

**Central Mountain Intergroup  
Business Meeting Minutes  
July 11th 2024**  
3900 Western Dr., Suite C  
Cottonwood, AZ 86326

Meeting was called to order at 7:00 pm by Chris D. followed by the Serenity prayer.

**Attendees:** Tammy F., Melanie A., Chris D., Terry M., Bonita, Tom S., Nancy J., Tanya A., Sean B., Mike C., Emily C., Rebecca M., Drew for Spring.

**Secretary:** Melanie A. read the notes from the June 13<sup>th</sup> 2024 meeting as reported in the Buzz. Due to Melanie not able to attend June. Sean B. motioned to accept minutes as read. Tammy F. seconded the motion and it passed.

**Treasurer:** Nancy J. gave her report. Beginning Balance \$3186.96, Expenses \$1613.23, Contributions \$1567.00. Balance \$3339.73. Melanie A. motioned to accept as read, Tammy F. seconded the motion and it passed.

**CMI Chair:** Chris D. has nothing to report.

**Alt CMI Chair:** Mike C. has nothing to report.

**Intergroup liaison:** Sean B. didn't attend the sub group meeting. Pre conference assembly Saturday September 14<sup>th</sup> 2024 at 11:00am.

**CPC/PI:** Rebecca went to Verde Villages to put out flyer.

**Newsletter (Buzz):** nothing to report

**Literature:** Tom S. reported Daily reflections on back order.

**Web Servant:** Terri M. everything good.

**Phone Coordinator:** Tammy F. positions covered need Monday 6am to 12pm. Friday 4pm-10pm. Saturday 10pm-6am

**Office Coordinator:** Nancy J reported noon to 4pm open on Friday.

**Meeting List Coordinator:** not present all up to date.

**Activities Coordinator:** no report

**Birthday Meetings:** Melanie A. reported host groups needed. Last meeting was June 30<sup>th</sup>, 2024. Next meeting is September 29<sup>th</sup>, 2024 at 2pm with Camp Verde hosting at the Alano Club Free Pizza and Cake provided.

**Old Business:** Delegate Report Luncheon reporting of the 74<sup>th</sup> General Service Conference Saturday September 14<sup>th</sup>, 2024 at 11am set up, 12pm lunch at. Off of Del Rio Drive, bring potluck dish to share. Questions call Emily C. 562-652-6330. Round Up October 25-27<sup>th</sup>, 2024 at Jackpot Ranch. Planning meetings held 3<sup>rd</sup> Wednesday of the month at Alano Club at 6:45pm Register online at VerdeValleyroundup.org Saturday September 14<sup>th</sup>, 2024 11am Chili and cornbread in Camp Verde at the classroom off main. Pre conference assembly will be held at the Whyndam Suites in Buckeye, April 4-6<sup>th</sup>, 2025. August 16-18<sup>th</sup> is the Area 03 Registration is not open at this time. Watch the websites for more information, will be held at Camp Verde Community. November 9<sup>th</sup>, 2024 Area 03 assembly held in Casa Grande. Call Tanya about May

**New Business:**

**Elections:**

Melanie A. motioned to close, Sean B. seconded it. And it passed Meeting adjourned at 7:55 pm followed with the Responsibility Declaration.

Thank you for letting me be of service.  
Melanie A

Central Mountain Intergroup		
Treasurer's Report for July 2024		
<b>Group &amp; Individual Contributions:</b>		
Tues. Traditional BB Study	Clarkdale	\$250.00
The Placeholder's Group	Sedona	\$69.51
Sedona Acceptance Group	Sedona	\$163.50
Sedona Men's Solution	Sedona	\$39.00
As Bill Sees It	Sedona	\$75.00
Sunset Solutions	Sedona	\$71.00
June's B-day 50/50	Cottonwood	\$24.00
Upon Awakening	Sedona	\$550.00
<b>Total Contributions</b>		<b>\$1,242.01</b>
<b>Chip sales</b>		<b>\$27.00</b>
<b>Literature Sales:</b>		<b>\$129.25</b>
		<b>\$1,398.26</b>
<b>Expenses:</b>		
Mark Taylor	Office rent	\$500.00
APS	Utilities (5-15 thru 6-14)	\$56.91
Mike D	Reimb. Bday meeting	\$72.09
Walmart	Office supplies	\$103.18
CenturyLink	Phone/Internet May/June	\$247.98
<b>Total Expenses</b>		<b>\$980.16</b>
<b>NET</b>		<b>\$418.10</b>
<b>Checking as of July 1</b>		<b>\$3,339.73</b>
transfers (to) / from savings)		
<b>Checking as of August 1</b>		<b>\$3,097.83</b>
<b>Savings Acct:</b>		
Beginning Balance		\$10,200.24
Deposits/(withdraws)		
Interest to savings		\$0.09
<b>Total in Savings Account</b>		<b>\$10,200.33</b>
Prudent Reserve per By-Laws:		<u>\$8,000.00</u>
<b>Set Aside Accounts (SSA):</b>		
Intergroup Liaison	\$1,823.94	\$176.06
Activities Chair	\$146.55	\$53.54
<b>Total in SSA:</b>		<b>\$1,970.49</b>
Actual PR Balance:		<b>\$8,229.75</b>
Over/(Under) desired PR after SAA:		\$229.75

