are twice as likely as women to develop alcoholism is common knowledge. Until now, the underlying biology contributing to this difference in vulnerability has remained unclear. Based on an in-depth study, researchers from Columbia and Yale universities believe dopamine is the key factor influencing this gender difference. The scientists studied male and female college-aged social drinkers in a laboratory test of alcohol consumption. After consuming an alcoholic or nonalcoholic drink, each participant underwent a specialized positron emission tomography (PET) scan, an imaging technique that can measure the amount of alcohol-induced dopamine release. Despite similar consumptions of alcohol, the men had greater dopamine release than women. These findings indicate that the ability of alcohol to stimulate dopamine release may play an important and complex role in its rewarding effects and abuse liability in humans.

Virtual Reality May Reduce Alcohol Cravings

Journal Of Studies on Alcohol and Drugs

A form of "virtual reality" therapy may help alcoholics and others problem drinkers reduce their cravings for alcohol, a new study suggests. Virtual reality therapy has been used to treat phobias and post-traumatic stress disorder. The idea is to expose people to situations that trigger fear and anxiety, in a safe and controlled space. Then, hopefully, they learn to better manage those situations in real life. "This technology is already popular in the fields of psychiatry," said senior researcher Doug Hyun Han, M.D., Ph.D., of Chung-Ang University Hospital Seoul, Korea. According to Han, the therapy is a promising approach to treating alcohol dependence.

On a Lighter Note

The First Drink

Brian O.

I was reading an article last night about fathers and sons, and memories came flooding back of the time I took my son out for his first drink. Off we went to the local bar, which is only two blocks from our house. I got him a lite beer . He didn't like it , so I drank it. Then I got him a dark beer and he didn't like it either, so I drank that too. It was the same with three or four other kinds of brews. By the time we got down to the Irish whiskey, I could hardly push the stroller back home.

A Little Humor From Home

We are getting wealthier as we get older; Silver in the hair, 'precious' stones in the kidney, sugar in the blood, led in the feet, iron in the arteries, and an inexhaustible supply of Gas. Never thought we could accumulate such wealth huh?

A Drunk Walks Into a Bar

Anonymous

Very late at night, an alcoholic broke into a closed bar he was just getting drunk at an hour before to steal some booze, but while sneaking over to the counter, he heard a voice, **“God is watching!”** He panicked for a moment, but quickly shook it off and returned to his nefarious task. Seconds went by and then, he heard it again. **“God is watching!”** His heart froze as he quickly turned towards the sound of the voice. He looked up and saw a parrot sitting on its perch. “Craaaauh!” it said. “I’m Judas, and **God is watching!”**

The drunken man began to laugh and asked the bird, “What idiot named you Judas?”

The bird ruffled it’s feathers, looked squarely into the mans eyes and answered, “The same idiot that named the pitbull ‘God’”

Help From The Outside

Corrections Correspondence Service

If you will be incarcerated for at least six more months, and are interested in corresponding with an outside AA member with whom you can share your experience as it relates to your problems with alcohol, please write to AA's General Service Office to request a correspondence form. This is a random match with men writing to men, and women writing to women.

Prerelease Contact

If you write to G.S.O. within three to six months of your release date and give us your destination (city and state), we can also try to arrange for someone to write to you just prior to your release. This would give you a chance to have an AA contact in your home community to help with your transition from AA on the "inside" to AA on the "outside".

We look forward to hearing from you!

Prerelease Contact

**1900 NE 3rd St. STE 106-500
Bend, Oregon 97701**

Big Book And 12 x 12 Of Your Own

If you would like a Big Book and a 12 x 12 and you don't have the funds to buy them on your own, just write to the Mill Creek A.A. Group of OSP and let us know. Just give us your name, address, if you're an inmate, your SID Number, and then explain your situation and state what materials you would like to receive. It's that easy and it's **FREE**.

HOW TO GET THE MILL CREEK AA GROUP NEWSLETTER

The Mill Creek AA Group Newsletter is **FREE** to all A.A. members, **friends and family**, inside **and** outside the walls. We will gladly e-mail a digital copy or mail the hard copy edition to your home or business, or any Institution including; EOICI, OSCI, TRCI, SRCI, WCCF and CCCF upon written request.

The Mill Creek Newsletter Needs You!

We encourage **anyone** to contribute to future issues. The stories, experiences and thoughts of those within the group and from our outside members are what make this group so very special. The feelings and situations that you're going through right now may be the exact words someone else needs to hear. We are always looking for recovery-oriented material such as articles, stories, poems, jokes and artwork to share with our readers.

Thanks for sharing!

Here are some other ways you can help

- ❖ Keep us apprised of address changes.
- ❖ Pass the newsletter on once you've read it.
- ❖ Notify us if you know someone else who would like to receive our **free** newsletter. Get their approval and just send us a letter with their e-mail address for a digital copy, or their name and home address for a hard copy subscription. It's that easy!

Write us at:

**The Mill Creek A.A Group of OSP
Activities Department
2605 State St.
Salem, OR 97310
E-mail: millcreek1944@gmail.com**

If you have something you would like to share or have an idea or suggestion for the Newsletter, please send them to us.

The Grapevine Is the official A.A. **International** magazine. It contains stories, articles, and interviews about A.A., its members, its history and the process.

