

## Attitude of Gratitude

### Gratitude - What is it?

“Gratitude” - that word seems to be a topic of many “discussion” meetings. But how many, who claim to be “Grateful” in these meetings, comprehend the meaning of this often used word? One of my friends seemed to properly define it when he made this statement, “I don’t give a damn what you think or how you feel when you say you are “grateful”. Just tell me what it is that you are doing to show God how much you appreciate what He has done and is doing for you”.

#### **Bill Wilson, in a letter written in 1959, wrote:**

“Gratitude should go forward, rather than backward. In other words, if you carry the message to still others, you will be making the best possible repayment for the help given you.”  
(As Bill Sees It - pg. 29)

So “Gratitude” is far more than an attitude, as is so often heard in our meetings. “Gratitude” is ACTION!!! That is search out (AA, pg 96), go to (AA, pg 102), try to carry this message to other alcoholics! (AA, pg 60 & 89).

**The first example we have of “Gratitude”** in past history is Ebby’s efforts to help Bill Wilson.

**Ebby**, two months sober, had heard that Bill was in serious trouble with his drinking. The first thing he had to do was to find out where Bill was, take a subway and go to Bill’s residence with a single thought, “Can I help my old friend?” Ebby “sought out”, “went to” and “tried to carry” his message of hope to a suffering alcoholic.

**The second example** we are given of “Gratitude” is Bill’s desperate search for an alcoholic that he might try to carry his message to on the evening of May 11, 1935. True, his motive was a pretty selfish one. Over the previous five months, he had stayed sober only by searching out and trying to carry his message of hope to serious drinkers in New York.

**The only success he had was that he, himself, had stayed sober.** He knew that his only hope on that most disappointing day was to find a suffering serious drinker to whom he could tell his story. So, he decided to “search out”, “go to” and “try to carry his message of hope” to a problem drinker. It took a call to a local minister plus eleven more telephone calls to reach a lady who said, “Yes, I know of a problem drinker. Please come on out while I will contact him”. **Bill’s selfish motive turned into a selfless motive** when he finally found a man who did, in fact, want to learn how to live sober.

*(Continued on Page 2)*

*(Gratitude - Continued from the front page)*

To help insure the sobriety of his new found friend and to help insure his own sobriety, Bill most willingly stayed in Akron until the Fall of 1935.

### **The end result was that a Miraculous Solution for Alcoholism became a reality; Alcoholics Anonymous.**

Since that time, there have been literally thousands upon thousands of similar demonstrations of "Gratitude" within the Fellowship of Alcoholics Anonymous.

**One of my favorite such stories** is that of a very dear friend who passed away with almost 31 years of Big Book sobriety. His name was Jack F. Jack took sober on February 11, 1961 in Texarkana, TX. He had only been sober a few weeks when he stopped by the Club one day and there was his sponsor having a cup of coffee. His sponsor said, "Good Morning Jack. How's all going?" Jack said, "Not too good. My damn car is burning oil". His sponsor said, "Well Jack, there are service stations all up and down the highway". Jack got a cup of coffee, came back to where his sponsor was sitting and said, "You sound like you are a little put out with me". His sponsor said, "Yes I am you ungrateful SOB. You showed up here a few weeks ago with 3 dollars in your pocket. You didn't have a job. You didn't have a car. Your wife wouldn't let you in the house. Today, you have a job, you have a car, and you have money in your pocket and your wife has let you back in the bedroom and you are complaining about a car you don't deserve that is burning some oil. **You go over there, sit down and make a list of your blessings. Then, you get off your ass and go find a sick alcoholic and tell him what God has been doing for you that you couldn't do for yourself**". Jack learned his lesson well.

Eight years later, having moved to Dallas, he and a few other "Grateful" members of the old Town North Group dug into their pockets and came up with enough money to start the 24 Hour Club; a refuge for suffering alcoholics.

**"GRATITUDE IS THANKS IN ACTION"**

**Another on my favorite stories** is that of Bob W.; Bob is a legend in our part of the country because of the many alcoholics who were sponsored into sobriety by this man. Bob was near death on his parents' ranch in West Texas. A sober and "Grateful" member of Alcoholics Anonymous, living in the Panhandle of Texas, heard of Bob's plight from Bob's brother. When he asked where Bob was, it proved to be a 335 mile trip, one way. He picked up a couple of his "Grateful" protégés and drove, uninvited, the 335 miles. Bob was so sick that he was hardly aware that these men had come, uninvited, to see him. Three days later, these men returned to their homes and Bob W. was on his way to recovery. They weren't asked but they drove 670 miles and invested 3 days to try to carry a single message; "We have had a spiritual awakening as the result of the Twelve Steps of Alcoholics Anonymous". **That is "Gratitude"!!!**

Wesley Parish, another legend because of the large number of alcoholics who found sobriety resulting from his "Gratitude" clarified the **difference between being "Thankful" and being "Grateful"**. He said when we are "Thankful" it is enough to say "Thank you". **But, if we claim to be "Grateful", we have spent some of our spare time in search of suffering alcoholics so we might have the opportunity to pass on to them what has been so freely given us.**

It is only by giving that we might receive or as my 2nd Sponsor would say,

**"Givin' is livin', usin' is losin' and lyin' is dyin'"**

That seems to state why we learn to live by the Twelve Steps, **"Our real purpose is to fit ourselves to be of maximum service to God and the people about us."** (AA, pg 77)

**So it would appear that most folks who claim to be "Grateful" are in reality just "Thankful".**

So, if you are "Grateful", what have you done to deserve this day of life and sobriety?

**PASS IT ON!!!**

Cliff B.- Primary Purpose Group, Dallas, Texas

**INTO ACTION Editorial Policy**

**INTO ACTION** News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine, Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected.

Send your News, E.S. & H to:

INTO **Action**: District 11's Newsletter  
 Editor: David Gilbert 815-344-6523  
 \*\*E-mail: Soulsurgery@comcast.net

**A DRUNK FELL IN A HOLE AND  
 COULDN'T GET OUT**

A businessman went by. **The drunk called out for help.** The businessman threw him some money and told him, "Get yourself a ladder." But the drunk could not find a ladder in this hole he was in.

A doctor walked by. **The drunk said, "Help, I can't get out."** The doctor gave him drugs and said, "Take this, it will relieve the pain," The drunk said thanks, but when the pills ran out, he was still in the hole.

A renowned psychiatrist rode by and heard the **drunk's cries for help**, He stooped and said, "How did you get there? Were you born there? Were you put there by your parents? Tell me about yourself, it will alleviate your sense of loneliness." So the drunk talked with him for an hour, then the psychiatrist had to leave, but he said he'd be back next week. The drunk thanked him, but he was still in his hole.

A priest came by. **The drunk called for help.** The priest gave him a Bible and said I'll say a prayer for you. He got down on his knees and prayed for the drunk, then left. The drunk was very grateful, he read the Bible, but he was still stuck in that hole.