# 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

Central Mountain Intergroup provides many services that help make it possible for our groups to function. Volunteers are needed for several service positions. Help AA in the Verde Valley to carry the message. Information is available at the phone # and website above.

## August 2024

Step 8: Made a list of all persons we had harmed, and became willing to make amends to them all.  
Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers  
Concept 8: The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

**Heard in a meeting** Remember the first time that you did something that you would "never" do while drinking? It was hard. The 2<sup>nd</sup> time it was easier. The 3<sup>rd</sup> time easier still. Then it becomes a way of life.  
In recovery the first time you try to work the steps it is hard, then it got easier. Then it becomes a way of life.  
Every real problem in life is an opportunity for growth. If you ignore it, it will grow.  
Give it your best and HP will do the rest.  
I would marinate in my resentments.  
Give up all hope for a better past.

### WHATS UP!!!

**CMI Birthday Meeting**  
September 29<sup>th</sup> 2024 at 2:00pm  
Verde Valley Alano Club, Cottonwood  
Camp Verde to Host  
**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

#### District 14-141

meeting on the 2nd Mondays at 7:00  
**Intergroup**  
meeting on the 2nd Thursday at 7:00

### 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.

tanyamariadams@outlook.com

Name		Sobriety Date	Years	Days
Bill	L	8/18/1987	37	13508
Aron	K	8/20/1988	36	13140
Larry	L	8/20/1988	36	13140
Fose	S	8/18/1997	27	9855
Fene	M	8/28/2008	16	5827
Grett		8/4/2009	15	5486
Corey	D	8/6/2009	15	5484
Clint	S	8/15/2014	10	3649
TomTom	G	8/16/2014	10	3648
Jade	M	8/25/2017	7	2543
Suzanne	P	8/31/2017	7	2537
Dwayne		8/16/2018	6	2189
Jason	G	8/23/2019	5	1815
Maxine	G	8/29/2019	5	1809
Mario	A	8/10/2020	4	1462
Keith	W	8/1/2022	2	741
Chris	F	8/9/2022	2	733
Amy	L	8/22/2022	2	720
Susan	J	8/10/2023	1	369
Natasha	H	8/17/2023	1	362

### 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 13714  
Scottsdale, AZ 85267

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

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

**CMI H&I Committee** PO Box 1168,  
Cottonwood, AZ 86326

**Save the Date. Women's 12 step in depth** October 5, 2024 Spring hill Suites Conference room 565 s. 6<sup>th</sup> Street Cottonwood AZ 8:30 to 3pm \$35 each session covers room venue, sandwiches, fruit, vegetable trays, cookies, workbook, coffee, and water. Limited to 30 spaces. **Men's Big Book Study** Alano Club Tuesdays at 7:00 pm. **Delegates Report Luncheon** Saturday September 14<sup>th</sup> at 11:00, Verde Village Communities Connections 4855 Broken Saddle Drive Cottonwood AZ 86326 Reporting of the 74<sup>th</sup> General Conference. **Round up** October 25-27<sup>th</sup> 2024 Jackpot Ranch. **Pre Conference Assembly** April 4<sup>th</sup> -6<sup>th</sup> 2025 Whyndam Suites in Buckeye. **Womens Meetings** Alano Club Thursday at 12pm. Alano Club Saturday at 9:30am. Alano Club Tuesday 10:30am. **Bingo** September 8<sup>th</sup> 2024 at Alano Club 7pm to 8:30. Saturday September 14<sup>th</sup>, 2024 11am **Chili and cornbread** in Camp Verde at the classroom off main