



# MYNAH BIRD

## HAWAII AREA #17 NEWSLETTER

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## TURNING IT OVER

BY  
JACKIE S.

His laugh echoed off the vaulted ceilings, raucous and loud.

“What did I say?” I asked.

My question just agitated his bubbling humor all the more. Confused, I waited grinning contagiously as his giggles subsided enough for speech.

“What’s so funny? I don’t get it.” After all I had just revealed my five-year plan for my life to my friend, complete with spreadsheets, color-coded pie graphs and charts. I honestly believed my goals for work, family, relationships, finances and travel were reasonable and attainable. I trusted that if I worked hard, put all my ducks in a row, the percentage of success was very high. I saw no humor at all in my plans. His voice cracking from giggles and his eyes still seeping tears of mirth,

“That’s a fantastic plan you’ve got there for yourself but aren’t you forgetting someone?” he asked. My mind raced through the list of friends, family, co-workers and acquaintances all included in my blueprint. As he watched my face contort with concentration, my friend’s grin neatly split his face.

“No, I don’t think so, I’ve included everyone I can think of. Who did I miss?” I asked.

“Seriously! Seriously? What about Him?” My friend answered as he pointed up to the sky above. A deflated “Oh!” whooshed from my lips. A sheepish grin tweaked the corners of my lips as I shook my head in surrender. My friend and I had a great big laugh as I tore up my meticulously crafted plan and threw it in the rubbish.



## PUBLIC INFORMATION

It has been an exciting year first year as the Public Information Standing Committee Chair. I thank you for allowing me to serve. Some of the highlights of the year were:

At the Inform the Delegate Assembly, I was asked by the Tri Island DCM to bringing literature via pamphlets and books to Lanai to fill the social service agencies offices I obtained an assortment of 100 pamphlets from the West Hawaii Intergroup and about 75 pamphlets and two BB and two As Bill Sees I was able to participate in the Wet meeting in the Ocean at Manele Bay and fellowship with the members from Lanai and Maui and give my report in the water.

During the first part of August I created a Tri Fold for events that are happening over here and also for the Hawaii State Convention as I will be participating by setting up a table for Public Information.

Ken our Alternate Delegate contacted the counselor in charge of the alcohol abuse center at Pearl Harbor and spoke to those serving the military and staff members on August 5<sup>th</sup>.

On August 14<sup>th</sup> the Puna District held a Service Workshop where Public Information, along with Corrections and Cooperation with the Elder Community. I presented an informal report about the importance of Public Information in the community and handed out information taken from the PI workbook on how to inform the public that we are out there.

On August 16<sup>th</sup> AA was invited to participate in the Inner Faith Ministries informational Conference at Sangha Hall in Hilo. I attended this function and had a table set up with the Tri-fold and answered questions about AA and gave out, on request, over thirty schedules and the sheet entitled: Information on Alcoholics Anonymous to the public attending that conference as well as to service agencies with the community.

In September the Public Information Chair for East Hawaii has, with members from the local AA community bringing the island's voice of AA, produced a PSA for young people. The PI chair got the script from GSO and has been released on our local radio station: KWXX in Hilo.

On September 14th a Health Fair was held at Honolulu Community College and Paul W, covered that making pamphlets and meeting schedules available and also speaking to the students who got credit for talking to him. Paul shared that most of them wanted to talk about their parents being alcoholics.

West Hawaii has adopted the Resorts and has handed out meeting schedules to Hapuna, Mauna Kea, Mauna Lani and other resorts in the Waikaloa and Kawaihae area. They will be working on getting meeting schedules out to other resorts on the South side of the island.

Lastly, since I am on The Big Island I am looking to find members on Maui, Oahu and Kauai who would be willing to attend or staff a table if a agency or school would like us to set up a table with literature. Please announce the call for volunteers at your District Meetings as well as in your groups.

I am looking forward to another exciting year and being a part of carrying the message to the alcoholic who still suffers.

In Love and Service  
Chris S-C

**DELEGATE SUMMARY REPORT**  
for the year 2011

There are two constants in an Area Delegate's life: mail [by land] from our General Service Office (GSO) and email—lots and lots of email from Area Delegates all over the country and Canada and from GSO. The topics are many and varied, but it is one example of the support system that exists among delegates. I mention this in my summary because it's not talked about but is a valuable, albeit time consuming, part of the delegate experience.