**A recovering alcoholic happened to be passing by. The drunk cried out, "Hey, help me, I'm stuck in this hole."**

Right away, the recovering alcoholic jumped in the hole with him. The drunk said, "What are you doing? Now we're both stuck here." But the recovering alcoholic said, "It's okay, I've been here before, **I know how to get out."**

**D**istrict 11 G.S.R.  
**Meetings Are Held  
 On 1st Thursday of  
 the Month at the  
 First United  
 Methodist Church,  
 236 W. Crystal Lake  
 Ave. Northeast  
 Corner of Dole & Crystal Lake Avenue in Crystal  
 Lake, Illinois.**



**District Meeting 7:30 PM**

**DISTRICT 11's WEB SITE:**  
<http://www.aa-nia-dist11.org>  
**SOBERFEST WEB SITE:**  
[www.soberfest.org](http://www.soberfest.org)

**\*\*SCHEDULE INFO CHANGES: PLEASE CALL  
 LINDA S., 815-678-4129 OR EMAIL AT:  
[schedulemaker@ymail.com](mailto:schedulemaker@ymail.com)**

**Send Group Contributions To:**

From Group (Name) \_\_\_\_\_  
 Group #: \_\_\_\_\_  
 Dist. #: \_\_\_\_\_  
 Meeting City: \_\_\_\_\_

**Northern Illinois District Eleven  
 P.O. Box 846  
 McHenry, IL 60051-0846**

**N.I.A. Treasurer  
 Northern Illinois Area, Ltd.  
 P.O. Box 246  
 Bourbonnais, IL 60914-0246**

**The General Service Office  
 AAWS  
 P.O. Box 459  
 Grand Central Station  
 New York, NY 10163-0459**

**Group Contributions ~ Mail To:**

# Monthly Meeting Minutes for District 11 July 2, 2009

(Editors Note: Dates and times contained in the following minutes are a reflection from the minutes taken on July 2<sup>nd</sup>, not the date of this publication.)

Meeting Time: 7:30 PM  
Attendance: 31  
Committee Members: 12  
Groups Represented: 20

## Anniversaries: CONGRATULATIONS!

Tom, 28 yrs, Chuck, 10 yrs., Brandon, 4 yrs,  
Jon S., 3 yrs

### Secretary's Report: *Christine G.*

Written committee reports must be submitted to secretary to be included in minutes. Please submit any changes or updates. Updated Rosters and Contact list as of July 09 on back table. Thank you for your cooperation and support.

**DCM Report:** *Dan M.* See attached report

### Treasurer's Report: *Lynn B.*

Starting Balance	\$4987.56
Expenses	\$1986.23
Income	\$ 421.29
Ending Balance	\$3332.62



### Old Business:

- **Alternate Secretary and Alternate Corrections positions are still open-please bring back to groups to volunteer service work.**
- DCM discussed changing facility for District 11 meetings. Rent paid at Crystal Lake First United Methodist Church thru November 2009. Motion made to keep location the same, during their construction, may be in different room. **Postings of room location will be at main entrances.**

- Update from 2010 IL State Conference Planning Committee. Picked Theme: **“A Vision For You”**. Elected Printer Chair, Steve Gilliland. Open Chair positions, Decorations, Special Needs, Adding Alcahthon Committee. Members encouraged to participate to make this events a great success.

### New Business:

- Motion presented by 2010 IL State Conference Planning Committee Chair requesting not to exceed \$200 to offset expenses to attend 2009 IL State Conference. Vote: 24 For, 8 opposed. **Motion passed.**



### Public Information: **Brandon L.**(*Dan P., alt*)

- Attended NIA Summer Assembly and requested permission from IA Treasurer to be able to use the Area's Non-Profit status to help off-set costs of newspaper advertising or possibly a billboard for AA Dist. 11. Just recruited some help to attempt to contact local TV stations about getting AA public service announcements broadcast on local stations. If anyone interested in doing service work, P.I., could use help doing some legwork on some tasks. Thank you.

### Corrections: **Cheryl M., Chuck L.**(*alt*)

- Contacted the Lieutenant at the jail and have scheduled a meeting of introduction. Have purchased literature for jail. Have contacted all “point” individuals for weekly meetings and updated phone list for regular attendees and alternates. All jail meetings are covered.

### Hospital and Treatment: **Mike R.,**

*Dave “Scooter” R.*(*alt*)

- We are making progress with Centegra and BTG and Chaplin services. Ordered a bunch of literature due to price increase and running out of beginner packets. Thank you.

(Continued on the next page)

*(Minutes-Continued from the previous page)*

**Cooperation with Professional Community:**

*Tammy C. (John S., alt)*

- Working on letters for Algonquin, Burtons Bridge, Cary. Hope to mail by end of July.



**Answering Service: Jim M., Tom F. (alt)**

- Needs volunteers from 7 am – 7 pm.
- Received 136 calls total as follows:
  - 86 meeting info,**
  - 3 open meeting info,**
  - 15 hang-ups,**
  - 6 wrong #,**
  - 10 refused to give a call back #,**
  - 4 wanted to talk to an AA,**
  - 5 Al-Anon,**
  - 0 intervention, 0 treatment info,**
  - 2 solicitors,**
  - 3 Spanish info,**
  - 2 for rides.**
- 13 calls were from out of the district
- 0 were from out of state
- **Response times** were as follows: 0–10 minutes (77), 11–20 minutes (19), 21-30 minutes (3), and over 30 minutes (5)

**IntoAction Newsletter**

**Newsletter:** *Dave G.*

*UP-DATED BY EDITOR:*

- **Dave reminded that Newsletter deadline for Oct/November Issue is September 19<sup>th</sup>.**  
Please bring to groups for any additions to newsletter. Share your experience, strength and hope. June/July is out for distribution. Thank you

**Archives: Clarence J.**

- In the process of organizing all of the files so I can take an inventory of everything in archives. Thank you

**Grapevine:** *Frank G. (Steve L.)*

**Special Needs:** *Dave S. (alt) Chuck S.*

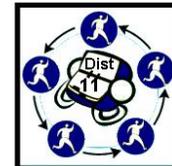
**Local Committee Member:** *Linda S.*

**Workshop:** *Craig C, Sue C. (alt)*

- Still looking for groups to do workshops. Please bring back to groups. Soberfest 09 – Dist 11. Has (3) slots. Looking to get speaker on relationships.

**Webmaster:** *Chuck T.*

- Not present. FYI Meeting schedule always updated on website.



**Schedule Maker:** *Linda S.*

- Closed: Monday 6:30 pm 12x12 in Huntley.
- Closed Thursday 5:30 pm 12x12 at MAC.
- New: Friday 10 am at CLAC.
- Moved: Wednesday 7:30 pm Manuele Lutheran – New location: on Federal Drive next to Target.
- Suggested to put procedure for schedule changes into **IntoAction** Newsletter. Changes can be done via [schedulermaker@ymail.com](mailto:schedulermaker@ymail.com) Thank you.

