

# HIGH 'N DRY

Volusia County Intergroup Services



March 2021

Districts 8, 19, 20, 21 and 32

## Coastal Centre

1635 S. Ridgewood Avenue, Suite 107, South Daytona, FL 32119  
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Volusia County Intergroup Services Website: <http://aadaytona.org/>



### A.A.'s® Responsibility Statement

*"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible."*



## Editor's Choice

### A good friend gets sober in Germany

*Alkoholikerin.* This is what I said when I would go to a German-speaking meeting where I got sober. I'm Dora and I'm an alcoholic. My home group is now the Orange City Grateful Group in District 19. My first 27 years of sobriety were in Germany, mostly in meetings close to American military installations. When I first got sober on March 23, 1978, the English-speaking group in Zweibruecken, consisted of one person, Paul H. Thanks to the grace of God, it was through Paul that the message of recovery was freely given to me.

It was on that cold, rainy March day that I ended up on Paul's doorstep, hungover and angry. I had every intention of telling this nice couple my tale of woe about my husband and the horrible stepson whose chaos was causing me such grief. Instead, the words that came out of my mouth were "I think I have a drinking problem". God had indeed intervened in my life in the most miraculous way. Paul responded, "Well, honey, you've come to the right place. He then gave me

my first copy of the 'Big Book' and I was on the road of happy destiny. Now nearly 43 years later, I treasure that memory of getting sober in that tiny town with two American military installations. That group ebbed and flowed with members coming and going with their military assignments. Paul became critically ill after two years and had to be medevacked back to the states where he eventually passed on. He left me the coffee pot, the keys, the checkbook, and told me I was now the old-timer in our group. He taught me all about service work by being the example I still follow today. For those 13 years, I watched my group grow from two to 25. Shortly thereafter, the base closed and I took a transfer to another military base.

For the next 14 years I worked in the military schools in Bitburg, Germany and my home



(continued on next page)

### Highlights in this issue:

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**Total years  
of sobriety  
for March:  
1,312**

# Volusia Voices

## Thoughts, information, shares from people we know

### The Third Step Principle

# Faith

I have been in Alcoholics Anonymous for many years. This year in particular, however, I realized I wasn't as happy, joyous and free anymore. After a long time in A.A., life still happens. Illness combined with caretaking for sick loved ones had me burnt out.

As I have learned over the years, my coping skills were a little broken. I had placed too much emphasis on the people in A.A. filling a position only God can. I'd forgotten the principles of the fellowship are what attracted me to A.A. I had forgotten this is not a social club — it is a place to share our experience, strength and hope and help others to recover if they are ready to do so.

So what did I change within me to get my shine back and become able to manage to stay sober and deal with life on life's terms even with long term sobriety? I prioritized myself and God as priority #1, regardless of who was in my life. For

most of my life I thought people made me happy, but last year more than ever I learned that this belief is far from true. Happiness comes from within and doing things worthy of esteem produces happiness within me.

I realized I often look to others with the same dependence for them to be more than they can be — as I had with alcohol. I realized only God and myself can change me and my defects. I learned reliance on God needs to come first and foremost, NOT reliance on others.

I also realized you cannot be happy, joyous and free if you are not making time for balance. Even after a long time in the rooms, during high-stress times I revert to my old unhealthy habits — coffee, sugar, refined carbs. To truly be of healthy mind and soul, we need to nourish our bodies with the right foods and exercise as well as mindfulness.

Also, prayer, meditation and self-care need to come first, before constantly doing for others. Fill your cup first. After only a few weeks, I felt the light return and I was reminded alcohol wouldn't fix anything but my Higher Power can heal anything if I ask and am willing.

—Becky C, Contributor  
*Peace of Mind, NSB*

### **Getting sober overseas**

*(continued from page 1)*

group was usually between 6-12 people, mostly men with a smattering of local German citizens who liked the English-speaking meetings. My memories of getting sober in Germany are full of round-ups, campathons, conferences, and service meetings all over Europe from France to Luxembourg, Belgium, the Netherlands, Switzerland, and Great Britain. What a privilege to be able to serve this wonderful program and fellowship. Road trips were a must.

