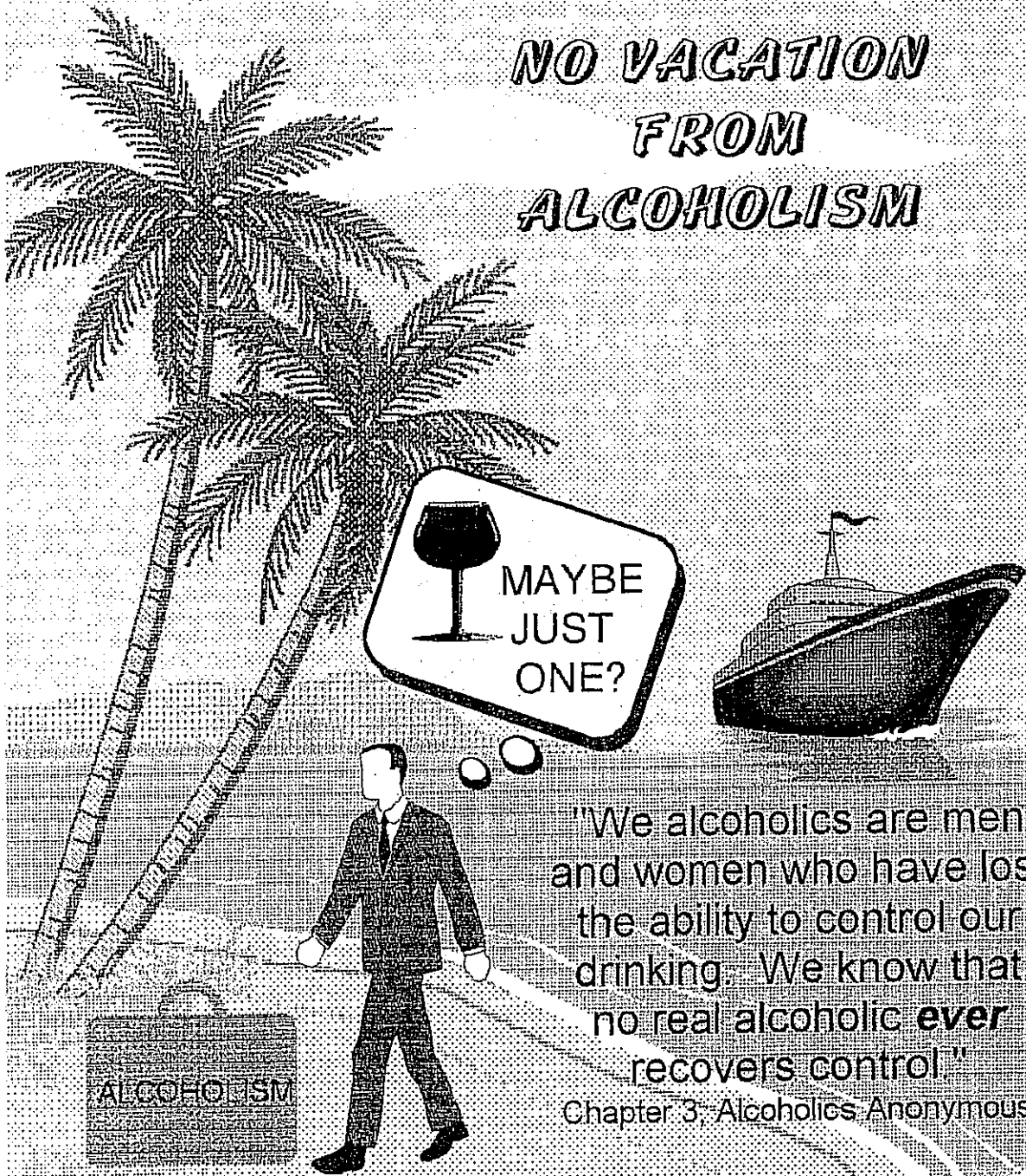


OCTOBER 1995

# NEW FRONTIERS

A CENTRAL COMMITTEE JOURNAL FOR A.A. MEMBERS OF  
WESTERN NEW YORK AND THE NIAGARA FRONTIER

## NO VACATION FROM ALCOHOLISM



"We alcoholics are men and women who have lost the ability to control our drinking. We know that no real alcoholic **ever** recovers control."

Chapter 3: Alcoholics Anonymous

## CONQUERING SELF PITY

We must develop "emotional maturity." An emotionally mature person is someone who is decent, kind, humble, unselfish and able to take the disappointments and hard knocks of life without being thrown off stride.

We should think positive instead of negative. Look for the good in people, instead of the bad. Concentrate several times a day on the many things we have to be thankful for.

Don't exaggerate yourself, your troubles or your problems. Most of the things we feel sorry for do little to enhance our gift of sobriety; and the important values of our new life can be lost. Try not to be over sensitive. Very few people are intentionally cruel. Those that are usually are emotionally ill. We should pity them, not



ourselves, if they say or do unkind or cruel things to us.

Develop a sense of humor. If you don't take yourself too seriously, you won't feel so sorry for yourself when things do not turn out as you hoped. Be certain that your humor is not the kind that hurts others.

Do not let the failures of the past or the fears of your future interfere with doing your very best today.

Cultivate a 'life in day-tight compartments.' Try not to be idle. Service work is the best remedy for most emotional disturbances, especially self pity.

Believe in a Higher Power. Man's experience throughout history shows that those people are happiest who have faith in themselves, their fellow man and God.

Editor

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### IF YOU THINK OUR DRUNK DRIVING LAWS ARE TOUGH.... CONSIDER THESE:

**AUSTRALIA:** The names of drivers are sent to local papers and are printed under the heading "He's drunk and in jail."

**MALAYSIA:** The driver is jailed. If he's married, so's his wife.

**BULGARIA:** A second conviction results in execution.

**RUSSIA:** License revoked for life.

**TURKEY:** Drunk drivers are taken 20 miles from town by the police and forced to walk back under escort.

**POLAND:** Jailed, fined and forced to attend political meetings.

**SOUTH AFRICA:** A 10 year prison sentence or the equivalent of a \$10,000 fine or both.

**EL SALVADOR:** First offense - execution by firing squad.

**FINLAND:** Automatic 1 year at hard labor.

**AREN'T YOU GLAD YOU LIVE IN THE U.S.A.?**

**TODAY IS THE TOMORROW WE WORRIED ABOUT YESTERDAY.**

Editor: John H., We Care  
Assistant Editor: Tim P., We Care  
Assistant Editor: Ron S., Powerless



**DON'T FORGET . . . ALL ARTICLES, NOTICES, AND ANNIVERSARIES MUST BE IN THE CENTRAL OFFICE BY OCTOBER 10, 1995 FOR THE NOVEMBER ISSUE.**

I never thought I would have anything to say to someone in jail or prison. When Sonny asked me to share at Wende, I had no idea of the adventure road I was about to travel. Yes, every cell of my body wanted to scream no, I balked, but according to tradition I went. I shared. I felt great. This opportunity to enhance my sobriety came at a time when I was seriously looking at the quality of my service to a program which truly had given me my life.