**Upcoming Events**

- **2010 State Conference - Volunteers 25-100 needed. Meetings held third Sunday each month until event. (3 pm at Centegra, McHenry, Classroom A)**
- Soberfest Al-anon Fundraiser – Saturday, August 1st, McHenry Township Hall 7 pm
- **Gratitude in Action Conference– August 7-9, 2009, Peoria, IL- Flyers on District Website**
- **CLAC Annual picnic, Aug. 23<sup>rd</sup> 1 pm**
- **Spaghetti dinner, Aug. 29<sup>th</sup>, McHenry Township Hall 5 pm**
- **All Chicago Open; Sept. 19, UIC Pavilion Racine & Harrison, Chicago, IL. Open 6:00 pm, meeting 8:00 pm.**
- **Fall Assembly; Sep 12; Church of the Brethren; 409 W. Brayton Rd; Mt. Morris IL 61054; Host Dist. 73.**

*(Continued on the next page)*

(Minutes- Continued from the previous page)

**Open Mic:**

- Chuck, has access to Literature Holders
- .Lynn, Dan's BBQ, 1 pm – midnight, July 18<sup>th</sup>
- Mike R., Thurs. meeting at Hebron Half Way House
- Dave R., new meeting, Tuesday night, MAC
- Chuck, needs pocket BB, Grapevines, Burning CD's & sending to IRAQ
- Rich, Tuesday night BB., 7:30 pm, Wonder Lake.
- Brandon, ISCAPA Co-chairing 2010 conference – needs volunteers
- Dave, CLAC Annual picnic, Aug. 23<sup>rd</sup> 1 pm
- Sue C., Spaghetti dinner, Aug. 29<sup>th</sup>, McHenry Township Hall 5 pm

\*\*\*\* The next district meeting will be held on Thursday, August 6, 2009\*\*\*\*

**UP-DATED BY Editor:  
September 3<sup>rd</sup> - Next District Meeting**

*Respectfully Submitted, Christine Grechis, Secretary*

DISTRICT CONTRIBUTIONS		
Date	Group	Amount
04/02/09	Wauconda BB Mon night	
	Fed Church	100.00
04/21/09	Into Action #675524	71.60
04/18/09	Speakers Choice #137304	102.00
04/22/09	Mon BB Huntley #657321	50.00
04/22/09	Mon luncheon #125619	180.00
	Tue night Burtons Bridge	
04/26/09	#659638	60.00
05/01/09	New Pair Glasses #666210	60.00
05/07/09	Mon 6:30 12@12 Huntley	30.00
04/04/09	Winners Beginners #614507	245.00
	Sun am Serenity Group	
04/10/09	#104321	60.00
06/09/09	Mon Park Dist	50.00
05/28/09	Men's Priority BB #672942	98.00
06/15/09	LaBahn-Hain L.I.T.H.	50.00
06/01/09	First Things First #688361	135.00
05/17/09	Mon BB Huntley #657321	25.00



**HARTLAND'S  
"FROM  
THE  
BOOK"**

**MEETING**

**CELEBRATES THEIR**

**9TH ANNIVERSARY**

**Cookin' from the Book**

**9th Anniversary Dinner**

**Open Speaker Meeting**

**Guest Speaker: Mike F.**

**From: Chandler, AZ**

**THIS EVENT IS FREE**

Donations will be Gratefully Accepted at the door.

When:

**Saturday August 29, 2009**

Where:

**McHenry Township Building**

3703 N. Richmond Rd

McHenry, IL

**Doors Open at 4:30**

**Dinner at 5:00**

**Speaker to follow at 6:00**

**On Rule 62**



**"Mushroom  
Sponsor" ÷**

**Keep your Sponsor  
in the dark and feed  
them "crap"!**

## LIVE WITH AN ATTITUDE OF GRATITUDE

Imagine for a moment one of those nights when you just can't fall asleep and you have to get up early the next morning for a very important meeting of which you are the keynote speaker. Your alarm clock goes off early in the morning waking you from what little sleep you had. You stumble out of bed, have a quick shower, grab a coffee and some toast, and off you go to fight the traffic on the way to work.

Does that sound like the start of a terrible day? Most would answer 'yes'. Few people however, would answer, 'no'. These are the people, who are in my opinion blessed with a gift. A gift which determines how they view their life. These people live with 'an attitude of gratitude'. For them, the situation described could be worse. Much worse. For example, think of the man who doesn't have a bed, let alone a roof over his head. When he is awoken from what little sleep he is able to get, it is by the rain falling on his cold body. He too stumbles to his feet and begins his journey to work in his bare feet. His work is in the field of survival. He searches through garbage cans for scraps of half-rotten food to eat and odd bits of clothing to keep him warm.

The purpose of this example is to illustrate that we all have so much to be grateful for. Even in times when it seems that nothing could be worse, there is always a reason to be grateful. And when you feel a sense of gratitude, you feel a sense of happiness and content. My challenge to you today is to learn to look for the good in every situation and live with 'an attitude of gratitude'.

I assure you, if you were the fellow searching for food in garbage cans you too could find things to be grateful for. You just have to look hard enough and 'open your eyes' to what is around you. You have to focus on what's good in your life, not what's bad.

**"I once was distraught because I had no shoes, until I met a man who had no feet."** - Unknown

Life works in mysterious ways. Time and time again there have been stories of people who are in a dire strait yet they are found helping others who are experiencing greater turmoil. This is because once you have helped someone in greater need than yourself, you always feel better. You feel better because you have helped another human being and this forces you to change your mindset from focusing on your problems to focusing on their solutions. Always focus on the solution, not the problem and live with an attitude of gratitude!

Mother Teresa was a primary example of this phenomenon. Her entire life revolved around helping others in need. As a result she experienced a great deal of love and self-satisfaction in her life.

I challenge you now to take a moment to think of five things in your life that you are grateful for today. For example, your friends, your family, your job, your sense of smell, touch, sight, and sound. The list can go on and on. Imagine what your life would be like without these things. Write them down on a piece of paper and really think about the things you are grateful for. You will be amazed at how great you will feel!

Glen H.

## Soberfest Online Registration - Please be aware of....

### "To our valued guests,

If you plan to purchase more than 10 banquet seats online, be aware that PayPal will question the transaction. This is in accordance with standard banking practices which are designed to prevent credit card fraud and are therefore for your protection.

If you wish to make the additional purchase immediately, please consider using another credit card for the transaction. A notice will appear at the time you fill out the registration form advising you of this, and directing you to contact [registration@sobergest.org](mailto:registration@sobergest.org) to advise them that you wish to have adjacent tables.

The Soberfest Planning Committee wishes to thank you for your interest in the Conference, as well as for your patience and understanding in this matter.  
Thank you"

**Also: Please note; your transaction with PayPal will not be complete until you click on the "confirm" button and receive a confirmation number from PayPal.** If you **have no confirmation number, your transaction is incomplete** and on hold; **your credit card has not been charged,** and the purchase will remain open for ten days. After this time; if you have not completed the transaction the stored information will automatically be deleted, and you will be required to start the process over again. If you are in doubt about whether or not your transaction went through, please send an email to:

[treasurer@soberfest.org](mailto:treasurer@soberfest.org)

We, on the Soberfest Planning Committee, appreciate your time and patience, as well as your interest in our Conference. If there are any questions regarding the online registration process, please contact us via email at:

[technical@soberfest.org](mailto:technical@soberfest.org)

Thank you,  
Doug



## 59<sup>th</sup> General Service Conference Delegate Report & Pot Luck Dinner

On Saturday July 18<sup>th</sup>, some members of our fellowship gathered at the McHenry Township Senior Center for a good old fashioned Pot Luck Dinner and some meaningful dialogue. **The event was held to fulfill the primary purpose of Northern Illinois Area 20: to be a forum for effective communication between the Groups and the General Service Conference through its Delegate.**

As a result of action taken by the 2005 Winter Assembly, our Delegate is to make her/himself available for 4-6 extended (2-3 hour) sessions, geographically distributed throughout Northern Illinois, so that anyone wishing to hear and participate in a detailed report on matters concerning AA as a whole, can do just that. This was to be our best opportunity up here in the Northeastern section of NIA.