Our group usually had only two meetings per

week, so we would load up my van and head out to Luxembourg, Cologne, Kaiserslautern, and Baumholder to get to more meetings. There was no such thing as 90 in 90. Today, some 15 years later since I retired to Florida, I still am in touch with lifelong friends that I treasure from my earlier sobriety. I have a sponsee from my old home group who lives in Germany and who I meet with weekly on ZOOM. God has blessed me with so much in sobriety. I could truly write a book about all the miracles, people, and adventures I have had since that amazing day I walked into Paul's house.

—Dora M, Contributor  
*Grateful Group, Orange City*

#### **GSO Contributions:**

General Services Office  
Grand Central Station,  
P.O. Box 459  
New York, NY 10163

#### **Area Contributions:**

NFAC Treasurer  
PO Box 10094  
Jacksonville, FL 32247

#### **Intergroup Contributions:**

Volusia County Intergroup  
Coastal Centre  
1635 S. Ridgewood, # 107  
South Daytona, FL 32119

# Volusia Voices

## Reader's Choice

### Heard it through the Grapevine

*Editor's note: Gary D, member of the 5:30 REBOS A.A. group, recommended a Grapevine series entitled "Traditions Checklist." The 12-part series, which ran from 1969 to 1971, included articles and questions corresponding with each tradition.*



*The questions were originally intended primarily for individual use, but many A.A. groups have since used them as a basis for wider discussion. Since this is March, High 'n Dry is publishing the questions corresponding with Tradition Three:*

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***The only requirement for A.A. membership is a desire to stop drinking.***

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For a complete list of questions, go to [www.aa.org](http://www.aa.org) and search for Traditions Checklist (SMF-131).

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### Third Tradition Checklist

1. In my mind, do I prejudge some new A.A. members as losers?
2. Is there some kind of alcoholic whom I privately do not want in my A.A. group?
3. Do I set myself up as a judge of whether a newcomer is sincere or phony?
4. Do I let language, religion (or lack of it), race, education, age, or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity? By a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at A.A. needing information or help (even if he can't ask for it aloud), does it really matter to me what he does for a living? Where he lives? What his domestic arrangements are? Whether he has been to AA before? What his other problems are?

### A note from our treasurer

First, thank you for allowing me to be of service. A.A. and my Higher Power have done for me what I couldn't do for myself.



We are publishing (in High 'n Dry) a summary of our monthly P&L statements for our members. Our monthly P&L's are also available for you to view during our normal Intergroup store hours. Don't hesitate to ask. I volunteer every Tuesday in the store, so if you have questions, please leave a note with your contact information and I will call you while I'm volunteering.

*—Rick R, Treasurer  
Never Had It So Good*

### How we're doing — January 2021 P&L summary

	Jan. 2021	Jan. 2020	YTD
Contributions/Donations	\$2,588.10	\$3,760.35	\$8,586.68
AA and Non-AA Literature Sales	\$2,446.95	\$3,779.03	\$7,694.68
AA and Non-AA Goods Sales	\$1,919.03	\$1,633.15	\$3,926.55
<b>Total Income</b>	<b>\$6,954.08</b>	<b>\$9,172.53</b>	<b>\$20,207.91</b>
Cost of AA and Non-AA Goods	\$1,137.09	\$893.80	\$2,258.61
Cost of AA and Non-AA Literature	\$1,801.35	\$2,947.70	\$5,543.61
Admin. and Office Expenses	\$4,627.27	\$5,279.33	\$10,086.80
<b>Total Expenses</b>	<b>\$7,565.71</b>	<b>\$9,120.83</b>	<b>\$17,889.02</b>
<b>Profit or Loss</b>	<b>-\$611.63</b>	<b>\$51.70</b>	<b>\$2,318.89</b>

Editor's Disclaimer: This newsletter communicates the thoughts and feelings of its editor and contributors and reflects A.A. experience with recovery, unity and service. Articles are not intended as statements of A.A. policy. Publication does not imply endorsement by either A.A. or this newsletter. Articles are invited, but the editor reserves the privilege of accepting, rejecting or editing all submissions. Editor's email: [editor@aadaytona.org](mailto:editor@aadaytona.org).