As a direct result of my Wende experience, I attended a service convention where I learned that they were (and are) requesting volunteers to carry the message to Erie County Correctional Facility for Women. This brought me in contact with Donna, who, at that time, was coordinating the volunteers for this meeting, and Sally, another volunteer. This was truly heaven made! I have found this meeting to be a constant reminder of where I will be if I pick up a drink again. That, in and of itself, makes no difference. What I have found is that we are all human, all need to know someone cares, and that we are not core-deep bad people.

I have found some hidden agenda items that go along with making commitments and keeping them. One is the little boost to my ego/self-pride that I can say I will do something and then actually do it. A far cry from all those promises I used to make and never saw through. Which again is testimony to the benefits of this program.

I am also blessed with the opportunity to see the person I was and can be again. I have a special love for these ladies who are locked in their own prisons, who help me escape from mine. These are meetings which are real and heart felt.

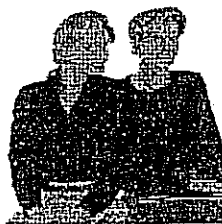
These correctional facility meetings have also led me to meetings where I probably would not have gone or shared. I have been asked to share meetings in the real southern tier. You know the places where one has to travel forever and a day to get to one. It has also led me to another volunteer based meeting held at the Lakeview Shock facility in Brockton.

Today, I coordinate the volunteers for the meeting at Erie County Correctional Facility for Women, and enjoy it very much. It may not look like much from the outside - a couple of hours on Wednesday night, but let me tell you, the ripple effect of this meeting is amazing. I am finding volunteers to be very special people. But I also know not everyone can do this. But, if you are interested, female and can take a Wednesday to drive out to Alden (where the facility is), please get in contact with me through the Central Office.

It can even be arranged to have you go out irregularly. Maybe you can't make the commitment all the time but do know of days that you would like to go out. It can be done. Maybe you would even like a certain Wednesday every month, believe me, it can be arranged. Maybe you and someone else would like to go as a team, terrific! Let's do it.

Oh, I'm sorry. I have found that one of the biggest fears of many (and one of the main reasons I balked), is the phrase: correctional facility! Believe me, this one is really a piece of cake. There are no searches, you open and close all doors by yourself, and you get to go home the same night you went in!

**GO TO JAIL**  
**GO DIRECTLY TO JAIL**  
**START NOW**  
**BY**  
**CONTACTING**  
**ME THROUGH**  
**THE CENTRAL**  
**OFFICE**



Cindy D.  
Sunrise Court

## DRY DRUNK

I have been in AA for a few years. I am just beginning to understand the basic principles of this simple program. I thought that when I came to AA, someone would have all the answers; a magic wand to wave over me and cure me. I did not know then that there is no cure. It's a struggle, even after the alcoholic quits drinking. I know just how hard it is. I recently came through a dry drunk. I'm writing to share my experience with anyone who might be going through the same thing.



There is a light at the end of the road that leads through the haunted forest. That haunted forest is full of ghosts and goblins and demons. Why do you think they call a package goods store a 'spirit shop,' anyway?

Alcohol has a companion that is just as dangerous and formidable. Its name is depression. Depression is always ready to lure us into a dark corner, pounce on us and send us reeling back into our old ways.

After I quit drinking, I felt much better for a while. My body was not racked with pain and my head didn't hurt. I felt a sort of natural high; a euphoria that got me through the first few weeks. Suddenly, from out of nowhere, came that old spook - depression. It cut deep inside me and it made me feel miserable. All I wanted to do was get rid of it anyway I could.

The first thing that came to mind was a drink; but I had already learned in AA that alcohol wouldn't cure depression. It would only make it worse. When we are troubled, the program tells us to find a friend, get in touch

with someone, not be afraid to pick up the telephone to call another AA and talk about what's bothering us. That person who is turning the corner or perhaps has already turned it, may be able to help us find a way to turn it, too. We may not even know why we feel bad, I often don't, but talking about it with other AA's always helps, even if they don't have the answers.

***"I knew I could face anything as long as I stayed sober, kept up with my AA attendance, and clung to my Higher Power."***

Well, that's what I did. My perseverance paid off. I got over my depression and I started to feel really good. No euphoria, no great high, just a good feeling inside. I knew I had won a major battle. I stayed sober and walked out of the haunted forest into the sunshine. I knew my Higher Power was there with me. I could feel the calm inside me and I knew He guided me skillfully through a terrible time.

I knew I could face anything, as long as I stayed sober, kept up with AA attendance and clung to my Higher Power. It finally dawned on me that I gave up the driver's seat and had to let others help me get well. I surrendered to something greater than myself.

Tom McM.  
Morning After

### ELEMENTS

BY ANDREA S., FRESH START

The earth shakes  
Thunder roars  
The clouds cast off a stream of rain  
The moon seems like it casts off  
its reflections to the stars  
The sun casts off a stream of fire  
The ocean is full of mysteries and deep waters  
The air is untouchable  
Elements.

Found.  
Always  
In  
Trusting  
Him.

Dear Members of A.A. in Buffalo,

I've wanted to thank you all for a long time now.

I was one of those people who kept relapsing in my early days with A.A. I was in New York City, my home town, around all those 'people, places, and things' and in a tremendous amount of denial. I was going to aftercare and my counselor kept pointing out my need to distance myself from my family and old using partners. I felt obligated to spend time with those people since I was clean and try to help them. The result, of course, was that I began using again.

I was given the option to go into treatment again, away from the New York City area for at least one year. I had to give up my job, which I was close to losing, and "trust the process and surrender."

In December of 1986, I arrived in Buffalo after rehab, to stay at Casa di Vita, a women's halfway house which was as critical to my sobriety as A.A. I was in aftercare at the DTC (then housed at 120 W. Eagle Street). My Higher Power knew exactly what I needed. I went to a lot of A.A. meetings, usually two or three a day; followed by the 'meeting after the meeting' at the 'Town' or 'Soda Bar'. Never underestimate the healing that goes on over coffee and hot fudge sundaes!



I am so thankful that I was given that time to simply focus on being "a drunk in a chair" as I heard it put at a meeting. I don't think I could have stayed sober if I didn't have the opportunity to stay at the Casa di Vita for

nine months or the out-patient care for a couple of years. I do know that, with those supports and learning to focus, I stayed away from a drink and a drug, one day at a time.

It has been, and still is, what I hear other members of A.A. share at meetings, whether the official ones or those 'unofficial ones', that has helped me the most in learning how to practice the A.A. program and to better understand the Big Book and the Steps. I honestly do not believe I would have made it if all I had was the literature, although I've heard there are folks who can do it. My Higher Power knows exactly what I need, and provides it through all of you.

