



COFFEE POT TALK



NDIAA NEWSLETTER



21B TROLLEY SQUARE
WILMINGTON, DE 19806
302-655-5113



Feature Article

Are these extravagant promises?

Heli S.

Sobriety Date: 6/6/16

As I walked into a room full of strangers, accompanied by someone I barely knew, I was handed a laminated page titled "The Promises" as I awkwardly found a seat. I had 5 days sober, 5 days which I had spent white-knuckling in my apartment, and I was terrified and confused and completely broken down. I was truly given the gift of desperation, because I had lost the will to live, yet I was too afraid to die. My addiction has sucked my soul dry and I was a shell of a human, completely hopeless and helpless. I barely remember anything that anyone- including myself- said during that meeting. At the end of the meeting, I was nudged to read "The Promises" and halfway through I started sobbing so hard that the tears blurred my vision and I couldn't see the words. I handed the page over to the person I barely knew, who is now a dear friend of mine, and he finished the reading for me. I was overwhelmed with hugs and words of wisdom after the meeting and for the first time maybe in my life, I felt that I belonged. I felt hope.

To this day, "The Promises" are so important to me not only because reading them for the first time changed my life, but because they have come true in my life. It seemed like such a tall order at first, and I couldn't even imagine how some of the promises would be possible for me- but I learned that the most important part of those promises

Our principals

Step 3: "Made a decision to turn our will and our lives over to the care of God, as we understood Him."

Tradition 3: "The only requirement for A.A. membership is a desire to stop drinking."

Concept 3: As a traditional means of creating and maintaining a clearly defined working relation between the groups, the Conference, the A.A. General Service Board and its several service corporations, staffs, committees and executives, and of thus insuring their effective leadership, it is here suggested that we endow each of these elements of world service with a traditional "Right of Decision."

was the last line- “They will always materialize **if we work for them**”. Although they are often referred to as “The Promises”, they are actually the 9th Step Promises. My experience with working the steps supports this. It was not enough for me to go to meetings, call my sponsor, do commitments- I had to **work** the steps, in order, with the help of my sponsor, to get to a place in my sobriety where I feel these promises are being fulfilled more and more each day. Just last weekend, I did a formal amends to myself, by writing a letter, and it brought me more freedom and relief from self-pity than I ever imagined.

These are not extravagant promises; the life that I have today is a gift given to me as a reward for trusting in God, cleaning my side of the street and helping others.

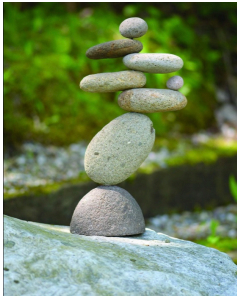
“If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us-sometimes quickly, sometimes slowly. They will always materialize if we work for them.” -Alcoholics Anonymous, pp. 83-84

Rule 62

Tips for staying sober
on St. Patrick's Day:

1. Throw a sober celebration
2. Go to a meeting
3. Stay away from drinking events
4. Go to a meeting
5. Remember...”No” is a complete sentence
6. Start a new sober tradition with your peeps
7. Have a movie marathon
8. Go to a meeting





Stone Cold Sober

Sponsorship! What is it good for?

I have sponsored many people during my sobriety, some of who have stayed sober.

My first 20 years in the rooms, it seemed like every person I sponsored either relapsed or left the program. I felt like a dark cloud of failure. The silver lining was that I stayed sober and gained insight into the fact that their decisions and programs had nothing to do with me beyond sharing my experience, strength, and hope.

I currently sponsor five women, which is probably one too many. Like all of us, they are “many and varied,” with lengths of sobriety from 7 months to 38 years. Each is a gift in my life, and every time I reach out to help them, I always get as much, if not more, in return. One I talk to everyday, others only contact me when they have an issue, whatever works best for them and their program. I do like to talk at least a few times a month, or to see them face-to-face at meetings or for coffee, to stay completely engaged and not fall out of contact. It’s harder if someone only contacts you in crisis and you have to try to jump back into their life.

