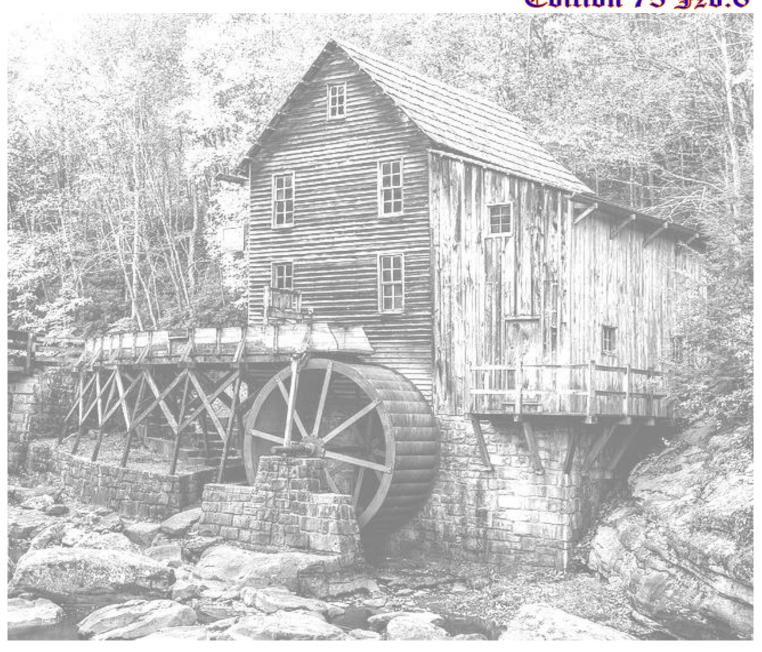
Mill Creek A.A. Group Since 1944

At The Oregon State Penitentiary

Rewsletter for November/December 2018

Edition 75 Po.6



Run of the Mill - 1944 and Beyond

A Publication of the Mill Creek Group of Alcoholics Anonymous Edition 75 No. 6 November/December 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:

Admin. Interest Donations Sept./Oct. Pastry Purchases Sept./Oct. Coffee, Kool-Aid, Office Supplies

ENDING BALANCE:

1402.54 \$ 2.73

138.00

-201.60 -24.00

\$ 1317.67

Joshua W. Joe C.

Tim T.

David F.

Scott R. Assistant OGSR

Trusted Servants

President/

GSR

OGSR

Office Facilitator

Newsletter Editor

Vice. President/

Martin F. Treasurer

Ronald C. Meeting Facilitator

Juan G. Librarian

Wednesday Night Book Study

Chairman: Ronald C.

Thursday Night Meeting

Secretary: Tim T. Chairman: Ronald C.

Saturday General Meeting

Chairman: Ronald C.

Aprendiendo A Vivir Wednesday Night Group

Secretary: Jose G. Chairman: Roger G.

Aprendiendo 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 November Birthdays to:

Larry M.	11/07/92	26 Years!
Kevin P.	11/12/92	26 Years!
Charles H.	11/01/98	20 Years!
Robert C.	11/02/13	5 Years!
Paul S.	11/07/14	4 Years!
Anthony W.	11/21/14	4 Years!
Jeffery G.	11/08/16	2 Years!
Jason B.	11/10/16	2 Years!

Happy December Birthdays to:

Larry B.	12/31/89	29 Years!
Thomas W.	12/01/97	21 Years!
Richard M.	12/26/97	21 Years!
Jose G.	12/20/02	16 Years!
Gary H.	12/24/02	16 Years!
Kenneth P.	12/26/02	16 Years!
Adam H.	12/01/15	3 Years!
Jeremy C.	12/23/16	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.

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."

"In every problem, great and small, the Serenity Prayer will work for me if I keep aware of its meaning every time I say it."

The Serenity Prayer suggests I ask God for "Courage to change the **things** I can." The word is **things**, not **people**. True, there is much room for improvement in my life, but it can come only from changing my own attitudes and actions for the better.

From the President

Tim T. Mill Creek A.A. President

Winter is officially upon us. It's a time of celebration for most of the people around this planet, though not so much for me. For me, the holidays are by far the absolute worst. I think of my children spending their Thanksgiving and Christmas without their dad. As always, I begin to blame and rage against all those who had a part in putting me in this place, this cage. I cry out to a God that never seems to answer.