Twenty-five participants interacted with John C., Northern Illinois' Delegate to the General Service Conference, on Committee actions relative to every AA Group's primary purpose, that of carrying the message to the alcoholic who still suffers. John made his best effort to convey to us, what it was like to participate in the longest General Service Conference in the 59 years it has been held. The week long conference, usually wrapping up on Friday afternoon, lasted until 2:30 AM Saturday morning, after eight floor actions were heard.

**Anyone wishing to obtain a copy of our Delegate's report can do so by contacting**

**Dean G. @ 815-236-1362 or e-mail**

**[Alt-Delegate@aa-nia.org](mailto:Alt-Delegate@aa-nia.org)**

Our Delegate shared his experience and answered questions relating to:

\*2009 Conference Advisory Actions and Additional Considerations.

Conference Advisory Actions represent recommendations made by the standing committees and approved by the Conference body as a whole; or recommendations discussed and voted upon by all Conference members during general sessions. Some Advisory Actions and a few additional committee considerations appear below in condensed form. A complete list will be published in the Final Conference Report.

### Advisory Actions

**Floor Action**—that the revised 59<sup>th</sup> Conference pamphlet, "The A.A. Member—Medications and Other Drugs," be returned to the trustees' Literature Committee for additional discussion and report back to the 2010 Conference Committee on Literature.

**Agenda**—that the theme for the 2010 General Service Conference be "Practicing A.A.'s Principles—the Pathway to Unity."

**Cooperation With the Professional Community**—that the video segment directed to professionals in the employment/human relations field to be streamed on G.S.O.'s A.A. Web site be approved.

**Corrections**—that the trustees' Committee on Corrections undertake a revision of "It Sure Beats Sitting in a Cell," and that a draft or a progress report be brought back to the 2010 Conference Committee on Corrections.

**Finance**—that the trustees' Finance Committee gather input from the Fellowship on the following for review by the 2010 Conference Committee on Finance: a) If we continue to use literature profits to partially fund services, should there be a limit? b) If there is a limit how do we continue to pay for services if there is a shortfall in contributions?

**International Conventions/A.A. Regional Forums**—that an anonymity-protected photograph of the flag ceremony be taken at the 2010 International Convention; that an encrypted, anonymity-protected Internet broadcast of the 2010 International Opening Flag Ceremony be approved.

**Literature**—that the revised draft pamphlet "A.A. for the Native North American" be approved; that the trustees' Literature Committee undertake a thorough review of the pamphlet "Questions and Answers on Sponsorship" and eliminate or revise outmoded ethnic, cultural and vocational references.

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*(Conference Delegate Report - Continued from page 8)*

The committee looks forward to reviewing a progress report or a revised draft pamphlet at the 2010 Conference; that the title of the pamphlet "44 Questions" be changed to "Frequently Asked Questions About A.A."; that a Special Needs recovery pamphlet for newcomers or prospective members be developed and that stories be solicited from members with various special needs.

**Policy/Admissions**—that the General Service Board develop a procedure for the submission of Concept V minority appeals to the General Service Conference and bring a draft to the 2010 Conference Policy/Admissions Committee for their review; that the General Service Board develop a plan for the General Service Conference to conduct an inventory of itself that includes a planning committee consisting of representatives of delegates, trustees, directors, nontrustee directors, and staff, and that a progress report be presented to the 2010 Policy/Admissions Committee.

**Public Information**—that the four selected A.A. Videos for Young People be approved, with minor changes; that the wall poster for young people with information about Alcoholics Anonymous be approved with minor changes; that a new A.A. television public service announcement be developed for review by the 2010 Conference Committee on Public Information, at a cost not to exceed \$40,000, and that full faces of actors portraying A.A. members not be shown in this P.S.A.; that the revised script for "Combination Radio P.S.A.'s on CD," omitting P.S.A. #15, be approved with minor changes, and recorded at a cost not to exceed \$20,000.

**Report and Charter**—that various suggested changes be made to The A.A. Service Manual/Twelve Concepts for World Service.

**Treatment Facilities—that the revised video Hope: Alcoholics**

Anonymous be approved; that the committee's scope be expanded to include service to Special Needs/Accessibilities committees and that the name of the committee be changed to the Conference Committee on Treatment Facilities/Special Needs/Accessibilities.

**Trustees**—that in light of the extensive confidential information in the trustees' election résumés, that résumés of all election candidates would no longer be made available to all Conference members immediately prior to the Conference trustees' election session. Distribution of trustees résumés at the Conference would be limited to only voting delegates and members of the Conference Committee on Trustees and the trustees' Committee on Nominating. The résumés of the elected trustees would be distributed to all Conference members immediately after the election session.

#### **Additional Considerations**

**Archives**—requested that the trustees' Archives Committee create a report to be forwarded to the 2010 Conference Archives Committee on the feasibility of developing a format (e.g., PowerPoint® presentation) for a self-guided tour of G.S.O.'s A.A. Archives to convey the experience of visiting G.S.O. and the Archives, for those who have not yet visited the General Service Office in New York.

**Grapevine**—considered a request that "The 2007 Conference Advisory Action recommending that 'the A.A. Grapevine and La Viña include a section on the medical, legal, and social aspects of alcoholism, with an appropriate disclaimer' be rescinded" and after lengthy and thoughtful discussion took no action. Box 4-5-9, Summer 2009.

**Below is text from our Delegates report regarding the Finance Committee recommendation.**

#### **Finance**

A. Review material submitted from the Fellowship concerning the 2008 Conference Advisory Action "the trustees' Finance and Budgetary Committee gather input from the Fellowship on the benefits and liabilities, both spiritual and practical of fully funding G.S.O. Services to the Fellowship (G.S.O. functional expenses) by the voluntary contributions of A.A. members and groups."

*It was recommended that: The trustees' Finance Committee gather input from the Fellowship on the following for review by the 2010 Conference Committee on Finance:*

- a) If we continue to use literature profits to partially fund services, should there be a limit?*
- b) If there is a limit, how do we continue to pay for services if there is a shortfall in contributions?*

*(The committee requests that the statement of policy "Self-Support of the World Services of Alcoholics Anonymous" be distributed as background.)*

### **Statement of Policy**

#### **Self-Support of the World Services of Alcoholics Anonymous**

The AA spiritual principle of self-support enables us to pursue our primary purpose of carrying the message to the still suffering alcoholic with a shared sense of responsibility for our lifesaving work and without interference or financial dependence on outsiders. From our Fellowship's earliest days, the expenses of the General Service Office, and the world services provided by it, have exceeded the amount derived from contributions of AA groups and members. As a result, providing these needed services has necessarily been supported in part by income from the sale of AA literature. It is the policy of the General Service Board that income from literature sales should only be in amounts required to allow continued provision of vitally needed services and maintenance of a prudent reserve fund. We hope that the day will come when AA groups and members, through their contributions, will be able to fund fully the services provided by the General Service Office. If that is achieved, revenue from literature sales will only be needed in amounts necessary to cover the actual costs associated with literature production and to maintain a prudent reserve fund.