On the flip side, I have had multiple sponsors over the years. One relapsed, another became too busy, and in other situations, we just drifted apart but remained friends. In all honesty, my side of the street has not always been clean. Being a chicken, fearful of conflict and intimacy, I have not always been direct when it is time to move on to another sponsor. Instead of having a mature, adult conversation, I have just let the relationships fade, and for that I am truly sorry. I owe an amends to those individuals who helped me. If you are reading this and fall into that category, I was wrong and I am thankful for everything you did for me.

I currently am working with a sponsor. I talk to her at least once a week, sometimes in person and sometimes over the phone, because as she puts it she, “does not sponsor via text.” We belong to the same home group that studies the steps and traditions, and that helps “trudging the road of happy destiny” together. We are friends but we do not hang out together outside of the rooms. (I have some sponsees that I have a relationship with inside of the program and also a friendship outside of the rooms where we socialize together).

She started acting as my sponsor after I shared at a meeting and was going through a traumatic life situation. She approached me and shared that she had been through the same thing and urged me to call her. Having very few people who could relate to what I was going through, we began talking on the phone and the relationship grew. She did a 5th step with me on the issue that had brought us together in the first place, and she has grown to be a very trusted confidant.

I tell my sponsor things no one else knows about and often no one else understands. We talk about the steps, character defects, and the program. Sometimes we just talk about life or try to

catch up. Whenever I thank her for her support, she says, “it helps me too” which is the way it’s supposed to work.

If you don’t have a sponsor, a few suggestions for getting one. Look for someone who has what you want in terms of a program. Do not be offended or discouraged if you approach them and they say they cannot work with you! Many long-timers are working with many sponsees and simply do not have the time or energy to take on another. It’s not a rejection. It would be unfair to take you on and not be able to give you what you need. If they just say no for no reason, consider it a gift from the universe – they were not the right person for you. Keep looking.

If you would feel better approaching someone who you know is willing and able to sponsor new people, you can find a meeting where people open to sponsorship identify themselves. My homegroup, SOS Sisters off the Sauce, makes an announcement at the beginning of every meeting: “Will anyone with two or more years of sobriety, who is willing to be a sponsor, please raise your hand.” This helps people feel more comfortable approaching someone after the meeting, and they know who is unable to take anyone at the current time.

If you have two or more years sobriety, worked the steps and have a sponsor, please consider being a sponsor if someone approaches you. It is, to me, the quintessential service of one alcoholic helping another.

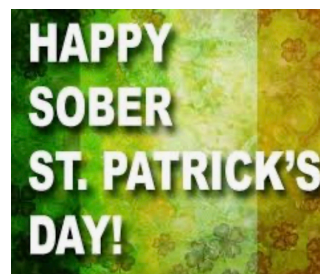
As always, this is just one member's experience, strength and hope - please take what you like and leave the rest.

I wish you faith and patience, faith that it works and the patience to let it.

In fellowship, Maria

2 Drunks and a cup of coffee

My good friend Carolyn called me and said she had a friend who would be perfect for an interview. She said he had 48 years sober!!! I was so excited to sit down with Mike and gain some wisdom from his experience, strength and hope. So I reached out to him and we met over a delicious meal...well he said his was delicious, I was so engrossed in the conversation, I literally didn't take one bite of my food...lol! That being said, I'm sure you will enjoy this interview as much as I did.



“Trolley Car” Mike (Mike S.)

01/17/1972

First, I should give you the background on where the name “Trolley Car Mike” came from. Mike was drunk and riding on a trolley car. When he got off of the trolley car, another one came down the track and ran over his foot. The police wanted to take him to jail but his brother-in-law was on the police force so he was taken to the hospital instead. Of course, like a good alcoholic, when he was released from the hospital, he went straight to the bar.

How did you find AA?

