

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.

October 2024

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.
Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
Concept 10: Every service responsibility should be matched by an equal service authority with the scope of such authority well defined.

Heard in a meeting I hope that you stay sober long enough to clean up the wreckage of your sobriety. ☺
I don't always see why I'm going through things. It's not important. What is important is that somewhere down the road I've always found the lesson. The Steps are like wrenches in a toolbox. There's one for every nut. Don't quit five minutes before the miracle happens. Sometimes you just have to stop and smell the flowers.

WHATS UP!!!

**CMI Birthday Meeting
Happy Hour Group Host**
January 5th 2024 at 2:00 p.m.
Verde Valley Alano Club, Cottonwood
Cake and Pizza served.
Host groups needed!
Krystin W. 928-451-5811
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

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

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
Tom	S	10/17/1981	43	15698
Thomas	G	10/28/1982	42	15322
Dave	D	10/26/1983	41	14959
Stephanie	M	10/5/1986	38	13884
Pazna		10/1/1991	33	12062
Gary	B	10/22/1992	32	11675
Sue	M	10/16/1994	30	10951
Tina	F	10/23/1994	30	10944
Julie	B	10/28/1999	25	9113
Mike	K	10/17/2003	21	7663
Shelly	J	10/8/2007	17	6211
Kathy	R	10/2/2011	13	4756
Helen	D	10/10/2013	11	4017
Vanessa		10/21/2013	11	4006
Michael		10/28/2016	8	2903
Marlaina		10/29/2016	8	2902
Dave	T	10/28/2017	7	2538
Douie		10/5/2019	5	1831
Jeremy	H	10/5/2021	3	1100
Chance	D	10/4/2022	2	736
Eric	Mc	10/14/2022	2	726
Doug	H	10/21/2022	2	719

Save the Date. **Women's 12 steps in Depth** Spring hill Suites Conference room 565 s. 6th 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. October 5, 2024. **Camp Verde speaker meeting** Second Saturday in room 205 7:30pm to 9pm. **Round up committee meetings** 3rd Wednesday 6:45pm. **Mens Big Book Study** Tuesday 7pm at Verde Valley Alano Club. **Womens Red Book Study** Tuesdays at 10:30am. **Pre Conference Assembly** April 4th -6th 2025 Whyndam Suites in Buckeye.

Central Mountain Intergroup

Treasurer's Report for September 2024

Group & Individual Contributions:

Stay for It	Sedona	\$252.00
Bingo Activity	Cottonwood	\$55.00
FreeThinkers	Cottonwood	\$90.00
Anonymous	Cottonwood	\$20.00
Two Alternatives	Cottonwood	\$91.87
Heart To Heart	Cottonwood	\$50.00
As Bill Sees It	Sedona	\$100.00
Tues. Traditional BB Study	Clarkdale	\$130.00
Total Contributions		\$788.87
Chip sales		\$71.00
Literature Sales:		\$486.50
		\$1,346.37
Expenses:		
Mark Taylor	September Office Rent	\$500.00
APS	Utilities (7-17 thru 8-15)	\$61.86
CenturyLink	Phone & Internet (8-22 thru 9-21)	\$127.51
GSO	Literature purchase	\$596.95
Krystin W	Reimb. For Bingo Activities	\$133.73
Allergra Marketing	July & August printing of the Buzz	\$134.03
USPS	Purchased Stamps	\$73.00
Total Expenses		\$1,627.08
NET		-\$280.71
Checking as of September 1		\$2,691.75
transfers (to) / from savings)		
Checking as of October 1		\$2,411.04
Savings Acct:		
Beginning Balance		\$10,200.42
Deposits/(withdraws)		
Interest to savings		\$0.08
Total in Savings Account		\$10,200.50
Prudent Reserve per By-Laws:		<u>\$8,000.00</u>
Set Aside Accounts (SSA):		
Intergroup Liaison	\$1,591.62	\$408.38
Activities Chair	\$12.93	\$53.34
Total in SSA:	\$1,738.17	\$461.72
Actual PR Balance:		\$8,000.00
Over/(Under) desired PR after SAA:		\$461.72

**Central Mountain Intergroup
Business Meeting Minutes
September 12, 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: Mike C., Melanie A., Tanya A., Krystin W., Sean B., Emily C., Terri M., Tom S., Nancy J., Chris D., Mike D., Tammy F.

Secretary: Melanie A. read minutes from The Buzz. Mike D. motioned to accept. Tammy F. seconded and it passes.

Treasurer: Nancy J. reported the minutes from the buzz accepted as read. Contributions \$432.16, Chips \$43.00 and literature sales \$170.00. Expenses \$1711.24.

CMI Chair: Chris D. nothing to report

Alt CMI Chair: Mike C. nothing to report

Intergroup liaison: Sean B. reported went to assembly. Said it was fantastic. He reported on the 4 different proposals. 2024-06 remove the word woman from the concept. 2024-12 changes the wording in the area handbook and it passed. 2024-16 increase the budget to \$1250 to correct mistakes. 2024-17 increase the budget for the GSR in continuing education of : AA history. Sean asked about the Banquet money. He believes it needs to be mandated for the banquet and was told it is included in the set aside account.

CPC/PI: not present

Newsletter (Buzz): Tanya A. stated that the previous Buzz have been fixed.

Literature: Tom S. tried to place order but had issues with credit card. Nancy J. helped him

Web Servant: Terri M. nothing to report

Phone Coordinator: Tammy F. reported that Monday 6am to 12, Thursday 4pm to 10pm, and Friday 4pm to 10p are open. Tammy will be using her own discretion if the new phone help is under a year sobriety.

Office Coordinator: Nancy J reported everything is going well. Tuesday has coverage and possibly Friday.

Meeting List Coordinator: Mike D reported updated list. Needs to print new list.

Activities Coordinator: Krystin W. reported Bingo was amazing. Good turnout \$55 left over for next activity. Spent 100.58. She proposed we do a bingo every other month.

Birthday Meetings: Melanie A reported birthday meeting went well. 50/50 was \$32 a piece. Next birthday meeting is in January 5, 2025. We need host groups.

Old Business: previous Buzzes approved the redo of minutes. Motioned to accept by Melanie A. Krystin W. seconded and it passed. Tammy and Nancy are updating the 12 step call list.

New Business: no new business. Tanya motioned to close meeting. Mike D. seconded and it passed. Next meeting is October 10th 2024.

Elections:
Meeting adjourned at 8:00 pm followed with the Responsibility Declaration.

Thank you for letting me be of service.
Melanie A