Submitted by Dean G. /NIA Alt. Delegate



## 2010 Illinois State Conference Planning Committee Report

To: NIA Summer Committee - Aug 1<sup>st</sup>, 2009

- The 2010 Illinois State Conference Planning Committee has met 7 times since being awarded the bid in January, **every third Sunday of the month at 3PM in Classroom "A" at Centegra, McHenry Hospital** (SW corner of Bull Valley Rd. and Rt. 31)



- The theme for our conference (*A Vision for You*) was selected at the June meeting.
- Save the date flyers were finalized in July and are ready for distribution at the 2009 Illinois State Conference in Peoria next weekend, August 8<sup>th</sup>-10<sup>th</sup>. Our Committee members have made a commitment to register and participate in this year's Illinois State Conference. In the interest of statewide unity, we strongly urge our fellow District 11 and NIA members to do the same.
- The August 20-22, 2010 Illinois State Conference will be held at the Wyndham Lisle Hotel and Conference Center in Lisle, Illinois
- Hotel room rate @\$92, registration cost of 20 and banquet @ \$32. A registration flyer is in the developmental stages.
- Recently elected East Central Regional Trustee Pam R., and GSO Staff member Gayle R., have both accepted an invitation to participate in our conference, as well as Rick C from Muscatine, Iowa and Don M of Louisville, Kentucky.
- We welcome the participation of Al-Anon Family Groups.
- We send minutes of our planning meetings to the ISC Policy Committee members
- We welcome and appreciate your guidance as we trudge along.

Respectfully Submitted,  
The Members of the ISC  
2010 Planning Committee

## Gratitude

“One exercise that I practice is to try for a full inventory of my blessings and then for a right acceptance of the many gifts that are mine— both temporal and spiritual.

Here I try to achieve a state of joyful gratitude. When such a brand of gratitude is repeatedly affirmed and pondered, it can finally displace the natural tendency to congratulate myself on whatever progress I may have been enabled to make in certain areas of living.

I try hard to hold fast to the truth that a full and thankful heart cannot entertain great conceits. When brimming with gratitude, one's heartbeat must surely result in outgoing love, the finest emotion that we can ever know.”

Bill W., *Box 1980: The AA Grapevine, March 1962*  
*As Bill Sees It, p. 37(Used with Permission; GV, Inc.)*

## Special Needs Committee



**Looking for your  
unwanted-unused  
Big Book's, & 12X12's  
Grapevines & Coins  
CD's, & Tapes**



**To send to our  
Troops over seas!**

*Remember- It's because of what  
they do, that allows us to do what  
we do!!*

**Call: Chuck Stoddard  
Chair-Special Needs/District 11  
815-403-1994**



**36<sup>th</sup> Annual State  
Conference &  
29<sup>th</sup> East Central  
Regional Conference**  
*Gratitude in Action*  
**August 7<sup>th</sup> – 9<sup>th</sup>, 2009**

At the Holiday Inn –  
City Centre, Peoria, IL.

**Friday Night – Bill M. - Santa Rosa, CA**  
**Saturday Afternoon (Al-anon) –**  
**Patty S. Marengo, IL.**  
**Saturday Nigh –Inez Y. Sacramento, CA**  
**Sunday Morning–Tina H. Waukesha, WI.**  
**& the East Central Regional Trustee**

**Contacts for additional Information:**  
**Pat R. – 309-360-6303 or**  
**Dean B. – 309-648-2339**

**See the Southern Illinois Area Website for  
details and additional maps at:**  
**[www.aa-sia.org](http://www.aa-sia.org)**

**16<sup>th</sup> Annual NIA  
Big Book  
Conference**

Hosted by District 22  
**Saturday, October 10, 2009**

**When the student is ready,  
the teacher will appear**

**The Hemmens Cultural Center**  
45 Symphony Way  
Elgin, IL 60120  
[www.hemmens.org](http://www.hemmens.org)

**Registration at 8:00 AM**  
**Program begins at 9:00 AM**

**ONLINE REGISTRATION available at:**  
**[www.aadistrict22.com](http://www.aadistrict22.com)**  
**Download a copy of this flyer at:**  
**[www.aa-nia.org/BBConference.pdf](http://www.aa-nia.org/BBConference.pdf)**

**Need more info?**  
**Chris D. 847-997-2102**  
**Donna K. 847-343-2947**  
**Marcia S. 815-222-9768**  
**Special Needs – Michelle B.**  
**847-323-3586**

**See Full Flyer at the end of this newsletter**

**Heard Around the Tables**

*District 11's Wisdom and Witticisms*

- ⊗ Rather than regretting that I wasted half of my life drinking, I am grateful that God has given me the rare opportunity to live two lives in one lifetime!
- ⊗ Alcohol brought me to my knees. Which as it turned out, was exactly where I needed to be!
- ⊗ "I spent money I didn't have buying things I didn't need in order to impress people I didn't like".
- ⊗ My experience has been that sponsoring myself is an excellent example of unskilled labor!
- ⊗ "We is ME --- right side up!"
- ⊗ Alcoholism comes in people, not bottles.
- ⊗ Use words when necessary.

- ⊗ "My sponsor pointed out to me that my elbow bends the same way for the telephone as it does or a drink!"
- ⊗ Sponsee: What do they mean, 'stick with the winners'? How do I know who the 'winners' are?  
Sponsor: My sponsor explained it to me this way . . . 'getting sober is like waking up in a mine field. Follow the folks that don't blow up.'
- ⊗ "Faith is really HOPE with a track record."
- ⊗ What I didn't realize until I did something about my drinking by getting sober in Alcoholics Anonymous is that I just kept adjusting my bottom (and it was always downward). I qualified for this program a long time before I got here . . .
- ⊗ Heard in a meeting on Step 9: "Don't mess up an amends with an excuse."



*November 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup> 2009*

*Greetings from the Soberfest Planning Committee!*

This year's banquet is selling out fast! If you haven't already done so, please take a minute and **register for this year's conference either by going to [www.soberfest.org](http://www.soberfest.org) and following the prompts to register online, by downloading the registration form and mailing it in or pick up a registration form at one of your meetings and mailing it in.** To make room reservations at the Grand Geneva Resort please contact the **Grand Geneva Resort by calling 1-888-392-8000.** If there is a waiting list for a room, please add your name to it. Pre-registered rooms open up and the likelihood of you getting called is good. **There is a 10 day room cancellation policy.**

**To view the Grand Geneva Resort and its amenities please visit [www.soberfest.org](http://www.soberfest.org) or [www.grandgeneva.com](http://www.grandgeneva.com).**

The Grand Geneva Resort will have a variety of food options available. There are 5 restaurants on the property ranging from fine dining to pizza and snacks The Prime Rib buffet on Friday night and buffet meals on Saturday and Sunday will receive Soberfest Conference discounts. Pizza Delivery from Timber Ridge Lodge to the Grand Geneva will be available until 2:00 am on Friday and Saturday nights.