I am alone, apparently destined to suffer beyond anything I ever imagined I could endure. It's often, this life, for me, not worth living. I see no point in such an existence. Then, I think of step eleven. It states: "Sought through prayer and meditation to improve our conscious contact with God, As we understand him, praying only for knowledge of His will for us and the power to carry that out."

I then think of the story of Job. God asks him, "Did you create the earth and the stars?" Obviously Job answers, "No." "Then trust me," God says. And here I am again. I don't understand this life, don't know why I'm meant to live in such pain, and the only answer I receive from who knows where is, "Trust me."

That's when, again, I try to quiet my mind and find some sort of peace in trusting a God that I'm not even totally sure exists. Anyone who knows me knows that this is a reoccurring theme in my life. The funny thing is, the only think that moves me beyond step eleven is step twelve. If it weren't for step twelve, I think I'd be forever stuck on step eleven.

Step twelve states: "Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

It's interesting that the only answer to step eleven, at least for me, is the last step of AA. The only goal or guide that brings me out of my step eleven funk is focusing on others who may still be struggling with the burden of desperately needing a drink. It gives me purpose, meaning to continue this journey. The answer is, if you can, help the next guy.

Do I need God to try to be a decent person and lend a hand to the next guy who may be struggling? (The real answer is, probably) But when I'm at my most doubtful moments, when I'm lost without a God to guide me and comfort me through my despair, it helps to stop focusing on only me, to move beyond my navel gazing.

I really do think that's the answer when we can't seem to move on from doubt and despair. Focus on being as kind and helpful to others as you can. It really does help.

There's a joke I once heard. A priest is talking to the pope. He say's, "Father, I've lost my faith. Help me! What do I do?" The pope then leans in and quietly says, "Do you want to know the secret of faith, my son?" "Yes, father, yes!" the priest answers. The pope leans in even closer. He again begins to whisper, "Then here it is, my son. The greatest and most secret truth of faith is..." The priest listens even more intently waiting for this morsel of eternal truth." The pope looks the priest dead in the eyes and whispers, "Fake it."

And there it is. In A.A. we have a saying, though it may sound somewhat trite. "Fake it 'til you make it." When I'm not sure, at my most doubtful, I try to stop questioning and just do it. Allow the actions of a man who is trying to be his best simply take over. Stop wondering about the secrets of the universe and just be a decent man who's willing to try his best to help those around him. It's not always easy, most of the time the opposite in fact. But, it helps me. Maybe it can help you too. Try to have a good holiday season, you guys.

From the Vice President

David F Mill Creek A A Vice President

First of all I would like to say, "welcome to the newcomer." Second I would like to give a big Thank You out to the group. I have been going through a rough patch as I am coming up on my two year b-day and the men in this group seem to know me very well. As I walk through the institution I get pulled up and asked what is going on. I say "nothing" They reply, "Your full of ish! What's the matter?" Then I hear a voice in my head that reminds me to trust in my fellow alcoholics and trust in this program, and obviously I open up and talk about it.

Nowhere else even on the streets have I ever seen such support and kinship just walking around in general public. I want to mention this mainly for the newcomers because even those of us who have been apart of this group for years still need help more often than not. So if a fellow member of A.A. walks by and says hi and asks how you are. I beg you to be honest and open because if you are not it very well be your life your throwing away. I know that I take a chance of throwing mine away every time I don't speak up. That doesn't also mean that if an A.A. member doesn't reach out to you give up, go find one and reach out to them because as I can attest these men in this group are here for you just as they are here for me.

Step 11

David F. Longtime Mill Creek A.A. Member

The Eleventh Step

"Sought through prayer and meditation to improve our conscious contact with GOD, as we understand him, praying only for knowledge of HIS will for us and the power to carry that out."

"Prayer and meditation are our principal means of conscious contact with God." As we understand him.

My first sponsor Canyon, told me there are two things to understand about prayer and meditation: First, I had to start and second, I had to continue.

Throughout the process of constant research of recovery and working through the steps, I've found that when self-examination becomes first priority, by devoting a few minutes to reflect upon the experiences of my day as well as knowledge and understanding of the aspects that are considered displeasing. Then I will have enough humility (to show submissive respect) to pray and meditate.