The following is a summary of my first year as your Area 17 Delegate:

- As soon as I was chosen as your delegate, I set about rereading *The A.A. Service Manual* and the *Twelve Concepts for World Service* in preparation for Panel 61.
- January: I continued to attend all PRAASA 2011 planning committee meetings. I participated in the January Orientation Assembly helping new GSRs whenever possible. I also met with our Pacific Region Trustee, Rod B.
- February: PRAASA 2011 planning meetings became more frequent. As soon as the Final Conference Agenda was received from New York, I shared it with our PRAASA Program Chair, Past Delegate Vernon G., in order to develop the PRAASA program and to develop agenda discussion topics to be handed out to our District Committee Members (DCMs) on February 20<sup>th</sup> in preparation for the Inform-the-Delegate Assembly planning committee meeting. I also received other General Service Conference (GSC) materials for review and burned CDs of all the background information to hand out to the DCMs. I attended the Committee Meeting on February 20<sup>th</sup> and distributed all materials.
- March: PRAASA 2011 (the 4<sup>th</sup>-6<sup>th</sup>) was a roaring success. It was so special to be the Delegate for the host Area. I was assigned a presentation topic for the assembly that was well received. I also delivered our Area 17 highlights. In accordance with PRAASA guidelines, I became a member of the PRAASA Delegates Advisory Board. I continued to receive and review GSC materials from GSO.
- April: On the 9<sup>th</sup> and 10<sup>th</sup>, we had our Area Inform-the-Delegate Assembly on Kauai. There were 16 agenda topics presented by each of the districts, the standing committee chairs, and the officers. Everyone did a great job, and I felt quite well informed. The night of April 28<sup>th</sup>, I boarded a plane for New York City and arrived on April 29<sup>th</sup>. On April 30<sup>th</sup>, the Pacific Region Delegates and their guests gathered for a bus tour, and later that afternoon I was a panel presenter for the Remote Communities Workshop.
- May: May 1-7 was the GSC. I attended all full conference sessions and all meetings of the Treatment/Special Needs-Accessibilities Committee meetings. I was proud to carry the voice of Area 17. I returned to Hawaii on May 8<sup>th</sup> and started to prepare for the first of 8 report backs, to be delivered at the May 21<sup>st</sup> Committee Meeting. The next day, the report back was given to the combined districts of Maui.

- June: Report backs were given to the following districts: Kauai (06), West Hawaii (08), East Hawaii (07) and Puna (13), and a combined report for Diamond Head (01), Honolulu (02), and Waikiki (10).
- July: The 6th and 7th report backs were given at the Waianae District (17), and the Windward District (04).
- August: I gave the final report back of the year to the combined Leeward District (03) and Central North Shore Of Oahu District (09). Mahalo to each of our districts for their hospitality. I especially enjoyed the Founders' Day celebrations. There is an unbroken line from Bill W. and Bob S. to all of us. Also in August, along with our Area Chair, I attended the Pacific Region "Additional" Forum in Woodland Hills, California.
- September: On the 24<sup>th</sup> and 25<sup>th</sup>, our annual Budget Assembly was held. In addition to the Delegate Report, I delivered a Forum report back and made a presentation on the Final Conference Report distributed at the assembly.
- October–December: I have been going out to Kapolei where our Area Archive is stored and have been sorting through material not previously sorted. My hope is to develop at least a skeleton inventory and report in time for the January Inventory Assembly so that the assembly will be able to make an informed decision on the future of our Archive.
- November: I will be attending the Honolulu District special elections meeting being held to elect a new DCM to replace the DCM who stepped down in September. Other district officers will be elected as needed. I will also be attending the 50<sup>th</sup> Annual Hawaii Convention where I have been asked to give brief opening remarks at the Saturday night meeting.
- December: The 2012 Conference materials will start arriving. Everything will be reviewed and digested as well as possible in preparation to represent you at the 62<sup>nd</sup> GSC (April 22-28, 2012).
- January-December: Attend monthly meetings of Oahu Intergroup and distribute a monthly report on Area 17 activities.

Throughout this first year of Panel 61, I have remained willing to serve and grateful to be entrusted with the responsibility of representing you. I have received invaluable support and counsel from our past delegates, area officers, and sponsors. May each of you have a peaceful holiday season. I will see you at the January Orientation Assembly in Hilo on the 21<sup>st</sup> and 22<sup>nd</sup>.

Respectfully submitted with gratitude,  
Linda McD  
Delegate Area 17, Panel 61



# Bedside Matters

This article has two purposes: it is intended as a year-end summary of what has been done by the Hospitals Standing Committee in the first half of Panel 61, and as a Mynah Bird article for the Holiday addition.