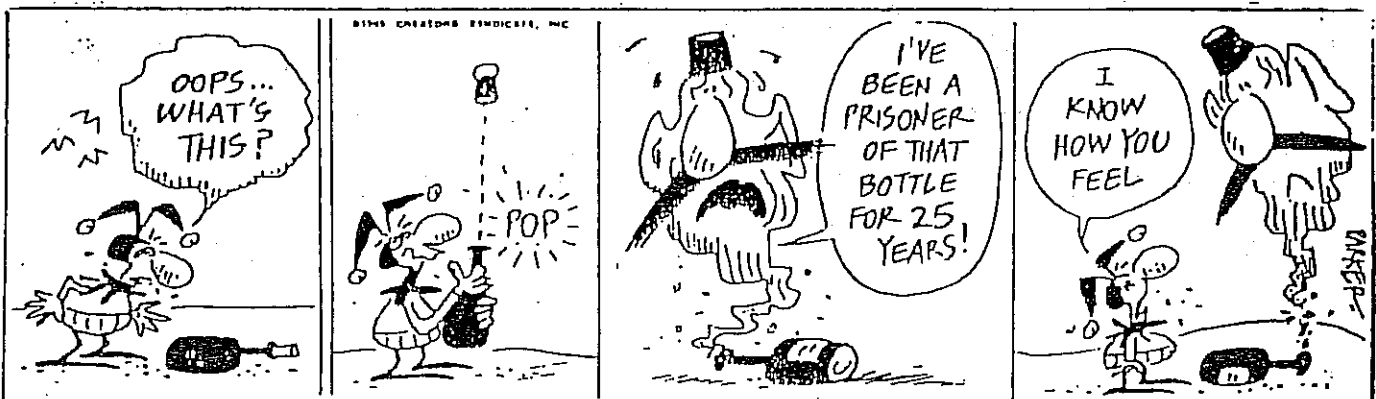
In my active use of alcohol and drugs, my world grew smaller and smaller, revolving around the substances and others who used the way I did. When I was early in my sobriety, my world was rather small, also. I went to meetings, and hung around only other sober people. As my healing progressed over the years, my ability to be in the world also progressed. I am happy to say that, through the program, I have been able to return to New York City to pursue some dreams and goals that I had before things got to be so crazy. This is only possible because I am sober today. And that is only possible because of you.

So, dear members of A.A. in Buffalo, I thank you. Please keep showing the newcomer where the coffee is . . . it saves lives.

Lorelei K.

Cherry Grove, NY

formally of Women's Westside Discussion



## "A DESIRE TO....."

At a recent regular Monday night meeting of my group which is a Step and Tradition meeting, we were on Step Three and Tradition Three. As the speaker who was called to define Tradition Three spoke, a lot of past and present thoughts surged through my head.

"All that is required for Membership in Alcoholics Anonymous is a Desire to Stop Drinking" is how it went. So simple it seems, until you begin to understand what it can mean.

Originally, the Tradition was put into place to preserve forever, the right of anyone of any color, race or religious belief to be able to say "I am a member of Alcoholics Anonymous because I say so!"

That definition of Tradition Three will always guarantee the attraction of new-comers to the program who soon see the lack of animosity and bigotry and begin to understand the singleness of purpose of the Program. I have understood this concept for a long time now but a few nights ago I started to realize an even deeper concept to Tradition Three.

\*\*\*\*\*

**"I wanted what they had and was willing to do whatever it took to get it!"**

\*\*\*\*\*

It was over eight years ago that I was in a complete tail-spin in my life, having endured a marriage break-up resulting in divorce, bankruptcy, loss of work and the ability to work plus impaired driving convictions. I was in a state of mind of having to know why I continued to keep drinking when I knew I wanted to stop but was unable to do so. It was a terrible

dilemma to be in. Drinking was not fun anymore and life was becoming meaningless.

At this point I had A Desire to Stop Drinking. If only to find out why I drank. But a desire was not enough!

I had to WANT to stop in order to create a strong enough Desire and this was to evade me for some time until I was taken to my first AA meeting by a friend. What I saw there was enough to convince me that "I wanted what they had and was willing to do whatever it took to get it!" Sound familiar? It's from Chapter Five of the Big Book!

I now had the Desire to Want to Stop Drinking!

My new life began on St. Patrick's Day eight years ago.

There's more.....

A strong belief in myself began to develop (or maybe re-develop) as I proceeded along the route fate had me assigned. A belief that said to me, "Anything is possible if you believe." Believe in yourself, Believe in a Power greater than yourself.

IF YOU BELIEVE IT TO BE SO, IT IS!  
Think about that!

That is all in Tradition Three.

With the support of the other Steps and Traditions and the Support of the fellowship of AA, my beliefs have made possible so many things that have occurred in my life in eight years. So many things I thought were unattainable. All because I Desired to Want something and came to Believe that it was possible.

Stephon W.

Edmonton, Alberta

Previously printed in the "Twelve Step Times"  
May 1995



OUR GREATEST POWER IS THE POWER TO CHOOSE.  
WE CAN DECIDE WHERE WE ARE, WHAT WE DO AND WHAT WE THINK.  
NO ONE CAN TAKE THE POWER TO CHOOSE AWAY FROM US.  
IT IS OURS ALONE.  
WE CAN DO WHAT WE WANT TO DO, WE CAN BE WHO WE WANT TO BE!  
ANONYMOUS

## SERVICE IS GRATITUDE IN ACTION

Last year, I wrote an article in the December issue of *New Frontiers* about service work in the correctional facilities. I was prompted to write after reading an article from an inmate in the September 1994 issue. The inmate, Robin C. was in the Cayuga Correctional Facility in Moravia, New York.

Robin's article stated, "Since entering the prison system, I haven't been able to attend an A.A. meeting due to severe overcrowding. It has been due to the AA members of Buffalo, who have gone out of their way to help me, that I have been sober. I would like to thank my home group, Living Sober, in Kenmore, New York, for continuing to make me feel part of their group by celebrating my sobriety date, even though I cannot attend. AA'ers from Buffalo have reached over the walls and razor wire of prison by making me feel loved. You've helped me face life on life's terms. Thank you for caring."

This month, Robin C. is celebrating 2 years of sobriety. Congratulations, Robin! I would like to encourage inmates to write articles for the

newsletter or send replies on articles previously printed in the *New Frontiers* that may have helped them in some way.



Service work in the correctional facilities is the most gratifying work I know. The fellowship of A.A. is needed and wanted by many inmates. As Chairman of the Corrections Committee, I would like to thank all of the caring members of the Corrections Committee in Buffalo for their unselfish work with inmates, and the unconditional love they give so willingly. They visit, attend meetings, share and even sponsor inmates behind the walls of prison.

If you would like to join the Corrections Committee, you are welcome to attend our meetings on the first Sunday of each month at 5:30 p.m. at 80 Goodrich Street, Buffalo.

"But for the Grace of God. . . ."

Ron S.  
Powerless  
Ass't. Editor

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The "Light" to freedom shines bright on my fellow alcoholics as each one of us challenges the other to grow. The "Steps" to self-improvement have small beginnings, but each Step builds the "ladder" out of the pit of despair to new hope. Honesty becomes my "tool" to unfurl the "chains" which bound me. A sponsor, who is a caring listener, can help me to truly hear the message

guiding me to freedom.