My Brother-in-law found it first. He told my sister about Al-anon and she is still a member today. I would call her complaining about everything that was wrong in my life and she would tell me to go to AA. At one point I lost my apartment and she offered to let me stay with her but in order to that, she said I had to go to an AA meeting. I went to a meeting called the Church Street Group in Philadelphia (that is where I got sober). I knew I belonged there the moment I walked in the door. I went to a mens meeting after that and they were hard core there. They even had a cat named Sobriety Sam. I went back to work and started drinking again. I kept drinking for a while and finally had enough. I drove to a meeting on Walnut street but I didn't go in. I did that twice! I went the 3rd time and waited until after the meeting was over and then I went in. They had a coffee bar in there so I sat down and I met a guy. I never looked at him. I just looked at the table. He told me about various meetings. I would go to this clubhouse and you had to have 90 days to get a key. When I finally got 90 days and got a key, I was there all of the time. I would go by myself sometimes and just sit and read the literature. It was like having a second family there.

How has AA changed?

There is not a lot of clubhouses anymore. They are so good for the new comer. There is always something to do there...meetings, music, parties, fellowship. We had real coffee mugs there and I would always offer to wash them so I didn't have to talk to people. The old timers told me to stop washing mugs and start talking to new comers. They said to just tell them how I was staying sober. We just had so much fun. Something else that is different is going through the steps. Back when I was first getting sober, you went through the steps in meetings, not really with a sponsor. My sponsor would take me to meetings and commitments and we would talk about things but we didn't go through the steps.

What is your favorite chapter in the Big Book?

The Dr. Opinion. It tells you right up front what the problem is and how it affects us. I also like the story about the guy that started AA in Philly because that is where I got sober.

What is the most important part of your program?

Speaking at meetings, talking to new comers and giving back

What is the first piece of advice you received in AA?

Don't pick up the first drink.

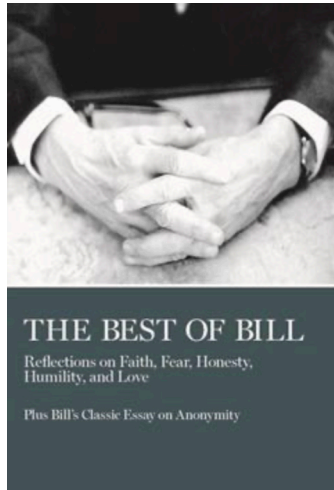
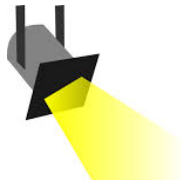
What advice would you give a new comer?

Don't leave before the miracle

How many meetings do you go to a week?

I still go almost everyday, well except Wednesdays, that is when I go dancing. I mean I would go to dozens of bars, I should go to as many meetings. I used to ask people when they would come back from a relapse what happened and they almost always said they stopped going to meetings. That keeps me going! Meetings give you strength, like charging a battery. I see new comers come in and the progress that they make. That is what it is all about.

Literature Spotlight



The following talk was given by Sheila D, a participant in the panel presentation, This Matter of Honesty, at the 2010 International Convention of Alcoholics Anonymous in San Antonio, Texas. This Matter of Honesty is one of four essays in the Grapevine publication, The Best of Bill. Sheila will review AA literature in a column for this newsletter in upcoming editions.

My name is Sheila and I am a woman inflicted with the disease of alcoholism. Alcoholism is a disease that lies to you. It tells you it isn't a disease and sets in motion the phenomena of denial. When is an alcoholic lying? When his lips are moving. How many drinks did you have? Two. When are you coming to bed? Soon. Too proud and too thirsty to tell the truth, dishonesty was my only recourse. But that's just the beginning. Vices can build upon vices and a liar may become a thief; a blasphemer, a glutton; a bigot, an adulterer and eventually, an empty shell, barely human, devoid of all virtue, yet proudly and arrogantly claiming good intentions.