## Intergroup news and information

**Volusia County Intergroup Representative's Meetings:** 6:30 pm, 3<sup>rd</sup> Thursday each month at the Central Baptist Church, 142 Fairview Ave (just north of International Speedway Blvd. off US 1)  
**Steering Committee Meetings:** 6:30 pm, 2<sup>nd</sup> Thursday each month, 1635 S. Ridgewood Ave.



### Groups represented at the Intergroup Representative's January 2021 meeting:

Love and Service  
Sunrise Group  
Saturday Night Beginners  
High Noon  
Lifesavers  
Sobriety First  
Sand & Sea

### Volusia County Intergroup Office

Open:

Monday – Friday  
9 am – 5 pm

Saturday 9 am – 1 pm  
Anniversary Coins, Books,  
Book covers, Cards,  
Jewelry.

*Credit cards accepted.*

### Vacant Service positions

If you are interested in Service work at Intergroup, please contact our Office Coordinator Margaret K. We currently need a few back-up office workers and 12-steppers.

Email:

[admin@aadaytona.org](mailto:admin@aadaytona.org)  
Phone: (386) 756-2930

### Special thanks to the following Home Groups for their contributions:

YOLO  
Hour of Power  
Back to Basics/Deland  
Peace of Mind  
Happy Hour DB  
Sunrise Group/Deland  
Seaside Group  
Beachside NSB  
Peace of Mind  
Had Enough Group  
Saturday Night Beginners  
Lest We Forget  
Any Lengths OB  
PI/PCP  
District 32

**When sending a donation check, please be sure your group's name is noted.**

### Committees, Coordinators, and Volusia County Intergroup updates for January 2021

**Office Coordinator:** We had 56 calls for information and 12-Step calls, and 195 visits. I have not been released to return to work yet. I have been able to come into the office for around five hours a week. I expect to return to my regular hour in two to three weeks. — Margaret K

**Archives Report:** Patty O is scanning early High 'n Dry issues. Joan O is transcribing Old-timer interviews. Kara K is doing interviews. I'm keeping notebooks current. Jim B is submitting articles for High 'n Dry. — Carolyn C

**Website Administrator:** We had 17,344 page views with an average time of 2 minutes and 31 seconds spent on website. I created the new PI CPC page, updated meetings, performed security updates and website maintenance. — Hugh (Check out the new [PI CPC](http://aadaytona.org/service/pi-cpc/) page at <http://aadaytona.org/service/pi-cpc/>.)

**High 'n Dry Editor:** We sent 317 digital copies of the February newsletter, and printed 600. We're getting excellent article submissions and continue to look for willing contributors and a variety of topics. — Mary Ellen

**Corrections and Treatment Coordinator:** We have a few time slots open for volunteer visitors to corrections and detox centers. We need volunteers to correspond with corrections individuals, male-to-male. — Tim D

## Changes to the meeting list

**NEW: Outsiders Group:** Mon and Thurs, 7 pm, Rock Church, 1818 Taylor Road, Port Orange, Contact: Joan L, 386-689-0339

**Donut Group Beginners' Meeting:** ZOOM: Sunday, 9 am. First Three Steps. ZOOM ID: 844 5224 3033. PW 318992.

**Steps for Life,** Women's Step has found a new location at Port Orange Presbyterian Church, 4682 S Clyde Morris. Saturday, 10 am.

**New Dawn** group has set up ZOOM meetings at 7:30 am, Monday-Saturday. ZOOM meeting: ID#797 5326 3971; PW #118222.

**Miracles do Happen** in Ormond Beach has resumed meetings at St. James Episcopal Church. Beginners Big Book-based, Wednesday, 5:45 pm.

**High Noon** is conducting in-person meetings at noon, Mon through Sat at United Church of Christ's outside picnic table in New Smyrna Beach, 203 Washington St. Weather permitting. Bring chair.

All meetings at Grace Episcopal Church in Port Orange have been temporarily suspended, including Women's New Beginnings (Mon, 6 pm), New Hope (Mon, 7:30 pm), Turn the Page, and New Dawn.

For a complete and updated list of meetings, please visit <http://aadaytona.org/updates/>.