I ask God for the courage to live in such a way that the Fellowship may be a testimony to His favor. This mission frees me to share my gifts of wellness through a spirit of readiness to serve others.

Courtesy Daily Reflections

THOUGHT FOR TODAY

### READINESS TO SERVE OTHERS

...our Society had concluded that it has but one high mission - to carry the A.A. message to those who don't know there's a way out.

TWELVE STEPS AND TWELVE TRADITIONS, p. 151

**ALCOHOLICS ARE VERY  
OPINIONATED AND  
OFTEN WRONG, BUT  
NEVER IN DOUBT.**

# OCTOBER ANNIVERSARIES

## AMHERST/SNYDER

Tony B. 6 mos.  
David B. 6 mos.  
Michael J. 9 mos.  
Dennis B. 9 mos.  
Greg S. 1 yr.  
Jeff H. 2 yrs.  
Dave C. 4 yrs.  
Eric D. 5 yrs.  
Kirk B. 5 yrs.  
Valerie R. 6 yrs.  
Kevin N. 7 yrs.  
Paul B. 7 yrs.  
Jim M. 9 yrs.  
Lisa S. 12 yrs.  
Ellen S. 13 yrs.  
Dave R. 13 yrs.  
Beverly S. 24 yrs.

## ANY LENGTHS

Jim B. 3 mos.  
Alan C. 3 mos.  
Mellisa G. 6 mos.  
Dave H. 9 mos.  
Laura D. 1 yr.  
Dave A. 1 yr.  
Dick K. 4 yrs.

## BIDWELL MONDAY DISC.

Bonnie T. 3 mos.  
Harold M. 3 mos.  
Ron T. 3 mos.  
David D. 3 mos.  
John F. 6 mos.  
Cathy C. 6 mos.  
Tara S. 6 mos.  
Paulette C. 9 mos.  
Dave B. 9 mos.  
Robert 9 mos.  
Billy M. 9 mos.  
Wayne H. 9 mos.  
Rick c. 1 yr.  
Tony D. 2 yrs.  
Bob G. 2 yrs.  
Cheryl C. 2 yrs.  
Tom M. 4 yrs.  
Larry S. 5 yrs.  
Eric D. 5 yrs.  
Jerry M. 7 yrs.  
Connie C. 14 yrs.

## CAZENOVIA

Mike M. 3 mos.

## COLD SPRING

Jenifer C. 6 mos.  
Terry A. 9 mos.  
James J. 9 mos.  
Jerome J. 2 yrs.  
Juanita T. 2 yrs.  
Dwan M. 3 yrs.  
Tina McC. 3 yrs.  
Ben W. 3 yrs.  
Darlen A. 5 yrs.  
Carl C. 5 yrs.  
Andrew G. 6 yrs.  
Stanley B. 12 yrs.

## COLD SPRING(CON'T)

Lena S. 22 yrs.  
Annie S. 23 yrs.

## FIRESIDE

Corey S. 3 mos.  
Frank B. 9 mos.  
Jim D. 9 mos.  
James E. 9 mos.  
Stephan G. 9 mos.  
James J. 9 mos.  
JoAnne M. 9 mos.  
Tom F. 1 yr.  
Tyrone F. 1 yr.  
John I. 1 yr.  
Tom O. 1 yr.  
Faith R. 1 yr.  
Mike W. 1 yr.  
Tom G. 2 yrs.  
Ann H. 2 yrs.  
Bob H. 2 yrs.  
Randy M. 2 yrs.  
Mike Q. 2 yrs.  
Bob B. 3 yrs.  
Alan H. 3 yrs.  
Dave. M. 3 yrs.  
Joe C. 4 yrs.  
Elaine H. 4 yrs.  
Don J. 5 yrs.  
David R. 6 yrs.  
Joe K. 8 yrs.  
Bert A. 10 yrs.  
Helen S. 13 yrs.

## FRESH START

September:  
Bev S. 1 yr.  
Andrea S. 2 yrs.  
David J. 5 yrs.  
Margaret H. 17 yrs.  
October:  
Sylvia W. 1 yr.  
Cheryl C. 2 yrs.

## GIVING GROUP

Eric B. 2 yrs.  
Joanne D. 6 yrs.  
Larry S. 7 yrs.

## HAPPY HOUR

September:  
Karen K. 6 mos.  
Gino M. 9 mos.  
Jerry C. 1 yr.  
Jay W. 3 yrs.  
Tut R. 4 yrs.  
Elizabeth R. 4 yrs.  
Jim K. 5 yrs.  
Robert M. 5 yrs.  
Paul E. 5 yrs.

## HARMONY

Rhuben G. 1 yr.  
Richard G. 6 yrs.  
John H. 10 yrs.

## IRON HORSE

Jim A. 3 mos.  
Kevin H. 6 mos.  
PJ G. 6 mos.  
Shaun H. 9 mos.  
Tom C. 9 mos.  
Joe F. 9 mos.  
John A. 1 yr.  
Jeff H. 2 yrs.  
Bob S. 2 yrs.  
Eric H. 2 yrs.  
Jim G. 2 yrs.  
Al O. 4 yrs.  
Jame B. 5 yrs.  
Joe B. 6 yrs.  
Jim S. 16 yrs.

## LET GO & LET GOD

Ernie J. 6 yrs.  
Frank R. 6 yrs.

## LIBERTY WOMEN'S

Donna G. 1 yr.  
Ellen S. 2 yrs.  
Sue D. 3 yrs.  
Michele S. 4 yrs.  
Dana G. 7 yrs.

## MATT TALBOT

Ed W. 6 mos.  
Joe M. 1 yr.  
Anne F. 1 yr.  
Mike M. 1 yr.  
Ray K. 2 yrs.  
Kelly O'M 3 yrs.  
Don N. 3 yrs.  
Alan H. 3 yrs.  
Pattie M. 4 yrs.  
Dick K. 4 yrs.  
Joe S. 5 yrs.  
Fay E. 5 yrs.  
Carrie C. 6 yrs.  
Val R. 6 yrs.  
Eric B. 12 yrs.  
Doris H. 15 yrs.

## NORTH BUFFALO

Bill I. 1 yr.  
Jeanette L. 1 yr.  
John Mc 1 yr.  
Deby H. 1 yr.  
Mickey V. 2 yrs.  
Eileen H. 3 yrs.  
Raye S. 4 yrs.  
Joe O. 5 yrs.  
Deville L. 5 yrs.  
Carrie C. 6 yrs.  
Nathan M. 6 yrs.  
Joseph B. 7 yrs.  
Randy S. 7 yrs.  
Liz H. 11 yrs.  
John N. 14 yrs.  
Martin L. 20 yrs.

## RENEWAL

Laurie D. 1 yr.  
Peter C. 5 yrs.  
Tim O. 8 yrs.

## RENEWAL(CON'T)

John H. 9 yrs.  
Jeff T. 20 yrs.

## RISE & SHINE

Royce B. 6 mos.  
Pat C. 6 mos.  
Venita E. 9 mos.  
Berry W. 9 mos.  
Michael G. 9 mos.  
Bennie P. 9 mos.  
John G. 1 yr.  
Ricky H. 1 yr.  
Elijah 2 yrs.  
Carter 5 yrs.

