

Peel District Meeting 10 August 2019

Minutes of the Peel District meeting of Alcoholics Anonymous:

Location: Kwinana Anglican Church corner Bickner Way and Chisholm Avenue Kwinana.

1. Open

Dennis (DCM) opened the meeting at 1:38pm welcome extended to new members and visitors.

2. Present

Peter S Mundijong Monday; Don R Peel District Treasurer; Susan B Peel Secretary; Dennis Doran Mandurah and Peel District DCM; Dennis Mandurah Steps; Louise Alternate GSR Mandurah Steps; Nicole Medina 6pm Tuesday; Samson Armadale GSR; Joyce B Medina PI Assistant; Kerry I Area Prisons

3. Apologies

Tracey PI Byford, Sally K Mandurah Tuesday/Friday lunchtime/Sunday morning, Marilyn GSR Mundijong Women's Group Wednesday

4. Reading of 12 Traditions by Louise from Mandurah; District Purpose by Don R Peel District Treasurer.

5. Minutes

Moved Don, seconded Susan B:

Carried

6. Business arising (review of action items list):

13. Complete – add District Map and structure bookmarks
15. Ongoing
16. Complete
17. Complete
18. Ongoing
19. Complete with following changes – This action item is in two parts both drafts at Appendix A:

1. Letter to Doctors and Other professionals –

- Edit 1: adding meeting list as AA Perth website.
- Edit 2: to read “and to other interested members of the community to attend open meetings”.
- Edit 3: “those non-alcoholics are asked to please do introduce yourself”.
- Edit 4: “Do not participate” to “only alcoholics share at our meetings”.
- Edit 5: other minor amendments provided by Louise
- Edit 6: change “contribute” to “donate”

2. Pamphlet to University Students –

- Edit 1: Added to Tertiary Students
- Edit 2: Spelling mistake – change “Disappoint” to “disappointment”
- Edit 3: add “AA can provide voluntary speakers to share their experience, strength on request”
- Edit 4: add contact as Peel District Secretary email
- Edit 5: remove meeting ending - joining hands, circle, closing prayer

Colour of Tertiary students from most red to blue print

- 20. Complete
- 21. Complete
- 22. Ongoing

Action item raised – See item 23 – District to purchase book marks – planned for up to 200 to be purchased – allowed for \$70 – Susan B responsible

Approved Moved Kerry seconded Joyce

Action item raised - See item 24 – Don R to provide 25 of each for Sally I and 25 each for Kerry I

Action item list updated accordingly.

7. Correspondence:

7.1. Correspondence IN:

- 10 June 2019 received Kerry S obituary – forwarded to Peel District;
- 11 June 2019 received Mixer Poster, National Service Office Magazine aimed at PI;
- Received information from mid-West District regards to Geraldton roundup flyer in September and program – forwarded to Peel District;
- Received information from Area B PI Lyndal regards Como Senior High table at Health Expo – group discussed this was in Area B;
- Received PI sub committee minutes from Area B - forwarded to Peel District;
- Received Bunbury Group Anniversary - forwarded to Peel District;
- Received Area B minutes - forwarded to Peel District;
- Received bi monthly e-statement for Bank Account;
- Received Area Corrections Representative Report;
- Received information from Area B about closed Willagee meeting - forwarded to Peel District;
- Received from Mid-West for guest speakers for round up - forwarded to Peel District.
- 14 June 2019 - Received from CSO Perth Office – request from Cosi Bazzani Murray House Resourcing Centre – requesting updated AA Peel District Pamphlet for Social Referrals Booklet

Action item raised – see item 25 – Dennis will complete request from Cosi Bazzani Murray House Resourcing Centre – requesting updated AA Peel District Pamphlet for Social Referrals Booklet

7.2. Correspondence OUT:

- Forwarded various correspondence in;
- Sent thank you to Mid-West for flyers;
- 14 June 2019 Emailed CSO Serenity Editor and Calendar of events changes at District meeting.

Moved Don, seconded Peter: that the inward correspondence be received, and the outward correspondence be endorsed. Carried.

8. Reports:

8.1. DCM report

Dennis reports that Mandurah Thursday night meeting appears to be having problems, which god willing will resolve soon. The remaining groups in the Mandurah/Pinjarra area are doing well. I attended a meeting at Byford recently and found the venue very comfortable although there were only a few members in attendance, it was a pleasant one-hour meeting. This meeting needs support. I am not sure if they received a group information kit, but I will be willing to deliver one to them if one is available. It was disappointing to find poor representation by the South West District at Area B meeting in Bunbury. The Bunbury anniversary meeting was a great success. This plus the company of so many friends at dinner and at the meeting made the effort to attend well worthwhile. It was a great outing.