Then, by the grace of God, a moment of sanity exposed the great deceit. Flooded with the grace of sobriety, I rushed headlong into the sea of truth and proclaimed to all: I'm an alcoholic, I have a disease, it's an allergy, one drink will set off the craving, and I can't be around people places or things that might trigger a relapse. I must tell you this and more, if you'll listen, for I work a program of rigorous honesty. Some days, I may not have eliminated all of the white lies, although my spiritual advisor states that lies don't come in colors, but I try.

In his Grapevine essay, This Matter of Honesty, Bill W. states that "we need to eliminate fear, expediency, and self-deception to make choices which are loving, wise and honest. We must be aware of the tendencies towards self-deception and reckless truth telling and face life situations in which nothing less than utter honesty will do."

When confronted with certain situations, we must swallow our pride and take the courageous path of truth, despite the repercussions. Our very lives depend on this. Only then will we possess the freedoms outlined so eloquently in the Ninth Step Promises. But reckless truth telling is to be avoided at all costs. Our ninth step dictates that "we make direct amends to such people where ever possible except went to do so would injure them or others." It is very clear that direct verbal blows are indefensible. But we also injure others indirectly, sometimes, when we spread truths inside and outside of the rooms.

Did you hear what Susie said at our business meeting this month? Well, she brought up some good points about Harry's attitude and Joe agreed. Make sure you are there next month.

Bill W. notes that "no such abuse of facts could ever be twisted into anything resembling integrity." And yet, some of us continue to abuse the facts about our own motives by the clever device of self-deception. I am not talking about outright manipulations, but about the subtle rationalizations by which we excuse ourselves but condemn others. Self-integrity? Lying to ourselves? If we continue to take a searching and fearless moral inventory, at this point we are, admittedly, confused and in need of outside guidance. My sponsor, spiritual advisor, and trusted AA friends have often straightened out my twisted thinking when my favorite vices resurface.

As dishonesty heaps vice upon vice, honesty can build virtue upon virtue. Truthfulness requires humility, a humility grounded in faith, a faith full of hope and based on love, all of which are indispensable as we seek to be of service to the still suffering alcoholic.

I am what I am, and my name is Sheila, and I'm an alcoholic, honestly!

Sneak Peak into Service

Summer K.

Sobriety Date: 5/10/2016

Home Group: No Excuses

Service Position: Treasurer

Length of service commitment: 1 year

Sobriety requirement: Suggested 2 years of continuous sobriety

Sobriety Position Responsibilities: The 7th Alcoholics Anonymous Tradition states “Every A.A. group ought to be fully self-supporting, declining outside contributions”. A treasurer’s purpose is to maintain the group’s financial responsibilities for the elected amount of time. Each group has the right to autonomously vote how they would like to structure their treasury position. During a typical meeting, a basket is passed around the room, collecting contributions from fellow members attending. The treasurer collects those contributions at the end of each of each meeting, and maintains their earnings however that group has decided. Some groups create a bank account, some hold their earnings in safe places. Treasurers oversee the payment of rent, reimbursements (meeting lists, coins, etc.) and any additional elected contributions by the group. Some groups vote to have percentages of the earnings disbursed to their local District, Intergroup Office, General Service Office, etc. Treasurers are also responsible for generating a “Treasurer’s Report” during the groups elected time period. Some groups require a monthly report, some groups require a quarterly, and so on. A Treasurer yields to be of service to Alcoholics Anonymous, maintaining honesty, and to most importantly, spread a message of hope that we do recover and service is a part of the triangle that helps us to stay sober one day at a time.

How has this service commitment changed/enhanced your personal sobriety?