## SHERIDAN

John G. 6 mos.  
Glenn O. 9 mos.  
Dave H. 1 yr.  
Brian D. 5 yrs.  
Patty B. 10 yrs.  
Gregg L. 14 yrs.  
Martin L. 23 yrs.  
Dave S. 41 yrs.

## THRUWAY

Kelly O'C. 3 yrs.  
Bruce B. 4 yrs.  
Sean McQ. 4 yrs.  
Shelly G. 5 yrs.  
Dorothy T. 6 yrs.  
Dave T. 7 yrs.  
Alma B. 7 yrs.  
Al R. 8 yrs.  
Paul M. 8 yrs.  
Bob T. 9 yrs.  
Peter R. 9 yrs.  
Bert A. 9 yrs.  
Nicholas Z. 10 yrs.  
Mona N. 11 yrs.  
Gary W. 13 yrs.  
Helen S. 14 yrs.  
Chuck L. 14 yrs.  
Barry S. 14 yrs.  
Marilyn J. 14 yrs.

## WE CARE

Kregg K. 3 mos.  
Paul K. 11 yrs.

## WOMEN'S WESTSIDE DISCUSSION

Debra U. 6 mos.  
Jackie H. 6 mos.  
Jeanie G. 6 mos.  
Jazmin R. 1 yr.  
Carrel C. 2 yrs.  
Darlene S. 2 yrs.  
Naomi 2 yrs.  
Shelly M. 5 yrs.  
Deb B. 6 yrs.  
Anne J. 8 yrs.  
Alison W. 9 yrs.  
Judy D. 9 yrs.  
Judy C. 9 yrs.  
Pam S. 9 yrs.  
Savannah W. 9 yrs.

**REMINDER:** November anniversaries must be in the Central Office no later than OCTOBER 10, 1995.

**BUFFALO CENTRAL OFFICE  
ALCOHOLICS ANONYMOUS  
295 MAIN STREET  
ROOM 845 ELLICOTT SQUARE BUILDING  
BUFFALO, NEW YORK 14203  
853-0388**

OCTOBER 1995

**ANY ARTICLES, ANNIVERSARIES OR ANNOUNCEMENTS MUST BE IN BY THE 10TH OF THE MONTH PRECEDING THE MONTH YOU WISH THE ARTICLE TO APPEAR.**

**NEW MEETINGS:**

RESTORED TO SANITY (revised) TUESDAY - 1PM - Salvation Army, 187 Grant St

**NEED SUPPORT:**

FRIDAY - ANY LENGTH Group meets un the Lancaster Presbyterian Church at 5461 Broadway at Lake Avenue in Lancaster ay 8:00pm. The meetings are closed discussion with an open speaker meeting on the last Friday of each month.

WEDNESDAY - CENTRAL PARK II - 7:30PM - St Andrew's Episcopal Church, 3105 Main Street at Lisbon. Use Lisbon side to enter basement.

TUESDAY - LUNCH BUNCH - 12:30NOON - Unitarian Parish House, 699 Elmwood This group is in need of working members. Alot of new comers attend and the meeting needs some responsible people.

TUESDAY - RAY OF HOPE - which meets at 1PM at the Emmanuel Lutheran Church, Pine and East Fillmore in East Aurora, needs support.

SATURDAY - WEST SENECA SATURDAY NIGHT GROUP - 8:00PM - St Peter's United Church of Christ, 1449 Orohard Park Road, in West Seneca. needs support.

**PLEASE NOTE:**

ACCEPTANCE/WELCOME - TUESDAY & FRIDAY - 10AM - these groups are updated their member anniversary lists. If you consider yourself as a member of one of these groups please attend the meeting and let the secretary know.

TREATMENT FACILITY COMMITTEE MEETING CHANGE - listed below The Committee is looking for groups to take over the running of a hospital meeting. They suggest that it be done by quarters Please have your group contact the Committee through the Central Office if they are interested in doing some work with the TFC.

**ARCHIVES** - Our General Service Archivist, Bill C of the Thruway Group, is looking for artifacts to add to our collection. Anyone who has material that they feel might be appropriate please give Bill a call at 897-2558. If you wish to send anything the address i. 107 Brinkman, Buffalo, NY, 14211.

**COMMITTEE MEETINGS:** *YOU DO NOT HAVE TO BE ON A COMMITTEE TO ATTEND ANYONE INTERESTED IN HOW A COMMITTEE WORKS IS WELCOME!!!*

TREATMENT FACILIIES COMMITTEE - 3RD FRIDAY of the month - 7:30PM - St. Simon's, 200 Cazenovia.

CORRECTIONAL FACILITIES COMMITTEE - SUNDAY preceding the Central Committee Meeting at 80 Goodrich - 5:30PM

SCREENERS COMMITTEE & 12 STEPPERS COMMITTEE - 3rd Tuesday of each month. 570 Ellicott Square Bldg - 6:00PM

OCTOBER 26 - THURSDAY - HAMBURG Grp Anniversary. Speaker/eatin' meeting

**COMING EVENTS**

OCTOBER 1 - SUNDAY - CENTRAL COMMITTEE MEETING - 7:00PM - 80 GOODRICH

OCTOBER 13 - FRIDAY - URBAN Group will not meet this evening

**OCTOBER 20, 21, 22. - BUFFALO FALL CONVENTION**

OCTOBER 27 - FRIDAY - SILVERCREEK-FRIENDSHIP will celebrate its' 26th Group Anniversary at 8:30PM 1st United Methodist Church, 31 Main Street. Speaker meeting followed by an eating meeting. Please bring a dish to pass. Come and bring a friend.

OCTOBER 28 - SATURDAY - GIVING at D'Youville College will not meet

OCTOBER 28 - SATURDAY - ETERNAL VIGILANCE Group will be holding its' Anniversary/Halloween Dance at Our Lady of the Sacred Heart Church Hall, S 3148 Abbott Road in Orchard Park, from 8:30pm until 12:30am. Tickets are available at the door for \$5.00. Costumes are optional but there will be prizes for costumes.

OCTOBER 29 - SUNDAY - RIDGE Group which meets at the Bethel Presbyterian Church in Lackawanna will be celebrating their Group Anniversary. There will be a speaker and individual members will be celebrating their anniversaries. Food will be served. Bring a dish to share.

NOVEMBER 5 - SUNDAY - CENTRAL COMMITTEE MEETING - COMMUNITY MENTAL HEALTH CENTER - 80 GOODRICH, BUFFALO. We will be nominating officers for the 1996 Central Committee (Chairman, co-chairman and secretary) as well as representatives from District #1, Buffalo West, District#8, Northeast Erie County and District#10, Genesee and Wyoming County.

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# 54TH BUFFALO FALL CONVENTION

OCTOBER 20, 21, 22, 1995

*"FELLOWSHIP OF THE SPIRIT"*

BUFFALO HARRIOTT HOTEL, 1340 HILLERSPORT HWY,  
AMHERST, NY 14226

For room information call: 1-800-334-4040 1-716-689-6900  
For ticket information call the Central Office: 716-853-0388

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10TH MONTH - 10TH STEP "CONTINUE TO TAKE A PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT."

