

# Verde Valley Buzz

Official Newsletter of the Central Mountain Intergroup

Serving the entire Verde Valley and Northern Arizona

vvaanewsletter@gmail.com

3900 E. Western Drive, Suite C, Cottonwood, AZ 86326

928-646-9428 www.centralmountain.org Open weekdays noon to 4:00



## January 2023

**Step 1. We admitted we were powerless over alcohol—that our lives had become unmanageable.**

**Tradition 1. Our common welfare should come first; personal recovery depends upon A.A. unity.**

**Concept 1. Final responsibility and ultimate authority for A.A. world services should always reside in the**

### WHATS UP!!!

#### CMI Birthday Meeting

Sunday, March 26, 2023 at 3:00 p.m.  
Verde Valley Alano Club, Cottonwood

#### Cake and Pizza served

Host groups needed!

Melanie A. 928-274-0453

#### Service Meetings at CMI Office

3900 E. Western Dr. Ste. C  
Cottonwood, AZ

(Except if noted zoom below)

District 14-141 meeting on the 2nd Mondays at  
6:30. Live @CMI office

#### Intergroup meeting on the 2nd

Thursday at 7:00

Live @ the Intergroup Office

#### Contribution Mailing Addresses:

**General Service Office** PO Box 2407, James A Farley  
Station, N.Y., N.Y. 10116-2407

**Area 03 Committee** P.O. BOX 2065 Green Valley,  
AZ 85622

**District 14-141** P.O. Box 708 Sedona, AZ 86339

**Central Mountain Intergroup** P.O. Box 1125,  
Cottonwood, AZ 86326

**Central Mountain H&I Committee** Temporarily NA

### BIRTHDAYS!!!

—The Buzz is publishing AA Birthdays for each month. If you would like yours to be included, send your 1st name , initial and sobriety date to the email address below.

—Would you like to receive the VV Buzz in your e-mail? Send your request to:

**vvaanewsletter@gmail.com**

Name		Sobriety Date	Years	Days
Mark	L	1/5/1978	45	16436
Dan	C	1/5/1992	31	11322
Mike	Mc	1/7/1996	27	9861
Susan	G	1/5/1999	24	8766
Emily	C	1/11/2004	19	6939
Ginger	R	1/7/2013	10	3652
Kevin	S	1/20/2013	10	3652
Kevin		1/20/2013	10	3652
Ginger	C	1/7/2016	7	2556
Cliff	LV	1/7/2017	6	2191
Russ	K	1/18/2018	5	1826
Tylor	H	1/3/2019	4	1461
Doug		1/15/2021	2	730

**INTERGROUP NEEDS VOLUNTEERS!!!! COME TO THE INTERGROUP MEETING 2ND THURSDAY OF EACH MONTH AT 7:00 PM. ADDRESS AND WEBSITE ABOVE.**

**Central Mountain Intergroup  
Business Meeting Minutes  
December 8th, 2022**

**Location of meeting:** Central Mountain Intergroup  
3900 Western Dr., Suite C  
Cottonwood, AZ 86326

Meeting was called to order at 7:00pm by Tom S (who filled in for Allen-  
Chair was not present). Followed by the Serenity prayer.

**Present at meeting:** Tom S., Mike C., Nancy J., Donna R., Julie B., James H.,  
Terry and Mariana.

**Secretary:** Melanie was not present. (Nancy J. stood in to take the  
minutes for this meeting)

**Treasurer:** James H read the treasury report and Donna R. motioned to  
accept and Mike C. 2<sup>nd</sup> it, all in favor and it passed.

**Chair:** Allen D. was not present, he asked Tom S to fill in for him and he  
has nothing to report.

**Alternate Chair:** Open

**Intergroup Liaison:** Emily C. reports on the Gratitude Picnic/Potluck host-  
ed by Sub-District 14-141 went really well, about 40 people were there  
enjoying lots of good food. The speaker Debra was powerful. On the 3<sup>rd</sup>  
Thursday of the month a Virtual 1728 workshop, you can find information  
on "area03.org" website. Sub-District 14-141 has approximately \$3,757.00  
in their checking account. The March assembly will be held Tucson and on  
Zoom (see area03.org) for more details. District 14-142 had a Thanksgiving  
Day potluck. On December 7<sup>th</sup> District 14-140 had a Upside down Triangle  
workshop/potluck. Our District DCMC unfortunately has to step down. No  
replacement has been elected as of yet. "SAVE THE DATE" The next Sub-  
District 14-141 Gratitude Picnic/Potluck will be April 16<sup>th</sup>.