My prayers are simple: expression of gratitude for the good things in my life, and I only ask for guidance, strength and wisdom to do for others as would be considered loyal and respectful.

The Eleventh Tradition

"Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films."

Step 12

Joshua W. Mill Creek A.A. GSR

The Twelfth Step

"Step Twelve, Having had a spiritual awakening as a result of these steps we tried to carry the A-A message to alcoholics as well as practice these principles in everyday affairs."

My story starts like this;

I was presented with a rare opportunity to work my twelfth step in hopes to carry on the A.A. message. Placed in this unique situation as if it was almost a plan laid out for me of a higher power's doing of course. This past July I asked the administration to allow me to chair A.A. meetings in my place of employment for the inmates that reside in MHU in the death row building, therefore completing my twelfth step. Those of you unfamiliar with MHU it's in the unit contains death row building. This inmates/patients unsuitable for main line activity. In this MHU unit these inmates are treated like Processing patients. through counseling, observations and some testing for mental stability to be placed into ICH (Intensive Care Housing). Which is a less restrictive environment, for them to progress where they can interact with others until appropriate for General Population.

Thankfully the administration agreed to A.A. meetings for these individuals. Although, nonetheless way to soon. There seems to have been a problem within the administration allowing me to continue working around retrained inmates while I was not restrained. Even though this job position has operated like that for quite some time. It has now just become an issue.

The door on the opportunity for these inmates for a chance at A-A, a chance at hopefully changing the way they think as well,

has sadly been closed simply not allowing me to bring the A.A. message to these people, which I feel would have been the ultimate achievement. An achievement that could have started positive progress in these individuals lives. Beginning with them feeling better about themselves. Possibly beginning to feel human again.

Prior to A.A., I wasn't myself just as they were. I felt non-human like, numb. Although, after sometime in A.A., here within these walls. I began recognizing a lot of certain characteristics of myself that I needed to change. Only after reading about those certain characteristics. I began making major changes within myself. I started not only feeling, but also seeing differences within myself. I started feeling just a bit more positive more human little by little. Unfortunately these individuals will not get the chance to hear the A.A. message, a chance to look at their character defects, also a chance at feeling human again and a chance at feeling a sense of belonging. So I say, I tried to carry the A.A. message and almost succeeded. Good thing the twelfth step doesn't say you must succeed.

So, the message I'm trying to carry to those of you is consider your path be sure not to allow things to divert you. I'm still going to carry the A.A. message regardless. At this time my higher power is letting me know that wasn't the path that I need to carry my message through due to the unfortunate actions in the death row building. Maybe my path comes later; maybe it's not a path at all but simply this GSR position within this club.

The Twelfth Tradition

"Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy."

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.

Dreams, Hopes, and Words

By Jack C. 1917

Where are all the dreams we dreamed,
That never came to pass?
Where are all the hopes we had
Which, in youth, we knew would
last?

What has happened to those words
That we vowed to speak?
We still have every question;
Yet the answers we still seek.

The dreams have died within our hearts,

Grown cold and hard with time.
The fire of our youth's great hopes
Is smothered in the brine.

And all the words we vowed to speak, When life was young and dear, Died in silence, for they were Words no one wished to hear.

The First Step

By A Saturday Morning Member

The first step I heard is the most important life changing none one can make to take upon yourself the chain of wrong choices you want to break.

Some may be afraid or ashamed to be seen as such.

A weak minded individual to bow and fall on your knees by the, momentary pleasure of the liquid stuff no matter how vain and selfish ones choice maybe.

To drown our sorrow and hurt our family.

We are all human and will all make some wrong choices.

But do your best to choose the voice of reason as your voice.

Because, at times you will find your self a lone in distress.

Just take stock of the weight you put upon your chest.

Once you realize the reason behind the glass of liquor in your hand.

Is it worth the pain, the sorrow and disgrace that you clearly notice, see on your friends and family face.

Of course not, you're not selfish to throw your life away.

Just to feel that momentarily pleasure you feel that day.

Even if it was used to numb that pain you feel. Because sooner or later reality will let you know what is real.

So before you down that liquor and make that dire more.

Look within yourself and see if you have anything to prove, to yourself or to someone you care.

Because there's no shame of being here. To show emotion deep down your care. To admit you don't want this life anymore.

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.