10TH MONTH - 10TH TRADITION "ALCOHOLICS ANONYMOUS HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE AA NAME OUGHT NEVER BE DRAWN INTO CONTROVERSY."

5

YOURS IN THE SPIRIT OF A.A.  
Delphine

**CENTRAL COMMITTEE**

OCTOBER 1, 1995

Tina F, Co-Chairman, opened the meeting at 7PM with a moment of silence followed with the Serenity Prayer. Preamble was read by Mildred McC of the Higher Powered Group. Purpose of the Central Committee was read by Efiren, Powerless Group and the Traditions were read by Sonny J of the Powerless Group.

Motion to accept the minutes was made by Sonny J of Powerless, seconded by John H of the We Care Group.

**29 GROUPS IN ATTENDANCE**

**DIST#1** - DELAWARE DISC, EASIER, SOFTER WAY, SUNDAY NITERS, SUNRISE COURT, THE JOURNEY

**DIST#2** - CHAPTER IX, KENMORE, NORTH BUFFALO, WHY

**DIST#3** - ABBOTT MEN'S, FATHER BAKER, MATT TALBOT, NEW LIFE, POWERLESS, RAINBOW, RIDGE, SOUTHGATE, SUNDAY MORNING BKFT, URBAN, WE CARE

**DIST#4** - ACTION, MC KINLEY WINNERS

**DIST#5** - **DIST#6** -

**DIST#7** - COLD SPRINGS, DECISIONS/CHOICES/CHANGES, FRESH START, HIGHER POWERED, SPIRIT OF HOPE.

**DIST#8** - AMHERST SNYDER, RENEWAL

**DIST#9** **DIST#10**

**COMMITTEE REPORTS****ENVELOPE SYSTEM - Mel L**

SEPTEMBER receipts	1994	1995
Average monthly receipts (per month) for the previous 3 months	\$ 289.00 329.33	\$470.00 434.33

There are no new member in the last 3 months.

He encouraged members of Central Committee to announce it and invite him to explain the Envelope System if necessary.

**STEERING COMMITTEE MEETING - TINA F - The Journey**

The meeting was opened at 6:00pm by Sonny J with the Serenity Prayer. Present were Tom MoM, District#2, Bill D, District #4, Tina F, District #1, Sonny J District#3, Gary S, treasurer and Delphine H, Executive Secretary.

Item 1: Fall Convention Co-chairman for 1996 from District #6 - Discussion on several choices.

Item 2: Appointment of co-chairman for the Correctional Facilities Committee. Sonny will ask Wayne W to see if he is willing to take the position. It will then be suggested to the Chairman of Central Committee to appoint him.

Meeting closed at 6:45PM with the Lord's Prayer.

**FINANCIAL REPORT - Gary S, Matt Talbot - see attached****TREATMENT FACILITIES COMMITTEE MEETING MINUTES - MIKE**

- 1) No minutes of last month's meeting.
- 2) Balance in treasury as of Sept 15 \$471.05 - \$591.35 spent as follows:  
Expense: 240.00 literature / Sister's Hospital - Sunday meeting  
221.35 literature / Columbus Hospital - Monday meeting  
130.00 Big Books and literature - TFC restock supply
- 3) OLD BUSINESS - none
- 4) NEW BUSINESS

a) Meeting at Columbus Hospital - AA or NA? Columbus Hospital's program is basically a methadone treatment program for Heroin addicts. B.C.C.'s TFC runs an AA meeting there on Monday night. Is this a good place to carry the AA message? Discussion followed.

Motion: To turn the Monday Columbus Hospital meeting over to NA pending approval and co-operation of B.C.C., N.A. and Columbus Hospital. Motion passed but after minority opinion and re-vote motion was defeated.

Motion: To have B.C.C. evaluate Monday night Columbus Hospital meeting to see if it

should be AA vs NA - open vs closed. (it is currently closed and restricted to the chairperson and the speaker only) Motion carried unanimously.  
 5) Meeting adjourned at 8:0PM.

**CORRECTIONAL FACILITIES - Ron S, Chairman, Powerless**

Meeting opened at 5:40pm in the usual manner.

Cindy D has taken over for Donna as outside contact person for Erie County Correctional Women's side Wednesday at 8PM. Also she has taken over for Linda D at Lake view Shook (women's) First Monday of the month at 7PM. Any women wishing to share contact Delphine at the Central Office.

Erie County Correctional (men's) Anyone that has been involved or shared at this facility meeting There is an informational meeting, 425 Maryvale Drive December 7th at 9PM after Cheektowaga Group meeting.

Linda W has stepped down as Co-chairperson of the Corrections Committee and a new Co-chairperson is being appointed by the Central Committee Chairman.

Meeting ended at 6:05 in the usual manner.

**SCREENERS - LISA Y North Buffalo**

1. Screener's Committee will have a table at the Fall Convention on Saturday at 10am to 3pm.

2. Adam B was approved as co-chairman at September's Central Committee meetind by the Chairman.

3. There will be a meeting on October 17 at 6pm in the Ellicott Sq Bldg.

**CENTRAL OFFICE: Delphine H**

**SEPTEMBER '95**

AA information	485	12 Step	4
PIC	5	literature requests	40
CPC		Refer to other agencies	10
Alanon	21	Refer from other agencies	17
Alateen	5	Central office	
ACOA	13	Outgoing calls	240
Answering Service		Mail costs	\$272.95
Incoming oalls 484 - Out going 56		Visitors	104

**NEW FRONTIER -John H, We Care**

Articles, anniversaries, etc must be in the Central Office by the 10th of each month. Everyone was encourage to write an article.

**54th FALL CONVENTION '95 - MARY, SOUTHGATE - REGISTRATION CHAIRPERSON**

- 1) PROGRAM - AA, Al-anon, program completed and to the printers this week. Speakers (4) to arrive in Buffalo 10/19/95. Program based on the Big Book.
  - 2) Registrations - Approximately 16 tables are left for the Banquet 60 tickets are left. A sell out is expected.
  - 3) Hospitality - \$2000 in donations.
  - 4) Hotel is being very cooperative.
- The next meeting is on the 12th of October at St Simon's, 200 Cazenovia.

**COURTESY REPORTS:**

**GENERAL SERVICE ASSEMBLY - JOANNE MC C - ACTION**

New Officers for 1996:

Delegate - Jack B	Alternate Delegate - Bernie A
Treasurer - Marcia W	Secretary - Linda W
Chairman - Scott T	Archives - Don W
Treatment - Mike B	Corrections - Efren A
Grapevine - Sonny J	PIC - Guy H
CPC - Dave B	

**PIC** - none

**C.P.C.** - none

RE-CAP:

TREATMENT FACILITIES COMMITTEE - Elizabeth G, Cold Springs, wanted to know who made the decision about Columbus Hospital. Mike answered by directing her to the minutes of the TFC meeting. Mel L, Renewal, asked for clarification. Mike answered that the only outside people allowed in the meeting at Columbus is the Chairman and that days' speaker by Hospital mandate.