**CPC/PI:** Julie B reports she has updated all her contacts including the  
current meeting lists. She is grateful for this opportunity to be service as  
CPC/PI but, she will be stepping down in the "Spirit of Rotation".

**Office Coordinator:** Nancy J reports still looking to fill Friday Noon to  
4pm shift at office, otherwise everything is going well.

**Newsletter (Buzz):** Tom S reports December's Buzz's are printed are at  
the CMI office. He also printed a Special Edition about service positions  
with Intergroup. He stated he will be changing the format of the Buzz  
newsletter.

**Literature:** Donna R reports everything going well.

**Web Servant:** James H reports that the website is up to date with  
meetings and is going well. He stated he will be stepping down from being  
of service as Web Servant, he is very grateful for the opportunity to be of  
service.

**Phone Coordinator:** Nancy S reported there are phone shifts available  
Wednesday's from 6am to noon & Friday's noon to 4pm. There are a cou-  
ple of volunteers that are doing multi shifts. So, volunteers are needed.

**Meeting List Coordinator:** Nancy J reports there have not been any  
changes or updates at this time. She suggested to have 700 more meeting  
list's printed in January. Donna motioned to accept, James H 2<sup>nd</sup> it, all in favor and it passed.

**Activities Coordinator:** Open

**Birthday Meetings:** Melanie was not present, but Tom S reports that the next Birthday meeting will be on Sunday January 8<sup>th</sup>  
2023 due to Christmas Day. Please join us at the Alano Club starting at 3pm.

**Old Business:** Nothing to report.

**New Business:** It was suggested that we look at the Sobriety years required for some of the service positions for Intergroup and  
consider 1 year. The Buzz will be changing to a 2 page format until further notice.

**Elections:**

**Secretary:** Open

**Treasurer:** Open

**Chair:** Mike C was voted in and he accepted the Chair position.

**Alt Chair:** Open

**Intergroup Liaison:** Emily C was voted in and she accepted this position for another year.

**CPC/PI:** Open

**Office Coordinator:** Nancy J was voted in and she accepted this position for another year.

**Newsletter (Buzz):** Open

**Literature:** Donna R was voted in and she accepted this position for another year.

**Web Servant:** Terry M was voted in and he accepted this position.

**Phone Coordinator:** Open

**Meeting List Coordinator:** Open

**Birthday Meeting Coordinator:** Melanie A

**Activities Coordinator:** Open

**Meeting adjourned at 7:45pm followed with the Responsibility Declaration.**

**Thank you for letting be of service.**

Nancy J

Central Mountain Intergroup		
Treasurer's Report for December 2022		
<b>Group &amp; Individual Contributions:</b>		
Camp Verde AA	Camp Verde	\$311.52
James Mattia	Sedona	\$25.00
The Eye Opener Group	Cottonwood	\$188.90
Free Thinkers Living Sober	Cottonwood	\$162.50
Anonymous		\$100.00
lunch bunch	Cottonwood	\$50.00
New Life In Cornville	Cornville	\$50.00
<b>Total Contributions</b>		<b>\$887.92</b>
<b>Chip sales</b>		<b>\$29.00</b>
<b>Literature Sales:</b>		<b>\$277.25</b>
<b>Total Income:</b>		<b>\$1,194.17</b>
<b>Expenses:</b>		
Century link	Phone and internet	\$282.12
Mark Taylor	Rent	\$400.00
APS	Electric	\$46.66
<b>Total Expenses</b>		<b>\$728.78</b>
<b>NET</b>		<b>\$465.39</b>
<b>Checking as of December 1</b>		<b>\$8,520.11</b>
transfers (to)/from savings		<b>(\$156.02)</b>
<b>Checking as of January 1</b>		<b>\$8,829.48</b>
<b>Savings Acct:</b>		
Beginning Balance		\$10,241.11
Deposits/(withdraws)		\$156.02
Interest to savings		\$1.31
<b>Total in Savings Account</b>		<b>\$10,398.44</b>
<b>Prudent Reserve per By-Laws:</b>		<b>\$8,000.00</b>
<b>Set Aside Accounts (SSA):</b>		
Intergroup Liaison	\$871.44	\$128.56
Activities Chair	\$200.00	\$0.00
Traditions Banquet	\$1,327.00	\$0.00
<b>Total in SSA:</b>	<b>\$2,398.44</b>	
<b>Actual PR Balance:</b>		<b>\$8,000.00</b>
<b>Over/(Under) desired PR after SAA:</b>		<b>\$0.00</b>