### Choose to Volunteer! **HELP!**

Previous High 'n Dry editor Tom L is compiling a history of the newsletter. If you are a former editor, or have information about former editors, contact Tom at [tomlucketjr2114@gmail.com](mailto:tomlucketjr2114@gmail.com).

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Hugh P, our webmaster, is looking for a volunteer to help update meetings and events. Contact Hugh at [hughpatricktech@gmail.com](mailto:hughpatricktech@gmail.com).

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Tim D, Corrections and Treatment coordinator, is looking for volunteer visitors to corrections and detox centers. He also needs volunteers to correspond with correction individuals. Contact Tim at [dirtydynamics@gmail.com](mailto:dirtydynamics@gmail.com).

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The Intergroup office needs back-up volunteers / 12-steppers. Contact [admin@aadaytona.org/](mailto:admin@aadaytona.org/)

## District news

### Monthly District Meetings

**District 8:** Last Monday – 7:15 pm, Almous Club, 569 Foote Court, Daytona Beach

**District 19:** 4<sup>th</sup> Monday – 6:30 pm, First Cong. Church (Fellowship Hall), 201 W. University, Orange City

**District 20:** 3<sup>rd</sup> Sunday – ZOOM only, 7 pm. ZOOM ID: 793 177 1913 (no password).

**District 21:** 2<sup>nd</sup> Tuesday – 6:30 pm, St. James Episcopal Church, 38 S. Halifax Drive, Ormond Beach

**District 32:** 1<sup>st</sup> Monday – ZOOM only, 6 pm. Contact [dbflorida2@gmail.com](mailto:dbflorida2@gmail.com) for email invitation.

*Want to know what's happening in your District? All A.A. members are welcome to attend their District meetings listed above and get involved!*

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### When Faith is Missing Daily Reflections

**Sometimes A.A. comes harder to those who have lost or rejected faith than those who never had any faith at all, for they think they have tried faith and found it wanting. They have tried the way of faith and the way of no FAITH**

*Twelve Steps and Twelve Traditions, p. 28*

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### Step III

“Made a decision to turn our will and our lives over to the care of God, as we understood Him.”

### Tradition III

“The only requirement for A.A. membership is a desire to stop drinking.”

### Concept III

“To insure effective leadership, we should endow each element of AA — the Conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional “Right of Decision.”

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## From the Archives

### Play the Big Book Trivia Game

Several years ago, at the A.A. Founders Day Dinner in June sponsored by District 32, one of the activities was **Big Book Trivia**. When scanning papers from the district, the material used for the game was included. It is a print out from the website

<http://www.barefootsworld.net/aa-bbtrivia.html>

A copy of the complete article (11 pages) is available in the Archives. Contact Carolyn C at [archives@aadaytona.org](mailto:archives@aadaytona.org).

#### Clues:

- p. xvii: "The very first case"
- p. 4: "Wife's parents"
- p. 7: "Nationally known hospital"
- p. 8: "Kind Doctor"
- p. 15: "Western City"
- p. 43: "Staff member at world renowned hospital"
- p. 50: "American Statesman"
- p. 156-157: "The man on the bed"
- p. 163: "A.A. member living in large community"  
Dr. Bob's story
- p. 171: "Small New England village"
- p. 179: "The crowd of people Dr. Bob was thrown in with"

#### Answers to Big Book Trivia:

- p. xvii: Eddie B. Bill and Bob were not successful with Eddie but Eddie B. was at Dr. Bob's funeral with one year of sobriety.
- p. 4: Dr. Clark Burnham and Matilda Hoyt Bunham (Spelman)
- p. 7: Towns Hospital located on Central Park West in New York City. Established in 1917.
- p. 8: Dr. William Silkworth was chief physician and psychologist at Towns Hospital.
- p. 15: Cleveland, Ohio. Home of Clarence Snyder, "The Brewmeister"
- p. 43: Percy Pollick. He was a psychiatrist at Bellevue Hospital in New York City.
- p. 50: Alfred E. Smith. Four times governor of New York state
- p. 156-157: A.A. member number three. Bill was the first to stay sober in A.A. without a slip.
- p. 163: Hank P. Montclair, New Jersey
- p. 171: St. Johnsbury, Vermont
- p. 179: The Oxford Group