Additionally, it is part of the continuation of our efforts to meet the objectives we had set for this panel: improving communication about this work.

At all three assemblies this year, the sharing from committee members has been very helpful in creating an overall picture of what we do as a whole in medical facilities throughout Hawaii. The experiences are diverse and illustrate an active, caring, compassionate fellowship. They have also suggested the necessity to work more closely with the members participating in CPC and PI efforts, however, and we are exploring the combining of Treatment and Hospitals to organizationally reflect the GSC's recent adoption of the term "treatment settings."

Finally, as I write this, a friend is putting some finishing touches on a display for the Hawaii State Convention. It is a map of the islands, divided into districts, pinpointing the roughly thirty hospitals in our state. It asks for additional members to join us in this effort to better co-ordinate the work in these facilities and there are cards available with the email address, [hospitals@area17aa.org](mailto:hospitals@area17aa.org), for those who would communicate their efforts and interest to us.

We will make these hospital lists available to DCM's at the January assembly so we can all be more aware of the opportunities to serve our suffering friends in these settings.

Again, I want to thank you all for this opportunity to serve.

Jim D.

# Kauai Christmas



## Alcathon

### K a p a ' a

Meetings on the even hours:			
Dec 24th		Dec 25th	
12 noon	2 pm	10 am	12 noon
4 pm	6 pm	2 pm	4 pm
8 pm	10 pm	6 pm	8 pm

☆ Games, entertainment, music  
 Skits, fellowship, bingo, puzzles,  
 Board games, Card Games

**For more information;**



# Heard in a Meeting...



**"I'm not really that good at struggling."**

**"Part of sobriety is that we get to be happy, joyous and free."**

**"I came for my drinking, and stayed for my thinking."**

**"I work a really good program, except when I don't."**



**"Thank God I got A.A., cause I never would have chosen spirituality."**

**"Trusting is like floating; you just put your head back and trust."**

**"Paradise is being in the moment with myself where ever I am."**

**"I am enough, have enough, and I do enough."**

**I didn't pick my sobriety date; God did."**



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Area 17 has an opening for Archives. This is a great way to be in service on the Area level! If you are interested or have any questions, please contact me via email at chair@area17aa.org.

Cheryl N.