Subscriptions may be **purchased** from:

**AA GRAPEVINE
Po Box 1980
Marion, Ohio 43306**

Mill Creek AA Meetings

WEDNESDAY EVENING BOOKSTUDY

We invite you to join us for our book-study group that meets at 6:00pm on the education floor every 1st and 3rd Wednesday of the month. These meetings will help establish positive behavior as well as tips for living the program by understanding how our actions affect others and ourselves. It will also help to break down the defective thinking patterns that motivate some to cause harm to others and ones self, plus it will help teach one how to replace defective thoughts with ethical rules and how to automatically engage these ethics by simply putting them into practice. See you there! Hablamos español también.

THURSDAY EVENING MEETINGS

Our Thursday meeting is our "club" meeting. Remember, our Thursday meetings are held once per month on the first Thursday and you must be level 2 or higher to attend this meeting. Our staff advisor monitors the club meeting attendance. If you miss two meetings in a row without an excuse, you are automatically dropped and it's six months before you can get back on.

SATURDAY MORNING MEETINGS

The Saturday morning meetings are a great way to spend a morning in fellowship and recovery. These meetings are held twice a month (the 1st & 3rd Saturday) and they are truly a big part of our A.A. program here at OSP. We continue to have outside supporters come in to join us. Meetings with outside members and guests are always much more vibrant. **Thank you very much to our outside guests for attending!** Outside members that have a DOC Volunteer ID are asked to simply call ahead. If you don't have an ID, call or e-mail our OGSR or OSP Staff Advisor a week in advance with your name and birth date for approval to attend a meeting.

**If you would like to attend
any of these meetings,
please send a kite to let us know.
We hope you do!**

For Our Hispanic Brothers

Para Nuestros Hermanos Que Hablan Español

EL GRUPO "APRENDIENDO A VIVIR" DE LOS ALCOHÓLICOS ANÓNIMOS LE EXTIENDE UNA INVITACIÓN PARA QUE NOS ACOMPAÑEN A NUESTRAS REUNIONES EN LOS SIGUIENTES DÍAS.

- **PRIMER Y TERCER MIÉRCOLES DE CADA MES A LAS 6:00 PM. EN EL PISO DE EDUCACIÓN.**
- **PRIMER Y TERCER SÁBADO DE CADA MES A LAS 7:45 AM. EN LA SECCIÓN DE ACTIVIDADES. TODOS CALIFICAN.**
- **PRIMER JUEVES DE CADA MES A LAS 6:00 PM. EN LA SECCIÓN DE ACTIVIDADES. EL REQUISITO ES TENER EL NIVEL 2.**

ENVIÉ UN KYTE A:
Activities C/O A.A. en español

Announcements

Remember guys that we have our nominations/elections coming up here shortly at our monthly meeting. Please be courteous and polite with your nominations. Please don't just yell out people's names randomly as we had happen last year. Please make sure that the person you are nominating understands the requirements and the responsibilities that they will be required to fulfill and are willing to do so.

Also we will be voting on our banquets decisions for the upcoming events for you and your families so please attend so your voice can be heard.

And thanks to all the hard work we have put in, we were able to add some extra meetings to our roster. We have new Saturday meetings some are at 745 and some are at 115 line. The meetings are as follows; 7/21 @115, 8/25 @ 745, 9/22 @ 745, and 11/24 @115. Hopefully we will be able to continue this into the next year as well. Thank you all for your hard work and support!!!

**Anonymity
is the spiritual
foundation of all our
Traditions.
Please respect this and
treat in confidence who
you see and what you
hear.**

Mill Creek AA 2018 Meeting Schedule

Meeting Schedule Subject to Change

RECOVERY WORKSHOP

*Every first Monday at 7:45 am

~~1/8/18, 2/5/18, 3/5/18, 4/2/18,~~
~~5/7/18, 6/4/18, 7/2/18, 8/6/18,~~
9/10/18, 10/1/18, 11/5/18, 12/3/18.

WED. NIGHT BOOKSTUDY

*First/Third Wed. on the Education Floor 6:00 pm

~~1/3/18, 1/17/18, 2/7/18, 2/21/18, 3/7/18, 3/21/18,~~
~~4/4/18, 4/18/18, 5/2/18, 5/16/18, 6/6/18, 6/20/18,~~
7/4/18, 7/18/18, 8/1/18, 8/15/18, 9/5/18, 9/19/18,
10/3/17, 10/17/18, 11/7/18, 11/21/18, 12/5/18, 12/19/18.

MONTHLY MEETING

*First Thursday of every month 6:00 pm

~~1/4/18, 2/1/18, 4/5/18, 6/7/18,~~
7/5/18, 8/2/18, 9/6/18, 12/6/18.

SATURDAY MEETINGS AA

*first Saturday of every month 7:45 am

**means that the meeting is at 1pm

~~-1/6/18, 2/3/18, 3/3/18, 4/7/18, 5/5/18,~~
~~6/2/18, 7/7/18, **7/21/18, 8/25/18, 9/1/18,~~
9/22/18, 10/13/18, 11/3/18, **11/24/18, 12/1/18.

CELEBRATIONS & EVENTS

Club Banquet #1 10/4/18 @ 6:00 pm
Club Banquet #2 11/1/18 @ 6:00 pm



NOTICE:

There will be times when meetings will not be posted in the blocks. We will try to post the notices at the bottom of the stairs, but please watch the schedule and plan on attending, even when you haven't spotted a flyer.