**Trolley Shuttle Services will run between Timber Ridge Lodge and The Grand Geneva throughout the conference. Saturday night there will be stops at The Forum where the banquet is being held.**

The Timber Ridge Lodge will offer the **Water Park** at reduced rates for all who attend the conference. Those who stay at the Timber Ridge will be given free Water Park passes with their rooms.

A **Texas Hold 'em** Tournament will be held **at Timber Ridge on Friday** starting at 10:00 pm, the cost is \$10.00 per person, space is limited so try to register early. Tickets will be available at the conference registration table.

**Karaoke** will be held in the **Evolve Lounge** on Friday night from 9:00 pm to 1:00 am

The **Alateen Pizza Party** will be held **at the Water Park** for \$25.00 per child on Saturday night during the banquet.

The **Grand Geneva Resort Spa** offers an adult only spa that includes a pool, tennis courts, volleyball courts and an array of exercise equipment. **There will be no fee to enter this spa. Spa services will be offered at a 15%** discount from Thursday to Monday for conference attendees. **Please call and make your reservations early as these services sell out quickly. You may look at Spa Services online at [www.grandgeneva.com](http://www.grandgeneva.com).**

**If you have children attending the Grand Geneva Resort offers a program called Grand Adventure Kids Club.**

**Please contact the hotel for more information.**

**For information regarding any of these events, please contact us [info@soberfest.org](mailto:info@soberfest.org) or by phone ~**

A.A. Jay D. 224-392-4248

Al-Anon Tim C. 815-790-7557

Alateen Josie 847-639-4440

Young A.A. Kathy K. 847-910-4346

**We are in need of over 300 volunteers at the Conference.**

Please contact any of the below to volunteer:

Hospitality Room or Greeters

John S. 815-579-6105

Alcathon

Hugh O. 312-823-4675

Step Workshop

David G. 815-344-6523

*TRUSTED SERVANT  
NEEDED..... Please  
bring to groups and  
meetings.. Great Service  
Work!!*



*District 11 Chair Position Volunteers Needed:*

- \* Alternate Secretary*
- \* Alternate Corrections*

*District 11 Hosting 2010 State Conference  
25 – 100 Volunteers Needed!*

*Be part of making this conference a huge success!*

*Meetings held Third Sunday of Each Month:*

*McHenry Centegra Hospital*

*Rt. 31 & Bull Valley Rd*

*3 pm*

More full flyer info below -



HARTLAND'S  
"FROM THE BOOK"  
MEETING  
CELEBRATES THEIR  
9TH ANNIVERSARY

Cookin' from the Book  
9th Anniversary Dinner  
Open Speaker Meeting

**Guest Speaker:** Mike F.

**From:** Chandler, AZ

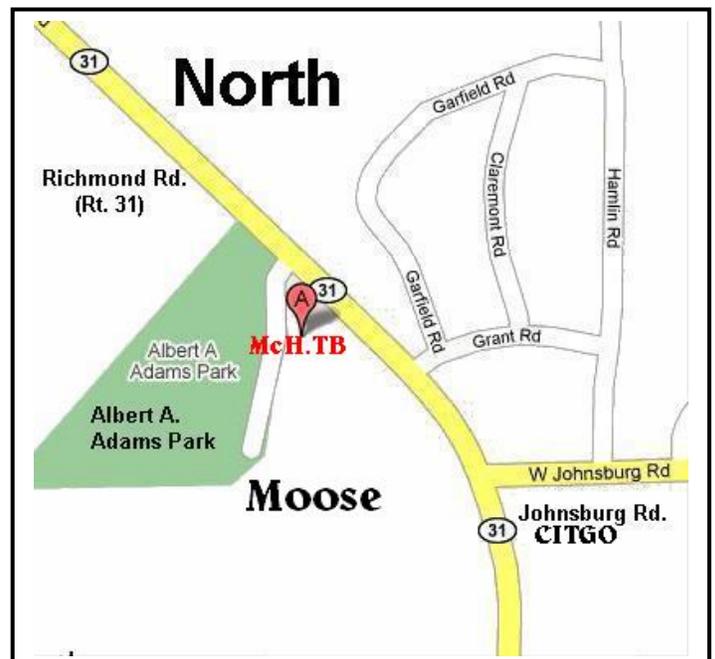
**THIS EVENT IS FREE**

Donations will be Gratefully Accepted at the door.

When:  
Saturday August 29, 2009

Where:  
McHenry Township Building  
3703 N. Richmond Rd  
McHenry IL

**Doors Open at 4:30**  
**Dinner at 5:00**  
**Speaker to follow at 6:00**



More full flyer info below -

16<sup>th</sup> Annual NIA



# BIG BOOK CONFERENCE



Hosted by District 22

Saturday, October 10, 2009

*When the student is ready, the teacher will appear*

**The Hemmens Cultural Center**

45 Symphony Way  
Elgin, IL 60120  
www.hemmens.org

Registration 8:00 am

Program begins 9:00 am



## PROGRAM HIGHLIGHTS



**HISTORY 101 – Laurie L.**  
*Big Book History Speaker – Lisle, IL*  
Laurie is the daughter of Ruth Hock  
who was AA's first secretary

**MATH DEPARTMENT**  
*Recovery by the Numbers*  
Moderator – Tammy D., District 90

**CLEANING OUT YOUR LOCKER**  
*4<sup>TH</sup> Step Inventory*  
Moderator – Judd W., District 52

**STUDENT TEACHING**  
*Working With Others*  
Moderator – Janet N., District 10

**PUBLIC SPEAKING – Beth H.**  
*Keynote Speaker – Cary, NC*

**LANGUAGE ARTS**  
*Al-Anon as a Second Language*  
Moderator – Colleen H., NIAFG District 15

**CORE STUDIES**  
*Into Action*  
Moderator – Bill S., Area 19

**EXTRA CREDIT**  
*Life Beyond the First 164 Pages*  
Moderator – Chuck S., District 61

**DRAMA DEPARTMENT**  
A.A. Skit – District 22 Players

*Transfer students accepted from the*

## SCHOOL OF HARD KNOCKS

ONLINE REGISTRATION available at:  
[www.aadistrict22.com](http://www.aadistrict22.com)

Download a copy of this flyer at:  
[www.aa-nia.org/BBConference.pdf](http://www.aa-nia.org/BBConference.pdf)

