



**Alcoholics Anonymous**



Mark Kinnan spoke at the Treynor Optimist Club meeting on February 22. He is a Chemical Dependency Counselor at Jenny Edmundson Hospital.

Mark said that alcohol kills 40 times as many people as all other drugs. The majority of people in

psychiatric wards are alcoholics.

Mark talked about the Alcoholics Anonymous (AA) twelve step program. This program can be used for all types of addictions, including gambling, drugs, pornography, etc. He has found that people have more power to overcome addictions when God is at the center of their recovery. For people who do not believe in God, they can substitute "good orderly direction" for God.

Isolation is a huge part of alcoholism. Sponsors are required to help someone in recovery. Part of the recovery process is also helping others.

Mark said that there are at least three parts to a disposition for someone to become alcoholic: environment, genes, and personality.

Asked about marijuana, Mark said it is a gateway drug. Marijuana is fat soluble, unlike alcohol. Therefore it stays in your system a long time. Lab tests can detect if for at least 30 days. The obvious effects last 4-6 hours, but since it stays in the body, it builds up over time. It is costly to determine the actual amount in the body, so most tests just determine if it is present or not.

Most AA counselors are volunteers. Most people that come to AA on a court order continue after the court order expires.

The origins of Alcoholics Anonymous can be traced to the Oxford Group, a religious movement

**Calendar**

- Feb 26 – Can kennel sorting for Dance Team, 3:30 p.m.
- Mar 2 - Richard & LuEtta Vorthmann's 70<sup>th</sup> wedding anniversary celebration, noon – 3:00 p.m.

**Birthdays**

- Feb 12 – Richard Vorthmann (recognized)
- Feb 13 – Gary Funkhouser (recognized)
- Mar 2 – Ward Chambers
- Mar 11 – Kenneth Graham
- Mar 20 – Jon Jacobsen

**Speakers**

- Mar 1 – Chris Juelsgaard- Navy Seal

popular in the United States and Europe in the early 20th century. Members of the Oxford Group practiced a formula of self-improvement by performing self-inventory, admitting wrongs, making amends, using prayer and meditation, and carrying the message to others. The roots of AA were planted in December 1934, but June 10, 1935 is celebrated as the founding date of Alcoholics Anonymous.

Mark said that the younger people start drinking , the more likely they are to become alcoholics. AA also discourages recovering alcoholics dating other alcoholics. That is called 13 stepping.

More information about Alcoholics Anonymous can be found at [www.aa.org](http://www.aa.org).

**Meeting Minutes**

Bill Vorthmann opened the meeting on February 22 and Ken Graham gave the opening prayer. Gary Funkhouser, Keith Denton Gary Gutttau, and Mick Gutttau contributed jokes.

Gary Funkhouser contributed to the Youth Fund in recognition of the basketball game last night. Bill Vorthmann contributed because his granddaughter was in the newspaper again and in recognition of Richard and LuEtta's wedding anniversary. Kevin Underwood contributed to recognize the basketball games against St. Albert. Dale Willenborg contributed because his skin cancer was removed.

For auction items, a Halloween sign sold for \$3, wind chimes for \$4, a Coca Cola cup for \$6, and printer ink for \$5. The final profit for the spaghetti supper was \$912.

John Klein is submitting a grant application for the Public Space Bin Grant Program sponsored by the Coca-Cola Foundation. They would be used for collecting additional cans for the can kennel.

Can kennel sorting will be Wednesday at 3:30 p.m.

Dale Willenborg won the 50/50 drawing. Ken Graham won the attendance drawing. There were 18 members and one guest at the meeting.

The club held a short Board meeting after the club meeting. They decided to donate \$100 to the YMCA to support youth memberships.

**Anniversaries**

- Feb 6 – Jon & Debra Jacobsen
- Feb 23 – Richard & LuEtta Vorthmann (recognized)
- Mar 8 – Keith & Georgia Denton

**Prayers**

- Mar 1 – Dee Gutttau
- Mar 8 –
- Mar 15 –
- Mar 22 – Dennis White
- Mar 29 – Judy Gutttau