— Carolyn C, Archives

#### Point of View

### What's the problem?

Within A.A., there is a difference of opinion whether the problem is the alcohol or the alcoholic — and it makes a difference. For instance, if you think the problem is the alcohol, then all you need to do is to stop drinking and there is no problem. Because of our "singleness of purpose," some members stop drinking and think it is okay to switch to marijuana. They go to meetings high and think of themselves as sober A.A. members because they do not drink. Many of us think that the problem is the alcoholic herself or himself, and that the goal of most of us is to stay sober and to work on



changing to become a better person. Are not Steps 4 through 12 about changing the person so that they do not have to drink or get high? If the problem is the person, why do we limit ourselves to alcohol? I hear people shouting, "Singleness of purpose!" Perhaps we need to change. We constantly tell people that, if they want to grow, they must change. Is that not true of A.A. also? Because of A.A.'s organizational structure and unquestioning adherence to the founders' views, A.A. is stuck in the 30's and it is extremely difficult to put forward significant changes in A.A.

That topic, however, is for another time.

— Wilfred, Contributor  
High Noon, NSB



## In memory of Lee Thompson

We are saddened that Lee was tragically taken from us on Feb. 9, 2021, while riding his trike to one of his many A.A. meetings. Lee was a much loved member of our Fellowship and is remembered as a kind and thoughtful person who will be missed by all who knew him. Our condolences go to his family and many friends for their loss.

**A memorial service for Lee will be held Saturday, March 6 at 2 pm at the United Church of Christ, 651 Taylor Rd., Port Orange.**

### Top 10 ways to get more out of A.A.

*The following tips were provided at the recent District 20 / Area 14 workshop:*

10. Pick up the phone, just like in the old days.
9. Talk with another alcoholic. Invite them to a workshop or ZOOM meeting with you.
8. Write a letter.
7. Be on a phone list.
6. Learn the literature and make it come alive!
5. Take a lesson from the Loners.
4. Invite a resource to speak. Past delegates are great resources.
3. Consider having a "sister group" (or "brother group") to share ideas with and invite to each other's functions.
2. Stay the course — stoke the energy — get excited about A.A. It's contagious.
1. **Have fun!**

**THANK YOU!**

### February 2021 Volusia County Intergroup Donations

Group contributions: \$2,290.17

Anonymous donations: \$147.00

7<sup>th</sup> Tradition donations: \$39.00

**Total: \$2,476.17**

**When sending a donation check, please be sure that your group's name is noted.**

## Upcoming Events

### A.A. Intergroup Picnic coming soon!

When: Sunday, April 18

Noon – 3 pm



Where: Reed Canal Park, Port Orange

Speaker: 1 pm

Tickets: \$5

Dunking booth • 50/50 raffle • Games • Food

Please bring a covered dish. Support your local Intergroup office and have **FUN!**

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### Space Coast round-up

*(an invitation from the Space Coast)*

Join us for a round-up and camping experience.

When: March 12, 13, 14

Where: Wickham Park Regional Pavilion and Campground

What: 50/50 raffle • Basket raffles • Bonfire meetings • Sobriety countdown

Speakers (March 13): Jennifer M, Vero, FL; Johnathan, Vero, FL; Joe S, Myrtle Beach, SC.

Registration: \$20

Register online at <https://spacecoastroundup.com>

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### Save the date!

The 64<sup>th</sup> Florida State Convention is scheduled for Aug. 5-8 in Jacksonville. In addition to needs-tailored meetings and speakers, the event will include several social opportunities (run / walks, ice cream socials, entertainment, etc.) Host hotel is Hyatt Regency, Jacksonville. For more information, visit <https://www.64.floridastateconvention.com/>