Thinking about this question instantly sends chills down my back. I can honestly start this by saying I don’t think I would still be sober if it weren’t for service work in this program. My first Home Group was Sisters in Serenity. I was 20 years old at the time and struggling in every corner of my life to stay sober and sane. I found a home with the women in that meeting, and later my first long-term (2 year) service commitment as the group treasurer. I was terrified to commit to something for 2 years. I had thoughts like, “Where am I going to be in the next 2 years?”, “What happens if I relapse?”, “I’m not good enough to handle a position with such responsibility and trust”. But the thing about AA, is most people come in with the same low self-esteem and thoughts. The women in that meeting had faith in me, and little by little I grew to have faith in myself. One day at a time, I learned to trust myself as I continued to show up to every meeting, and made each report knowing it was honest and that I was doing the best I could for my Home Group. I started to really believe that I was a good person, and that I was going to continue to be a good person. It felt good to be able to show up as a fellow member in that group, and to be someone they could rely on.

Shortly after my term ended, I ended up moving away from where my original Home Group was and away from my original fellowship. Just like any transition that seems to happen in life, it can be uncomfortable and hard to reconnect. I eventually ended up stumbling into this new Home Group (No Excuses) as they needed a new treasurer and I fit their requirements. Service creates a structured format of stability and continuous accountability in my sobriety. When I am having a hard time staying connected to the program, service seems to have a way of pulling me right back in.

How has AA Service changed/enhanced your personal sobriety?

AA service has changed and enhanced my sobriety in different ways over time. In earlier sobriety, I would say it helped me get used to speaking and to start facing my fears. When I would have a speaking commitment, it challenged those voices in my head that told me I didn't have anything to offer anyone, that I didn't have enough experience to speak or that I was somehow going to cause harm. As time went on, service became apart of the structure, it was a regular thing to do as part of my sobriety. As long as I was continuing to take commitments and be of service, I felt like I was staying in the "middle of the pack" as some say. To me, I feel I am in that "position of neutrality, safe and protected", when I am in the center.

Once I wasn't so "fresh" in sobriety anymore, the way service affected me definitely changed. Having a stronger connection with a higher power and understanding that whatever was said in those commitments was exactly what was suppose to be said, removed a lot of the fear. I wasn't driven by as many forms of fear anymore so those commitments turned into more of a reminder of what it was like to be completely consumed by the disease and those fears. Life tends to get pretty amazing and comfortable for those who work a program. But with that, it can be easy to forget how hard it was in the beginning and during active addition. A lot of times, working with other women and taking speaking commitments helps to remind me of just how bad it really was, and how bad it can be again if I don't keep doing what I need to do every day.

Other commitments besides speaking have made and still do make quite a difference in my sobriety. Something that seems so small such as a coffee commitment, helps me remain humble. It was a big deal to me in early sobriety to have a coffee commitment and be handed that key to the building. It helped me show up to that one meeting every Friday and learn to be a trustworthy person. However, the ego can now tell me I don't need to take that commitment anymore. It makes me laugh thinking how the mind changes over time and I can have thoughts like that today, although I have a hunch a few readers may relate.

Any kind of service changes and enhances my sobriety every day. As I grow, my disease grows. As my disease grows, so shall my program and service work.

Current & Past Service Positions Held: Coffee commitments; Institutional speaking commitments; Treasurer; Sponsor; Providing transportation to meetings