NEW FRONTIERS - Mildred McM, Higher Powered, complimented John H, editor and his staff.

FALL CONVENTION - Dave, Amherst-Snyder, raised the question about people being turned away for nonpayment. Mary responed that no one would be turned away.

OLD BUSINESS: NONE

NEW BUSINESS:

1) Al C of Silver Creek was appointed Co-chairman of the 1996 Buffalo Fall Convention. A motion was called for to have the Central body's approval. The vote was unanimous in favor.

2) Wayne W was appointed and approved unanimously as the Co-Chairman for the Corredtional Facility Committee.

3) Columbus Hospital Monday Night AA meeting - Mel L, this issue should be dealt within the Committee. Elizabeth G said it should be brought to the Central Committee. Dave of Amherst Snyder felt it was not a Steering Committee matter while Lynne C of Sunrise Court asked why it would have to be voted on by Central Committee. Mike of the TFC stated the Committee has the question of if they should end the meeting or turn it over. Elvester responded that it seems it should be an NA meeting. Mel L felt that CPC should handle the issue. Mildred of Higher Power felt that because of dual diagnosis we should consider compassionately and share. John H, We Care, motion to table any further disoussion on the issue. Mel L Renewal second. Carried.

Sonny J, Powerless, motioned to adjourn. Lynne C, Sunrise Court second. Meeting adjourned with the Lord's Prayer.

Respectfully Submitted,

Lisa Y, North Buffalo



GROUP	Correctional Facilities		Treatment Facilities	
	OCT '95	Accum.	OCT '95	Accum.
1st Step				
3rd Step				
6th Step				
7 Clan *			10.00	
12 Step-Holiday Village				
A.A.F.U.N				
A Day At A Time				
Abbott Mens Disc		70.00	20.00	20.00
Acceptance/Welcome		350.00		
Achievement				
Action		200.00		
Age Doesn't Matter		50.00		
Alblon				
Alexander				
All Women				
Amherst Snyder		768.87	35.00	40.00
Amherst Tree of Life				
Amsdell Lakeshore				
Any Age		300.00	100.00	100.00
Any Length	20.00	60.00		
Arcade				
As Bill Sees It				
Altitude Adjustment				
Attraction		280.00		
Awakening				
Beginner's Table				
Beginning in Sobriety I				
Beginning in Sobriety II				
Beginnings-Women's	100.00	200.00		
Better Days (Bilingual)				
Bidwell				
Bidwell Monday Disc				
Big Book - Lockport				
Big Book Study (Thur Nite)		25.00		
Big Book Workshop				
Blasdell				
Blasdell Monday Nite				
Blissfully Sober				
Boulevard Women's	20.00	65.00		
Brass		20.00		

Pg 2		Correctional Facilities		Treatment Facilities		
GROUP	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Broadway-Balley		75.00				
Brocton Discussion						
But for the Grace of	35.00	151.25		5.00		5.00
By The Book-Buffalo						
Came To Believe		106.70				20.00
Campus (Buff State)						
Casting		40.00				
Cathedral Park	34.00	186.70				
Caz Manor		37.50		37.50		37.50
Cazenovia		80.00		45.50		45.50
Central Park						
Central Park II						
Chapter IX	40.00	160.00	40.00	160.00	40.00	160.00
Cheektowaga		100.00				
Chevy #1						
Clarence Men's Disc		300.00				
Clarence Men's Disc II						
Cold Springs		25.00				
Common Problem		100.00		24.00		
Community Center		45.00				
Cornplanters Again						
Courage		50.00		12.50		12.50
Delaware Discussion						
Derby		175.00				
Design For Living						
Desire						
DeVeaux Discussion						
Discovery						
Downtown Discussion						
Downtown Men's Dis						
Dunkirk		10.00				
Early Bird						
East Amherst						
East Aurora		370.00				90.00
Easy Does It		85.00				
Eden-North Collins		240.00				
Ellicott		100.00				
Ellicottville						

PG 3 GROUP			Correctional Facilities		Treatment Facilities	
	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Emergency						
Eternal Vigilance		200.00		50.00		50.00
Everybody's	20.00	140.00				20.00
Eye Opener		827.02				
Faith						
Faith in Action						
Father Baker		600.00		100.00		
Feelings		225.51				
Fellowship in the Spirit						
Fireside	166.31	2188.05		50.00	25.00	225.00
Fireside P.M.		50.00				
First Things First		200.00				
First Ward						
Fredonia Discussion						
Freedom	50.00	500.00		225.00		225.00
Fresh Start				26.44		
Friday Nite Discu						
Friday Noon Meeting						
Friday Step Beginners						
Friendship						
Friendly	25.00	75.00				
Friendship Fireside						
Frontier						
Gardenville		100.00				
Gay, Lesbian, Sober & Proud						
Getting Better						
Giving		40.00				
Going to Any Length						100.00
Golden Slipper		175.00		39.22		
Good Life						
Grand						
Grand II Joy Of Living		100.00				
Grateful						
Guiding Light						
H.A.N.D.		100.00				
H.O.W.		75.00				
Half & Half						
Hamburg						

PG 4		Correctional Facilities		Treatment Facilities		
GROUP	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Hamburg Big Book						
Handicappers		50.00				
Happy Hour		70.00		70.00		70.00
Harmony						
Helping Hand		60.00				
High View		150.00				
Higher Powered		50.00	17.00	89.82		25.00
Hill Billy		70.00		25.00		25.00
Hold On						
Holiday Village	206.55	1719.05	25.00	150.00		75.00
Honest Desire		10.00				
Honesty	30.00	270.00	10.00	90.00		
Hora de Refleccion						
How It Works		350.00				
Humbly Willing						
Ignatia						
Inner City						
Inspiration		60.00				
Iron Horse	39.00	280.00	39.00	280.00	39.00	280.00
IT						
It's About Time						
Just for Today						
Keep It Simple, Sister						
Keep on Comin'						
Kenmore		120.00				
Kensington		50.00				
Ladies Night						
Lake Shore		20.00				20.00
Lake View						
Let Go & Let God		85.00				
Lew-port						
Liberty Women's		115.00				
Life Today		82.00				
Lighten Up		180.00				
Live and Let Live		200.00				
Living Sober		245.00				
Lock City		100.00				
Lockport #1		160.00		127.00		60.00
Lockport Discussion		75.00		5.71		