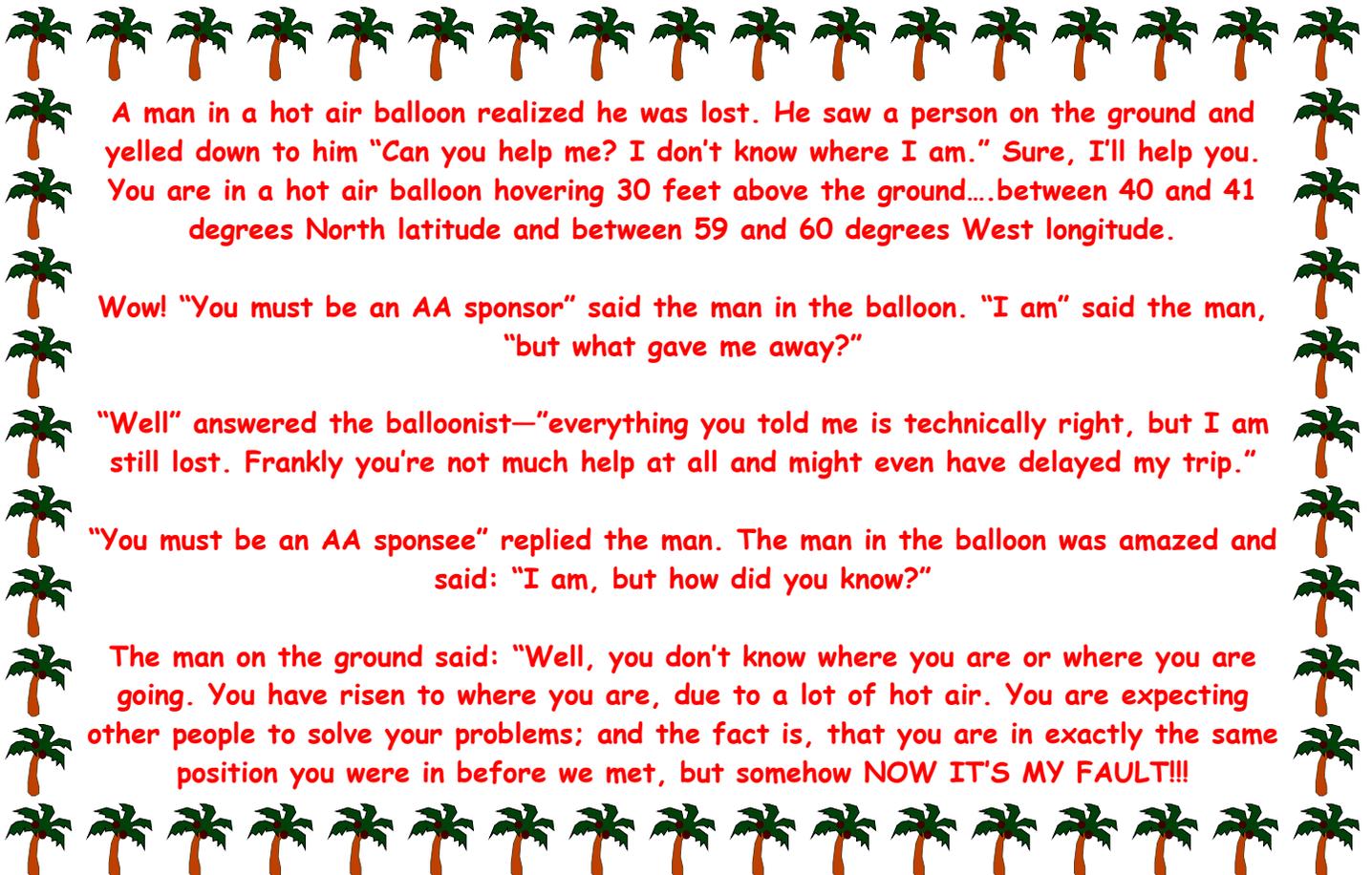
Area Chair



2012 Area Inventory Assembly

January 21-22

District 7 East Hawaii Big Island (Hilo)



A man in a hot air balloon realized he was lost. He saw a person on the ground and yelled down to him "Can you help me? I don't know where I am." Sure, I'll help you. You are in a hot air balloon hovering 30 feet above the ground...between 40 and 41 degrees North latitude and between 59 and 60 degrees West longitude.

Wow! "You must be an AA sponsor" said the man in the balloon. "I am" said the man, "but what gave me away?"

"Well" answered the balloonist—"everything you told me is technically right, but I am still lost. Frankly you're not much help at all and might even have delayed my trip."

"You must be an AA sponsee" replied the man. The man in the balloon was amazed and said: "I am, but how did you know?"

The man on the ground said: "Well, you don't know where you are or where you are going. You have risen to where you are, due to a lot of hot air. You are expecting other people to solve your problems; and the fact is, that you are in exactly the same position you were in before we met, but somehow NOW IT'S MY FAULT!!!

Thanks so much for all your Mynah Bird Articles in 2011!!!!



## **TWELVE TIPS ON KEEPING YOUR HOLIDAY SEASON SOBER AND JOYOUS**

Holiday parties without liquid spirits may still seem a dreary prospect to new A.A.s. But many of us have enjoyed the happiest holidays of our lives sober -- an idea we would never have dreamed of, wanted, or believed possible when drinking. Here are some tips for having an all-round ball without a drop of alcohol.

**Line up extra A.A. activities for the holiday season.** Arrange to take newcomers to meetings, answer the phones at a clubhouse or central office, speak, help with dishes, or visit the alcoholic wards at the hospital.

 **Be friends to A.A. friends, especially newcomers.** If you don't have a place where you can throw a formal party, take one person to a diner and spring for the coffee.

 **Keep your A.A. telephone list with you ALL the time.** If a drinking urge or panic comes--- postpone everything else until you've called an A.A.

 **Find out about the special holidays parties, meetings, or other celebrations** given by groups in your area, and GO! If you're timid, take someone newer than you are.

 **Skip any drinking occasion you are nervous about.** Remember how clever you were at excuses when drinking? Now put the talent to good use. No office party is as important as saving your life.

 **If you have to go to a drinking party** and can't take an A.A. with you, keep some candy handy.

 **Don't think you have to stay late.** Plan in advance an "important date" you have to keep.

 **Worship in your own way.**

**Don't sit around brooding.** Catch up on those books, museums, walks, and letters.

 **Don't start now getting worked up about all those holiday temptations.** Remember--one day at a time.

 **Enjoy the true beauty of holiday love and joy!** Maybe you cannot give material gifts -- but this year, you can give love.

 **"Having had a . . . ."** No need to spell out the Twelfth Step here, since you already know it.