7th Tradition – Thanks for keeping your Intergroup alive

Northern Delaware Intergroup MONTHLY CONTRIBUTION SUMMARY February 1 - 28, 2020

	Feb 1 - 28, 20	Jan 1 - Feb 28, 20
Agnostic Delaware	90.00	90.00
Augustine Beginners Group	0.00	0.00
Big Book Study Monday	0.00	100.00
Canby Park Group	0.00	25.97
Carry The Message Group	0.00	60.00
Christ Church Group	0.00	37.20
Dawn Patrol Patrol Group	0.00	1,017.30
Delaware City Group	0.00	258.00
Eye Opener Group	0.00	437.18
First Stop Friday Group	0.00	370.00
First Stop Wednesday Group	0.00	100.00
Five Alive Group	600.00	600.00
GOYA Group	240.00	240.00
Greenhill (all)	0.00	138.00
Greenhill Open Step Group	65.00	65.00
Growing & Learning Group	400.00	400.00
Intergroup Monthly Meeting Basket	0.00	60.00
Just for Today Group	0.00	347.00
Ladies Of Literature	20.00	28.00
Lamplighters Group	100.00	100.00
Landenberg Group	0.00	40.00
Living in the Solution Group	0.00	49.25
Middletown Step and Tradition	0.00	50.00
Newark Group	0.00	333.43
North St. George's Group	85.00	85.00
Promises Womens	0.00	116.00
Second Chance Group	0.00	202.00
Sisters in Serenity Group	0.00	138.43
Spirit Of Truth	9.50	9.50
Twelve and Twelve Step	180.00	180.00
Welcome Group	0.00	75.00
Yorklyn Diner Group	0.00	226.00
TOTAL	1,789.50	5,978.26

Fellowship Corner

A night in the Park with the Stars
4 - 20 min speakers on all 12 steps
May 13, 2020
7:00pm - Food and Fellowship
7:30 pm - 9:00pm - Speakers
Mt Salem United Methodist Church
2629 W. 19th St.
Wilmington, De 19806

2nd Annual March through the Steps
March 13 - 14
Schedule to follow
Concord Presbyterian Church
1800 Fairfax BLVD
Wilmington, De 19803

Northern DE Intergroup Spring Family Breakfast
March 22, 2020
Doors open at 8:30am
Tickets \$13
Hockessin Memorial Hall
Rt 41 & Yorklyn Road
Hockessi, De

New Meetings

GOYA Friday 8:00pm meeting is moving to 7:00pm
Candle light Meeting
Alternating step and speaker with discussion
White Clay Creek Presbyterian Church
15 Polly Drummond Hill Rd
Newark, De

Wilmington Group
New meetings on Sunday, Monday and Wednesday
8:00pm
Grace Church
900 Washington Street
Wilmington, De 19801

Thank you for your Service

	Mar-20					
	INSTITUTION	DAY	TIME	HOME GROUP	CONTACT	# of voluntrs
1	Connections Brandywine Women	TUESDAY	7:00 PM	SOS	Annie	2 WOMEN
2	Connections Brandywine Women	WEDNESDAY	7:00 PM		Trudi	2 WOMEN
3	DELAWARE PSYCH HOSPITAL	WEDNESDAY	6:00 PM	No Excuses	Noah	2
4	GAUDENZIA 2nd Floor	MONDAY	7:00 PM	Concord Step Solutions	Jimmy	3
5	GAUDENZIA 3rd Floor	MONDAY	7:00 PM	Today	Jack	3
6	GAUDENZIA 2nd Floor	FRIDAY	7:00 PM	Just For Today	Shavetta	3
7	GAUDENZIA 3rd Floor	FRIDAY	7:00 PM	Courage to Change	Dave C.	3
8	GAUDENZIA 2nd Floor	SATURDAY	7:00 PM	Rush Hour	Mark	3
9	GAUDENZIA 3rd Floor	SATURDAY	7:00 PM	Ventilaters	Don	3
10	GAUDENZIA Claymont	SUNDAY	6:00 PM	Second Chance	Keith T.	3
11	NDI Meeting	WEDNESDAY	6:15 PM	ESH Wilm	Gloria	3
12	KIRKWOOD DETOX	SUNDAY	8:00 PM	Sisters in Serenity	Chiara	4
13	KIRKWOOD DETOX	MONDAY	8:00 PM	Newport Breakdown	Tim M.	4
14	KIRKWOOD DETOX	WEDNESDAY	8:00 PM	Greenhill Beginners	Dave B.	4
15	KIRKWOOD DETOX	FRIDAY	8:00 PM	Early Risers	Paul	4
16	KIRKWOOD DETOX	SATURDAY	8:00 PM	Augustine Beginners	Andrew	4
17	LEONA MAY HOUSE FOR MEN	MONDAY	7:00 PM	No Excuses	Noah	3 MEN
18	Mary Mother of Hope	THURSDAY	7:00 PM	Early Risers	Paul	3 WOMEN
19	*MEADOW WOOD UNIT A	MONDAY	8:00 PM	Freedom	Kyle	3
20	*MEADOW WOOD UNIT B	MONDAY	8:00 PM	More Will Be Revealed	Dave S.	3
21	*MEADOW WOOD UNIT A	TUESDAY	8:00 PM	GOYA	Erik D.	3
22	*MEADOW WOOD UNIT B	TUESDAY	8:00 PM	Kingswood Men		3
23	*MEADOW WOOD UNIT A	WEDNESDAY	8:00 PM	Hockessin Bridge Club	Kim	3
24	*MEADOW WOOD UNIT A	SATURDAY	8:00 PM	Trolley Square Lit	Carl	3
25	*MEADOW WOOD UNIT B	SATURDAY	8:00 PM	Delaware City	Pat	3
26	*MEADOW WOOD UNIT A	SUNDAY	8:00 PM	Eye Openers	Rose G.	3
27	REFUGE MEN'S RECOVERY HOUSE	THURSDAY	7:00 PM	Dawn Patrol	Jeff	3 MEN
28	REFUGE MEN'S RECOVERY HOUSE	FRIDAY	7:00 PM			3 MEN
29	Rockford	TUESDAY	7:00 PM	Silverbrook	Hank	2
30	Rockford Adolescent	MONDAY	7:00 PM	Serenity for the Week	Tommy K.	2
31	*WILMINGTON HOSPITAL	TUESDAY	7:00 PM	Back to Basics	Tommy D.	2
32	*WILMINGTON HOSPITAL	SATURDAY	7:00 PM	Fairfax	Ryan	2