PG 5 GROUP	Correctional Facilities		Treatment Facilities	
	OCT '95	Accum.	OCT '95	Accum.
Lockport Ladies				60.00
Lockview		90.00	57.48	
Lovejoy				
Lower River	15.00	15.00		
Lunch Bunch				
Main Street				
Marilla	25.00	205.00		
Matt Talbot	40.00	385.00	25.00	
Mc Kinley Winners				
Medina New Life				
Mercy				
Mid-day		47.75		
Midnight				
Miracle				
MOD (Serenity Rm)				
Morning After/We Admitted		30.00	30.00	20.00
Never Too Late				
New Awakening				
New Beginnings		25.00		
New Freedom				
New Frontier				
New Frontier Womens				
New Hope (institu)			20.00	
New Life	15.00	125.00	60.00	
New Life - New Beginning		100.00		
New Westside		25.00		
Niagara Frontier Men's		150.00		
Nite People				
North Buffalo		1000.00	250.00	250.00
North Java		55.00		
One Day at a Time(ODAT)		160.00		
Open Arms				
Open Mind		60.00		
Opportunity				
Orchard Park Step		150.00		
Page 30				
Pass It On		270.00		

pg 6			Correctional Facilities		Treatment Facilities	
GROUP	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Patchin						
Pathway to Peace						
Pendleton-Chapter V						
Perry						
Positively Living II		100.00				
Positively Living III						
Powerless		60.00	65.25	353.07		
Primary Purpose						
Progress						
Purpose		150.00				
Rainbow		70.00		25.00		50.00
Ray of Hope		50.00				
Remember When						
Renaissance I		100.00				
Renaissance II						
Renewal		75.00				
Ridge		150.00				
Ripley's "Believe It Or Not"						
Rise & Shine		255.00		50.00		
Rochester Meeting		110.00				40.00
Rur-al Is Plural						
Rush Hour						
Sally						
Salvation Army						
Saratoga						
Saturday Night Alive						
Saturday Night Disc						
Searching for Serenity		100.00				
Second Chance						
Security						
Seneca 12 & 12						
Serenity		240.00				
Serenity Circle		72.00				
Serenity Trail						
Sheridan	20.00	110.00				
Silver Creek Friendship						

pg 7			Correctional Facilities		Treatment Facilities	
GROUP	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Sober Trail						
Sober Winners						
Sobriety Men's Disc						
Somerset						
South Buffalo	20.00	120.00	20.00	120.00	20.00	120.00
South Town		100.00				20.00
South Town Women	10.00	50.00	5.00	15.00	5.00	15.00
Southgate	5.00	37.00				
Southwestern		20.00		9.00		
Spirit of H.O.P.E.		5.00		5.00		5.00
Spiritual Progress						
Spiritual Progress(wo)						
Springville		120.00				
Springville Sat Aft						
St. Barnabas		120.00				
St. Mark's		60.00				
Starting Over						
Step						
Stepping Stones						
Suburban		55.00				
Sunday Morning Bkfl	150.00	682.25	50.00	200.00	50.00	200.00
Sunday Niters						
Sunday Third						
Sunrise Court		300.00		75.00		75.00
SUNY-Amherst Campus						
Surrender & Hope		100.00				
Survivors						
TnT		290.00				
TGIF		100.00				
Thankful		160.00				
The Journey	40.00	251.00				
The Way						
Thruway	200.00	1900.00	20.00	160.00	20.00	160.00

pg 8		Correctional Facilities		Treatment Facilities		
GROUP	OCT '95	Accum.	OCT '95	Accum.	OCT '95	Accum.
Thursday Aft Disc		300.00				
Today						
Tri-County						
Tri-Step Beginners						
Try Again		100.00				
Tuesday Men's Disc						
Tuesday Women's Disc.		20.00				
Turning Point		30.00				
T.P.H.						
Twin Cities .		260.00				
Twin Cities II						
Unity	70.00	130.00				
University	150.00	1500.00			20.00	160.00
Urban		30.00				
V.I.P.		10.00				
Valley						
Varysburg	10.00	40.00				
Veterans						
Victory		40.00		20.00		20.00
Vision of Hope (women's)						
Wake Up Call	25.76	265.26				
We Are Not Saints						
We Care		270.00		90.00		180.00
We Choose Life		50.00				
We Need You						
Wehrle				10.00		10.00
Welcome Home						
West Seneca Sat. Nite						
Westfield						
Westminster						
WHY		207.00		37.00		37.00
Williamsville	100.00	500.00	30.00	60.00	20.00	40.00
Willing To Grow		200.00				
Wilson						
Women's Strength thru Unity				241.00		
Women's Westside Disc.		75.00		75.00		75.00
Working						
You'll Never Walk Alone						
Youngstown		30.00				
Rob't D		150.00				
Dennis B		20.00				
	1681.62	28224.91	321.25	3755.24	239.00	3242.50
Groups - OCTOBER '95		1681.62		321.25		239.00
Last months accum total		26543.29		3433.99		3003.50
Year to date totals		28224.91		3755.24		3242.50

CENTRAL COMMITTEE		*504-771-7	9/25/95-10/25/95		
<b>RECEIPTS</b>					
30 Groups contributed				1681.62	
Joint Meeting (expenses-\$9.00 )				17.99	
New Frontier subscriptions				7.00	
Envelope System				600.00	
Literature				2445.38	
Miscellaneous:	Convention cash		915.00		
	Postage		25.00		
	Anniversary gift		25.00	965.00	
	Total Receipts			5716.99	
<b>DISBURSEMENTS</b>					
*10 Ellicott Square Court Corp	rent			608.00	
Community Mental Health Ctr	rent			35.00	
AA World Service Inc	phamplets			462.67	
David F Williamson Co Inc	UPS			54.53	
US Postmaster	meter refill			500.00	
M & T Bank	federal withholding tax			714.90	
Buffalo Fall Convention	cash			315.00	
Happy Spring Water				19.45	
Pitney Bowes	postal meter rental			91.50	
Secrephone	answering service			176.70	
Buffalo Fall Convention	cash			320.00	
Buffalo Fall Convention	cash			280.00	
NYNEX				201.06	
AT&T				5.38	
NYS Income Tax	State withholding-3rd qtr			351.00	
Salaries				1712.04	
Petty Cash				50.00	
Bank Charges				73.12	
	Disbursements			5970.35	
Balance pr checkbook 9/25/95				3058.01	
Add Receipts 9/25/95-10/25/95				5716.99	
Deduct expenses 9/25/95-10/25/95				-5970.35	
Balance per checkbook 10/25/95				2804.65	
Operating debit for 10/25/95			(-263.36)		

RE-CAP		9/25/95-10/25/95			
<b>CORRECTIONAL FACILITIES ACCOUNT</b>			<b>*484-185-4</b>		
<b>EXPENSES</b>		<b>CHECK #</b>			
AA Central Office -		118	315.00		
Balance pr checkbook 9/25/95				1150.30	
Add Receipts 9/25/95-10/25/95				321.25	
Deduct expenses 9/25/95-10/25/95				-315.00	
Balance per checkbook 10/25/95				1156.55	
operating credit for 10/25/95		6.25			
<b>TREATMENT FACILITIES ACCOUNT</b>			<b>*602-089-5</b>		
<b>EXPENSES</b>		<b>CHECK #</b>			
Balance pr checkbook 9/25/95				257.27	
Add Receipts 9/25/95-10/25/95				239.00	
Deduct expenses 9/25/95-10/25/95				0.00	
Balance per checkbook 10/25/95				496.27	
Operating credit for 10/25/95		239.00			