8.2. Treasurers report

Don advised reasonably financial in addition to provisional approvals as discussed previously in minutes – Full report as per Appendix A – held over is Newcomer Asks Pamphlets

Moved Joyce, seconded Samson: that the Treasurer's report be received. Carried.

8.3. Prisons reports

Report for Melaleuca Remand Facility:

Maria, the Melaleuca Coordinator reports that the meeting at Melaleuca is going well. There are lots of newcomers and several inmates that attend every week. At the women's request, we are reading Step One from the 12 and 12 and sharing on that. Some of the women are doing private book study outside of the meeting. The roster continues to be a juggle. While we do need more members to apply to come in, clearances are very slow and there is a backlog of members waiting. It is also a requirement that a fully inducted member attends each meeting and only a few members have done the training. As the trainer has left Melaleuca and not yet been replaced, this is not going to change any time soon. The outside members that are attending all report what a special meeting it is, and I certainly feel privileged to be a part of it.

Comment noted – Louise is attending Friday to conduct the orientation

8.4. Public Information/Schools Rep report

Tracey absent – assistant PI Joyce – District meeting AA cards to holistic health family Aubin Grove, IGA medina, AA cards popular, Blue Book to a Doctor, Literature to chemist Kwinana, Doctors Surgery Kwinana, Doctor at Rockingham Hospital and Alcohol Centre Rockingham, Mandurah Library to be set up 19 August.

Cooloongup Medical Centre Rockingham Poster and Literature, Mental Health Rockingham, Women's Clinic, Medical Centres Kwinana Hub, Kwinana Police Station, Southern Districts Community Centre Literature, Card posters.

Moved Don R, Seconded Kerry I - carried

8.5. Courts report

Kerry I reports that Rockingham Court has literature, Karnet and Casuarina Prisons are going well with Book Study's and Sponsoring in and when inmates are released. A letter of recovery will be in next Serenity from an inmate who was released and now attending meetings.

Moved Don R, seconded Susan B; Carried

8.6. Hospital/Institution Rep Report

No report (position currently vacant)

9. GSR Reports

9.1. Mandurah Tuesday/Friday lunchtime/Sunday morning

The Tuesday and Friday lunchtime meetings are doing really well with between 15 - 20 plus at each. Likewise, the Sunday morning meeting is doing great too.

9.2. Mundijong Group Monday

Pete S reports meeting with generally 10 attendees. Format is SITS – Speakers (Potluck in Winter), ID, Tradition (month), Steps (Month), fifth Monday if required is a topic meeting. Group Conscience is declining in members. Group is reviewing structure and may reduce monthly food meeting and speaker to quarterly.

9.3. Armadale meeting

Samson reports four meetings. Wednesday night going good starts at 7:30, has 12-15, monthly group conscience \$200 to PI Area B and \$100 to Area B prison rep. Saturday day going well, three new comers, bigger attendees 17-20 people. Sunday night 6pm going well 5-7 coming in. Friday night normally 7-12, 5 regulars. Group Inventory on 19 October 2019. Group anniversary went well about 35 people attended. Rotation of positions occurred. Will be doing every June prior to anniversary.

9.4. Mandurah Steps Meeting

Louise says we have recently rotated positions and have a new secretary. Attendance good, a lot of newcomers 5-7 a week.

9.5 Medina Tuesday Group

Nicole report group has good attendance – 4 homegroup members – haven't had group conscience due to illness, meetings are good. September start Saturday meeting on Apex Green.

9.6 Rockingham Peoples Group

Three meetings Friday speaker meeting going well – usually full house, Sunday steps and traditions always a good turnout, positive meeting. Sunday on each As Bill Sees it – positive meeting, flow of newcomers, 3 from Serenity lodge. Have prisons tin and often people add money. Have donated to area as they are short of money at present

9.7 Byford Thursday Meeting

Tracey reports she put messages on social media about the Byford meeting. Also has placed posters in the Byford Church. Packs done at Police stations. No reply from schools as yet.

Moved Don, seconded Kerry I: that all reports be received. Carried.

10. Review Peel District Pamphlet

Action item raised: see item 26 – 50 PDP to Kerry I.

Nil changes

Carried

11. General business

- 11.1.** Don R – email addresses for individual groups – Don requested whether groups have email addresses – Medina was only group that said they have one at this meeting. Don suggested started exploring email addresses for groups to reduce postage.
- 11.2.** Don R – advised we are exploring using a card reader at Mundijong meetings. For information only. Subiaco currently use one.
- 11.3.** Don R – asked are we going to have a workshop in the next 12 months – it was agreed we would do a workshop as the last one was a success. This will be held within the next year. Tentatively agreed March/April 2020. Start calling for suggestions for themes/topics.