# March Anniversaries

NAME	YR	DATE	NAME	YR	DATE	NAME	YR	DATE
<b>5:30 Group</b>			<b>High Noon</b>			Gary D	16	3/2/2005
Bill C	36	3/27/1985	Cynthia H	25	3/17/1996	Andrea D	8	3/18/2013
Lynne K	31	3/17/1990	Leeanne S	3	3/24/2018	<b>Peace of Mind</b>		
Andrea D	8	3/18/2013	<b>Hour of Power</b>			Laurie	23	3/8/1998
Betty V	6	1/6/1900	Pat M	33	3/18/1988	Hank B	22	3/3/1999
Faith W	7	3/14/2014	Chris W	25	3/16/1996	Kathleen W	12	3/25/2009
Dan F	4	3/29/2017	Nancy L	12	3/31/2009	Foesst L	6	3/17/2015
<b>Aloha Group</b>			Debby H	11	3/11/2010	Gary W	3	3/13/2018
Pat I	35	3/10/1986	Lori P	10	3/14/2011	<b>Precisely How</b>		
Cathy S	4	3/15/2017	Steve D	8	3/26/2013	Chad M	15	3/9/2006
<b>Beachside NSB</b>			Brian F	4	3/11/2017	<b>Saturday Morning Step/ OC</b>		
Jane L	15	3/13/2006	<b>Lest We Forget</b>			Dave D	6	3/18/2015
Debbie M	36	3/10/1985	Carolyn M	16	3/1/2005	Lesly L	3	3/18/2015
<b>Choice Is Yours</b>			Stephani W	2	3/28/2019	<b>Steps for Life</b>		
Dave B	44	3/21/1977	<b>Lifesavers</b>			Mary Beth F	31	3/29/1990
Doug from Boston	37	3/23/1984	Cynthia H	25	3/17/1996	<b>Way of Life</b>		
<b>Deltona Men's Group</b>			Lloyd T	6	3/10/2015	Bert D	55	3/21/1966
Michael K	24	3/24/1997	David B	3	3/26/2018	Tom K	44	3/17/1977
Russ B	7	3/11/2014	Dave C	1	3/16/2020	Harold P	24	3/31/1997
<b>Early Ducks</b>			<b>New Dawn</b>			Bill R	20	3/25/2001
Don S	38	3/1/1983	Darryl H	41	3/16/1980	Melissa C	2	3/23/2019
Tonya R	23	3/10/1998	Mich Mike	39	3/15/1982	Steve H	1	3/4/2000
Jim B	14	3/3/2007	Koralee S	36	3/25/1985	Kein T	1	3/18/2000
Francis F	9	3/18/2012	Sue D	32	3/9/1989	<b>We Are Alive</b>		
Daryl H	8	3/21/2013	Donita S	11	3/20/2010	Andrea D	8	3/18/2013
Chris W	2	3/7/2019	Don M	9	3/10/2012	Bryan F	4	3/11/2017
<b>Friday Noon Men's</b>			Julia C	5	3/19/2016	Alberto	2	3/28/2019
Gus B	40	3/14/1981	Mike B	3	3/12/2018	<b>Wednesday Women's Group</b>		
Mike C	19	3/8/2002	Kim R	2	3/18/2019	Sandy S	38	3/20/1983
Brian W	3	3/2/2018	Stephanie W	2	3/28/2019	Eileen S	37	3/6/1984
<b>Friday Sobriety</b>			<b>New Hope</b>			Bonnie	34	3/29/1987
Vic C	37	3/4/1984	Dan B	3	2/28/2018	Marti S	19	3/17/2002
Dave D	2	3/1/2019	<b>New Smyrna Beach Group</b>			Pat K	6	3/15/2015
<b>Happy Hour - DB</b>			Bruce J	32	3/17/1989	<b>Women's Book Study</b>		
Steve H	34	3/1/1981	<b>The Outsiders</b>			Kathy G	15	3/20/2006
Benny B	32	3/10/1989	Dave G	34	3/13/1987	Linda B	10	3/18/2011
Sandi O	27	3/31/1994	Mike B	3	3/11/2018	Jules C	5	3/19/2016
Adam W	13	3/18/2008	<b>Pass It On - Victor E</b>			Hannah S	2	3/18/2019
Pascale E	12	3/31/2009	Buddy B	24	3/27/1997			
Laurice M	3	3/7/2018						

Anniversaries submission deadline: The 15<sup>th</sup> of the previous month. Please bring or mail your group's anniversary dates to the Intergroup office, or email the list to [admin@aadaytona.org](mailto:admin@aadaytona.org).