Area Assembly

Area 12 Pre-Conference Assembly

General Service Conference theme: "2020 - A Clear Vision for You"

April 4, 2020

9:00am - 1:30pm

Whatcoach Church

8 N. Main St.

Camden, De

Support Needed

Fresh Air Group

Mondays at 7:00pm

Closed Discussion Meeting

Greenhill Presbyterian Church

3112 Pennsylvania Ave

Wilmington, De 19806

Anniversary Club: We do it One day at a Time....

Bob A. 7/9/90
Bob M. 1/17/83
Brendan D. 5/3/09
Brenda A. 2/23/85
Carel B. 4/26/04
Carolyn W. 7/15/82 Christopher K. 1/03
David C. 2/1/94
David G. 7/6/99
David F. 11/23/07
David K. 12/03/72 45 yrs.
Debbie H. 03/16/91
Doris S. 04/80
Doug W. 2/28/91
Ed H. 01/28/96
Franny C. 05/07/96
Fred M. 5/5/90
Gail R. 06/04/92
Jaime B. 08/08/04
Jaffrey H. 11/24/96
Janice S. 12/25/2010
Jason B. 4/20/09
Jim S. 04/10/88
Kara G. 11/8/12
Kathy O. 6/11/97
Ken H. 11/4/97
Ken P. 09/20/83

Kerry O. 04/20/08
Laura R. 6/21/95
Leslie D. 2/20/1990
Liza F. 1/20/05
Marilyn M. 6/26/99
Marie R. 9/6/83
Mary Ellen S. 1/24/10
Melissa S. 06/23/08
Mike M. 4/20/91
Nancy V. 2/21/05(Deceased)
Patricia K. 12/17/87
Patsy M. 1/6/88
Phyllis M. 03/09/88
Sally C. 10/15/95
Shirley U. 3/19/76 41 yrs.
Stanley B. 03/05/79
Suzanne M. 04/04
Tenney W. 5/15/82
Tom H. 07/02/04
Tom McD. 01/16/96
Tracy D. 2/28/2013
Valerie S. 2/3/89
Walt A. 01/94
Wes J. 4/21/75 42 yrs.
Wes M. 2/1/94

Happy St. Patrick's Day