12. Approval of expenditure

Moved Don, seconded Joyce: District to purchase 200 book marks – AA structure – allowed for 200 up to \$70 approved for District Packs and group and. Kerry I request \$100 for literature

Carried

Action item raised: item 23

Action item raised: item 27

Moved Don R: Seconded Peter S

13. Actions

Peter S summarised current Action Item List including outstanding items and items arising from today's meeting (see Action Items List).

14. Date and time of next meeting

5 October 2019 at 1.30pm.

15. 7th Tradition

Completed.

16. Close

Meeting closed at 3:30pm.

Action item list

Action item No	Action item	Responsible person	First raised	Planned completion date	Status
15	Inform Area B, South West District, Port District, Regional Trustee and CSO with notice to go into Serenity Magazine about the new boundary for Peel District.	Susan B	June 2019	October 2019	Ongoing
18	Investigate a location to store all documents as a central repository. CSO website was suggested.	Josh R	June 2019	October 2019	Ongoing
22	Purchase Newcomer Asks Pamphlets – approved up to \$60	Sally K	June 2019	October 2019	Ongoing
23	District to purchase 200 book marks – AA structure – allowed for 200 – up to \$70 approved for District Packs and groups	Kerry I	August 2019	October 2019	
24	Provide 25 copies of letter to Professionals, Doctors and other community members and 25 copies University and Tertiary Students Pamphlets for Sally I and for Kerry I	Don R	August 2019	October 2019	
25	Cosi Bazzani Murray House Resourcing Centre – requesting updated AA Peel District Pamphlet for Social Referrals Booklet	Dennis B	August 2019	October 2019	
26	50 PDP to supply to Kerry I	Don R	August 2019	October 2019	
27	\$100 to literature holding fund – to CSO	Don R	August 2019	October 2019	

IS AA FOR YOU?

Only you can decide:

- 1. Are you sick and tired of being sick and tired?**
Have you had enough of the way things go wrong in your life?
- 2. Do you envy people who can drink without getting into trouble?**
Do you ever wonder why they can drink and enjoy themselves, while your drinking only leads to strife?
- 3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?**
We tried every which way we could, but if the drink had alcohol in it, we got drunk.
- 4. Has your drinking ever caused trouble at home?**
Have you ever started an argument at home, to give yourself an excuse to get out of the house (and go down to the pub, of course)?
- 5. Have your missed days at work (or school) because of your drinking?**
Have you called in sick when you were simply hung over?
- 6. Do you lie about your drinking?**
Have you ever hidden your drinks so that people would not know or guess how much you were drinking?
- 7. Do you ever try to get extra drinks?**
Do you have a few to get started before the party and leave if you can't get enough while you're there?
- 8. Have you ever suffered from memory loss or had blackouts?**
Have you ever ended up somewhere and not known how you got there? Or been told of things you can't remember doing? These are sure signs of problem drinking.
- 9. Do you drink in the morning?**

Do you need a drink to start the day? Or to stop shaking? This is another sign that your drinking is not merely social.

- 10. Do you tell yourself you can stop anytime you want, even though you get drunk when you intended not to?**
Have you ever tried to stop for a while and failed?
- 11. Have you tried to limit yourself to one or two drinks and found that failed too?**
After we had sobered up in AA we realised that once we'd had that first drink, we couldn't stop!
- 12. Have you ever felt that life might be better if you didn't drink?**
Many of us started to drink because we found it made life easier, at least for a while. Then we found we were trapped; we couldn't live without booze, but we couldn't live with it.

HOW DID YOU SCORE?

If you answered YES more than three times you are probably having trouble with alcohol!

ONLY YOU CAN DECIDE

AA will not promise to solve all your life's problems, but we can show you how to live, one day at a time, without any need for alcohol. And once you get alcohol out of your life, you will find life becomes much, much more manageable. **Enjoyable, even!**

ALCOHOLICS ANONYMOUS PERTH

9325 3566

7-day 24-hour service

Website: www.aaperthwa.org

E-mail: aaperthwa@inet.net.au



Alcoholics Anonymous

Claisebrook Lotteries House

33 Moore Street, E Perth, 6004

University/ Tertiary Students and Alcoholism ALCOHOLICS ANONYMOUS



Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions.

A.A. is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes. *Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.*
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***If you want to drink, that's your business;
If you want to stop, that's ours!***

www.aa.org.au

1300 22 22 22

Many members of Alcoholics Anonymous come to the realisation that they were drinking alcoholically much earlier than they originally thought. They just did not know or recognise the signs of alcoholism. Had they known, they may have saved themselves years of problems and unhappiness. This is especially true of those who were university students.

The first point to remember is that alcoholism is an equal opportunity disease. It does not discriminate by gender, race, religion, sexual orientation, social or economic status or intelligence. In some cases, there appears to be a genetic pre-disposition, but even this does not preclude someone without any family history of alcoholism from being one of us. Sometimes the "black-sheep" in the family tree was kept hidden from us until our own problem became too obvious to ignore and we were compared with someone we never knew existed.