Family Alcoholism Leads to Greater Adolescent Risk

Alcoholism: Clinical & Experimental Research

New research exploring the neural processes of adolescents with alcohol abuse in their families has indicated that a positive family history may confer a significant risk for future alcoholism. Marisa Silveri, one of the authors of the study and assistant professor of Psychiatry at Harvard Medical School and neuroscientist at the Brain Imaging Center within McLean Hospital in Belmont. Massachusetts, said "Altered brain function in teens who are already drinking or abusing alcohol could either be a direct result of alcohol use or could be due to a pre-existing brain difference that leads to drinking. Therefore, this study sought to examine whether functional brain differences could be observed before alcohol use begins in a group of adolescents at greater risk for using alcohol, by having alcoholic parents or compared grandparents, to adolescents without alcoholism in their family." Silveri believes that, in addition to more research on identifying those who will be at risk of alcoholism later in life, a much more important focus is the development and maintenance of school programs and curricula based on neuro-scientific findings, which could help adolescents understand why a family history of alcoholism could put them at significant greater risk.

Some Facts About Alcoholism

The Grapevine - March, 2010

More than 1 in 5 young adults need treatment, but few get it

Nearly 7 million Americans aged 18 to 25 were classified as needing treatment in the past year for alcohol or illicit drug use, according to a new national study. The 2009 study at the Substance Abuse Mental Health Service and Administration (SAMHSA) also shows that 93 percent of these young adults did not receive the help they needed at a specialty treatment facility. The vast majority (96 percent) of young adults needing, but not receiving, specialized treatment for these substance abuse problems did not perceive their need for help. Even among the 4 percent of young adults who thought they needed specialized help in the past year, but who had not received it, less than one third made any attempt to get treatment. Among young adults, 17.2 percent needed treatment for alcohol disorders in the past year, 8.4 percent for illicit drug disorders and 4.4 percent for a combination of alcohol and illicit drug disorders, Source: SAMHSA

We're not in this alone.

On a Lighter Note

The Genie

The Grapevine, Donny B.

An AA member is walking along the beach, savoring his sobriety. He comes across an old bottle that has washed ashore. Curious, he pulls out the cork and out of a puff of smoke, a genie appears. "Thank you for saving me!" says the genie. "It seems as if I was a prisoner of that bottle for ages. Now I am free!" The drunk considers the genie, reflects, and replies, "Hi Genie! Thank you for sharing. I identify!"

The Impossible Wish Inspired by Gilbert Godfried

A man was walking on a beach one day and stumbled across an ancient oil lamp. The man rubbed the oil lamp and instantly, from a puff of smoke, out came a genie! The genie roared, "Thank you for releasing me from my prison! I will grant you one wish!" The man thought for several moments and finally said, "Then I wish for world peace!" The genie slowly bowed his head, and painfully answered, "I'm sorry, it's impossible. I cannot grant that wish. Man is too corrupt, too selfish, too cruel! You must make another wish." The man thought again, longer this time

but finally he spoke, "OK, then I'm an alcoholic and I don't want to be one any more! I wish for you change the fact that I'm an alcoholic!" The genie was stunned and he intensely stared at the man. Then, after many long moments, the Genie finally answered.

"Hmm," He said. "Let me take look at that first wish again."

An Irish truth

Anonymous

An Irishman, sitting in a pub with his wife said out of nowhere, "I love you." The wife looked at the husband very strangely and asked, "Is that you or the beer talking?" The man replied, "It's me, talking to the beer."

Times Up!

The police had been told to clean up the neighborhood, so it was easy when the drunk staggered toward the cop and said: "Excuse me offisher, can you pleash tell the time?" The officer replied, "It's one o'clock," and then banged him on the head with his baton. "Jeez," said the man. "I'm glad I didn't ask you an hour ago."

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 <u>FREE</u>.

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;
EOCI, OSCI, TRCI, SRCI, WCCF and CCCF upon written request.

The Mill Creek Newsletter Needs You!

We encourage <u>anyone</u> 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

Saiem, OK 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 **<u>purchased</u>** 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

Hey we are having our Celebration Christmas coming up on December 6th. sending will We be notifications about soon. Our current goal is four pieces of fried chicken on the bone. So please donate what you can so we can get as possible much for as everyone. Happy holidays!

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.

MONTHY 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 #2 11/1/18 @ 6:00 Christmas Party 12/6/18 @ 6:00



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.