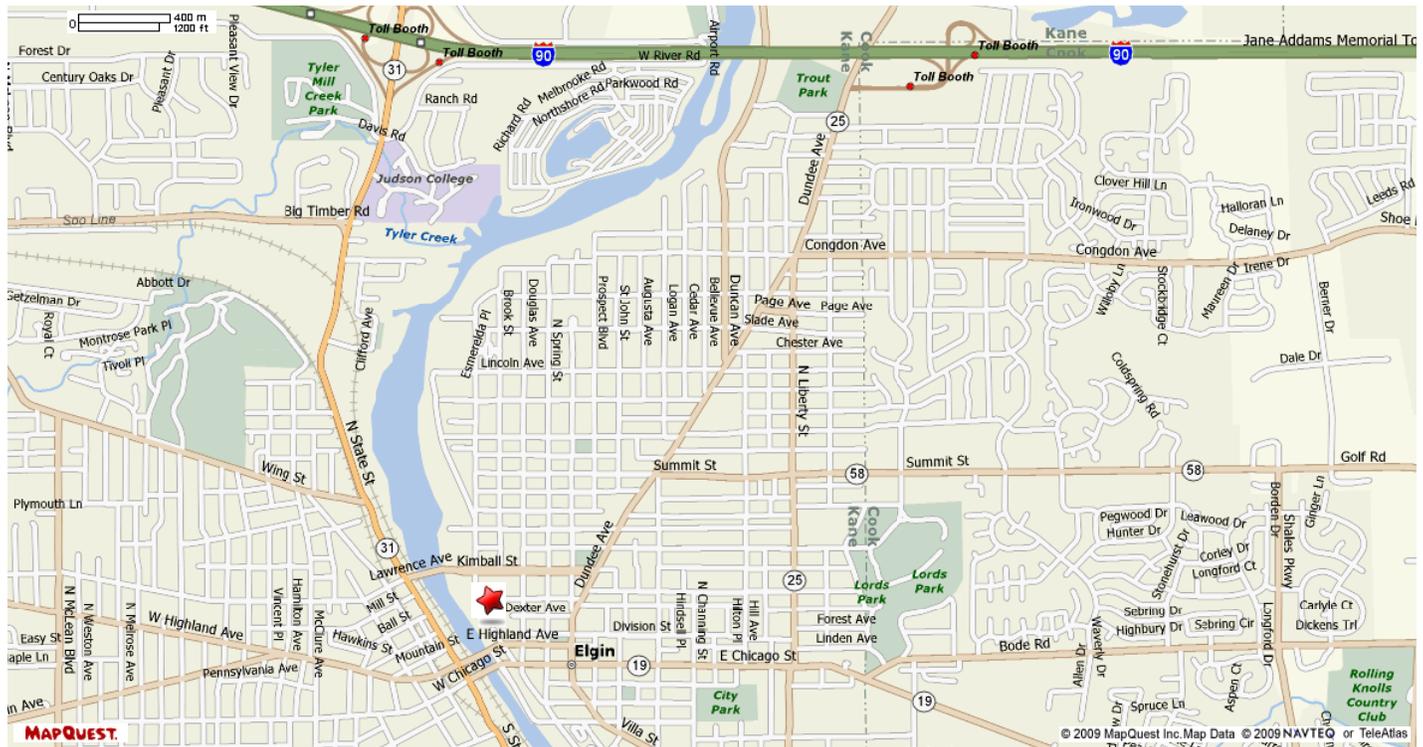
*This event is open to all who wish to attend*



**NEED MORE INFO?**

Chris D. 847-997-2102  
Donna K. 847-343-2947  
Marcia S. 815-222-9768

Special Needs – Michelle B. 847-323-3586



## 2009 Big Book Conference Registration Form

**Make checks payable to: 2009 Big Book Conference, P.O. Box 1434, Elgin, IL 60121**

*All mail in registrations need to be received by Oct. 3, 2009*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Conference \$13.00     Lunch \$7.00

TOTAL ENCLOSED \$ \_\_\_\_\_

Circle Where Appropriate:    **AA**    **AI-Anon**    **Alateen**    **Guest**    **Hearing Impaired**

# 22<sup>nd</sup> Annual Getaway

More full flyer info below -

## August 7<sup>th</sup> -9<sup>th</sup>, 2009

Nicolet Forest Campground

N3116 Highway 55

White Lake, WI. 54491

(715)882-4002

**Join us for a weekend of camping and fellowship.**

**Enjoy a weekend of camping, rafting, shopping,  
great food, fun, plus**

### **Saturday \*Bonfire Open Meeting**

**Meet and Greet: ..... Friday at Dusk**

**Dinner .....Saturday at 6 PM**

**Al-Anon Speaker: Lori N, Lake Villa, IL**

**AA Speaker: TBD**

### **Camping Rates**

**\$9.00 per person per night ..... \$8.00 for this event!**

**\$25.00 advance deposit per campsite (deducted from your camping fee at time of check in)**

**Electric sites: additional \$5.00 per night**

**Large Group Sites: \$50.00 advance security deposit (refundable at time of check out)**

**Campground rules and directions to local points of interest available at Check-in \***

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### **About US**

The *Wolf River Nicolet Forest Campground* is privately owned and operated by Phil and Debbie Fay. The campground is nestled in the beautiful Nicolet National Forest with the Wolf River bordering it.

Our mission is to provide the camper with a true Northwood's experience, to get away from the noise, the crowds, the pace, and the stress of suburbia. Feel the cool air and smell the freshness of the forest. To see the tall pines and beautiful hardwoods and to see some of the abundant wildlife that thrives in the Northwoods.

**\*Bonfire subject to Fire Marshall and Campground Owner's Restrictions \***

**A Wisconsin Fishing License is required to fish and is available where you buy bait or at WalMart in either**

**Antigo or Shawano.**

**Please respect the rules of the Menomonie Indian reservation**

# Reservation Form for Dinner and Shirts

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone: (home/cell) \_\_\_\_\_ (work) \_\_\_\_\_

Email Address \_\_\_\_\_ Dogs are welcome, but must be on a leash and picked up after.

Number of Adults at \$8.00 \_\_\_\_\_ Number of Children at \$5.00 \_\_\_\_\_

**T-Shirt Orders must be placed no later than July 30<sup>th</sup>, 2009**

**T-shirts \$15.00 each**

**Sweat-shirts \$20.00 each**

Number of Shirts

Number of Sweatshirts

sml. med. lrg. xl. \*xxl. \*xxxl.

sml. med. lrg. xl. \*xxl. \*xxxl.

\*Please add \$ 3.00 each for sizes over XL

Please send all payments and questions to:

**Nicolet Getaway**

**Attention: Lenny Konieczski**

**31W365 Bode Rd Elgin, IL 60120**

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Any further questions please call Lenny (224-489-8562) or e-mail @ [im12steppin@sbcglobal.net](mailto:im12steppin@sbcglobal.net)

**Visit the Campground Website!**

<http://www.Wolfrivercampground.com>

**Please Note: Special rate applies to camping between the 7th and the 9th only.**

**Early arrivals and late departures please pay the regular rate.**

**2009 (36<sup>th</sup>) Illinois State Conference and  
 (29<sup>th</sup>) East Central Regional**

# Gratitude in Action

**August 7<sup>th</sup> – 9<sup>th</sup>, 2009**

at the Holiday Inn – City Centre, Peoria, IL



## Speakers:

- Friday Night – Bill M. from Santa Rosa, CA
- Saturday Afternoon (Al-Anon) – Patty S., Marengo, IL
- Saturday Night – Inez Y. from Sacramento, CA
- Sunday Morning – Tina H from Waukesha, WI and the East Central Regional Trustee

### DEADLINES for REGISTRATIONS

- Hotel Reservations ..... **Monday, July 20<sup>th</sup>, 2009**  
(Special Room Rates not available after this date)
- Banquet..... **Friday, July 31<sup>st</sup>, 2009**  
(after that subject to first come first serve availability).
- Delegates Luncheon..... **Friday, July 31<sup>st</sup>, 2009** (current and past Delegates only).
- Requests for Translators ..... **Monday, July 20<sup>th</sup>, 2009**

\*\*\*Conference Registration tables will open at 4pm on Friday, August 7<sup>th</sup>\*\*\*

- ✓Alcathons ✓Speakers ✓Banquet ✓Dance ✓What's On Your Mind and Ask It Basket
- ✓Hospitality Room ✓Al-Anon Events ✓Alateen Events
- ✓Literature ✓Archives ✓Grapevine ✓Panels: Oldtimers, Young People, and More!!!
- ◆70<sup>th</sup> Anniversary of the Big Book◆ ◆65<sup>th</sup> Anniversary of the Grapevine◆

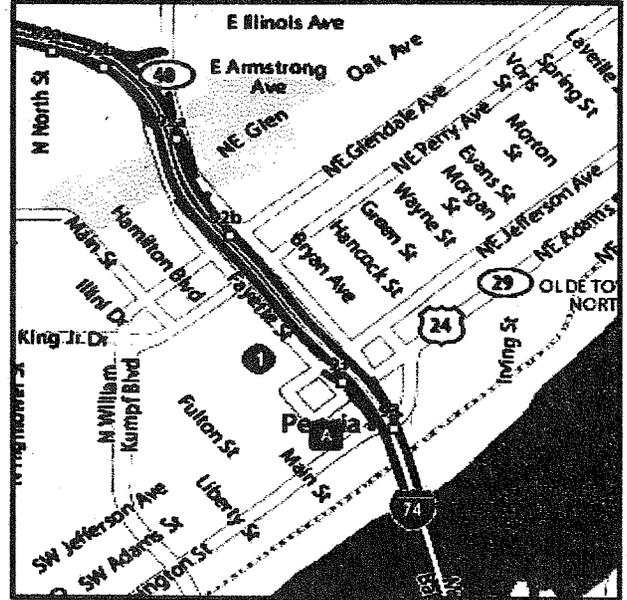
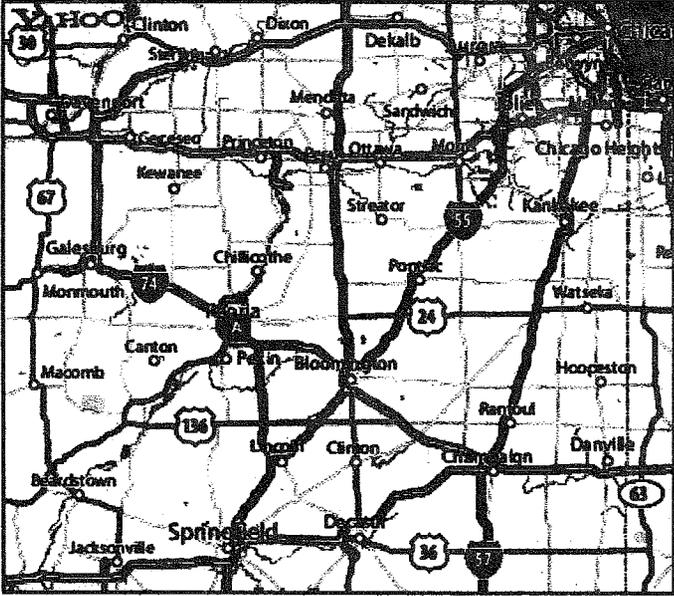
<b>Use one form for <u>each person</u> in your family or group.</b>			
Alateen's attending without their parents must have a completed permission slip which is available at <a href="http://www.niafg.org/alateen">www.niafg.org/alateen</a>			
Full Name			
Name on Badge			
Street			
City	State	ZIP	
Phone	Alt. Phone		
Email (optional)	Recovery Date (Optional)		
Banquet seating is 10 per table. To sit together at the banquet you must send all registration forms and payments (10 or less) in the same envelope.			
Choose one >	\$25.00	<input type="checkbox"/> Conference Registration (includes Dance)	
Total	\$50.00	<input type="checkbox"/> Banquet and Conference Registration	
Add	\$16.00	<input type="checkbox"/> Current and Past Delegate Luncheon	
Choose one >		<input type="checkbox"/> AA <input type="checkbox"/> Al-Anon <input type="checkbox"/> Alateen <input type="checkbox"/> Guest	
Gratitude in Action Service needs & opportunities Please see back of form	Make Checks Payable to: <b>2009 A A State Conference</b>		<b>Mail to:</b> 2009 AA State Conference PO Box 5802 Peoria, IL 61601-5802

# 2009 Illinois State and East Central Regional Conference

To get directions via online map service, use this address: 500 Hamilton Blvd., Peoria, IL 61602

A → Peoria, IL

① **Holiday Inn Peoria - City Centre**



**Lodging:** Contact the Holiday Inn City Center at 309-674-2500

**Holiday Inn City Centre Room Rates:**

\$ 90 Two Double Beds – One Queen Bed – One King Bed

\$120 Suites

Handicapped rooms available upon request.

*Due to the Smoke Free Illinois Act, only a very limited number of hotel rooms are designated for smokers. There is no smoking in any public areas, including meeting rooms, or within 15 feet of entrances. Hotel rooms where guests are allowed to smoke in their own room will probably go quickly.*

*Contacts for additional information:* Pat R. at (309) 360-6303 or Dean B. at (309) 648-2339

*Transportation options:* Peoria Charter Coach, Amtrak, Peoria Regional Airport (PIA), Central Illinois Regional Airport (BNA), Springfield Airport (SPI).

See the Southern Illinois Area Website for details and additional maps at [www.aa-sia.org](http://www.aa-sia.org)

## Special Needs Requests

### I need help with:

- |   |  |
|---|--|
| <input type="checkbox"/> I use a walker or cane or O <sub>2</sub> | <input type="checkbox"/> Translation to (specify language below) |
| <input type="checkbox"/> I use a wheelchair                       | _____  |
| <input type="checkbox"/> Hearing Impaired                         | <input type="checkbox"/> ASL                                     |
| <input type="checkbox"/> I have Limited Vision                    | <input type="checkbox"/> Other:                                  |

### Service Opportunities

#### I am able to help with:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Greeters                  | <input type="checkbox"/> Set up         | <input type="checkbox"/> Escorting Attendees          |
| <input type="checkbox"/> Hospitality Room          | <input type="checkbox"/> Take down      | <input type="checkbox"/> Provide Translation          |
| <input type="checkbox"/> Security                  | <input type="checkbox"/> Alcathon Chair | <input type="checkbox"/> Smoking law awareness        |
| <input type="checkbox"/> Hotel guide               | <input type="checkbox"/> Food           | <input type="checkbox"/> Guide in hotel               |
| <input type="checkbox"/> ASL translation           | <input type="checkbox"/> Soda           | <input type="checkbox"/> Scholarship to conference    |
| <input type="checkbox"/> Share a ride              | <input type="checkbox"/> Other          | <input type="checkbox"/> Donation for Hospitality Rm. |
| <input type="checkbox"/> Guide for Vision Impaired | <input type="checkbox"/>                | <input type="checkbox"/> Real time translation        |