While some of us experimented with or occasionally partook of alcohol or other substances during our high school years, being away from home at university provided us our first opportunity to make fully independent decisions about our personal behaviour. On the surface, we seemed to be acting in much the same way our fellow students. Drinking, even occasionally to excess, was considered an acceptable means to relieve academic pressures and to celebrate special events. Many of the best and brightest participated in the revelry without major repercussions other than a mild hangover.

In hindsight, we can now see where our drinking was already different from even our most gregarious, party going heavy drinking classmates. They could take it or leave it. They could decide how intoxicated they would get. They wanted to drink (in drinking situations). We needed to drink, often just to be able to participate in

non-drinking situations. We began to isolate, avoiding small groups where we felt uncomfortable unless fortified with some "Dutch courage". We could hide among the crowd when attending large lectures but became terrified of attending tutorials.

At first we joined classmates at drinking venues. After a while, we noticed the group of drinkers would have a different composition each night but we were the common factor. Sometimes, no one else was even up to it, so we went out alone. Our companion had become the bottle. Eventually, we established our own supply to enable us to pre-load, to get us up to speed to go out and party with normal people. But our biggest problem was we had no off button. Once we started we couldn't stop. Some of us *never* wanted to get legless but we always drank more than we intended to.

Alcohol removes inhibitions, even for the non-alcoholic. Our behaviour when drunk was no longer quirky or amusing. Embarrassment and shame plagued us. Family and friends implored us to do something about our drinking, often telling us to "only have a couple", or "stick to beer and wine and avoid the hard stuff" or worst of all "grow up and exercise some will power - like the rest of us".

And we tried. We changed drinks. We changed the times of day we drank. We changed the courses we took so they would fit in with our drinking. In some cases, we managed to struggle through to graduation, but in many more we simply dropped out, believing we weren't capable. Our self-esteem was shot. The disappointment of those about us was overwhelming as they reminded us of our wasted potential.

Many of us blamed our drinking on the stresses of studying. We were sure life in the working world would be much simpler and our drinking issues would resolve

themselves. We thought (or hoped) that we would either outgrow our manner of drinking or we would get better with practice. Whatever education we had completed, enabled us to enter the employment world at a reasonably advanced level. Thanks to our drinking, we climbed effortlessly down the ladder of success.

No one wants to be different from their fellows. The fact is some of us are. The sooner we accept and understand that, the sooner we can embark on programme to get well and have a satisfying and rewarding life.

The questions on the following pages may help you decide if you should delve further into the topic. Most AA meetings, unless specifically listed as a "closed meeting - for alcoholics only", are opening meetings and welcome observers. We will not diagnose you, but you may recognise similarities with our stories.

Observers at AA meetings should be aware of:

Our Seventh Tradition:

AA is self-supporting through our own contributions. When the basket is passed during the meetings, only members should donate.

Meeting Ending:

Meetings usually finish with members joining hands in circle and reciting the Serenity Prayer, which has historical significance to AA. Participation in any meeting's closing prayer is voluntary.

After the meeting:

It is perfectly appropriate for you to approach someone if you wish, to identify yourself as an observer and to engage in *general conversation*.

Literature:

If there are books or pamphlets available, feel free to make a purchase or help yourself to what is freely offered.

**An Open Invitation
to
Doctors and other health professionals**

Most medical practitioner and health professionals will have heard of Alcoholics Anonymous but many may be uncertain as to how we operate. There are many myths and misconceptions about what we do and how we do it (even amongst some of our own members).

You may have a patient or a client with a drinking problem that has proven difficult to treat. We know how frustrating we can be, especially to those who are trying to help us. But you may be reluctant to suggest AA as a possible solution.

We cordially extend to you an open invitation to attend one of our "open meetings" to view first-hand how our programme works. We are an anonymous but not a secret fellowship. Open meetings welcome anyone, as an observer, with an interest in alcoholism and the AA Fellowship. In Western Australia, all meetings are considered "open" unless specifically listed as a "closed meeting" for alcoholics only.

There are various formats for meetings some of which focus on developing members' understanding of our programme. Generally, for newcomers (and observers), Identification (ID) meetings are recommended.

When attending meetings as an observer:

At the beginning of most meetings, the secretary will ask if there is anyone attending AA for the first time. Observers need not respond to this question. However, in some meetings the secretary will ask if there are any non-alcoholic guests present. In this case, please do identify yourself. In either case, do not participate in any other way in the meeting.

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Our Seventh Tradition:

AA is self-supporting through our own contributions. When the basket is passed during the meetings, only members should donate.

Meeting Ending:

Meetings usually finish with members joining hands in circle and reciting the Serenity Prayer, which has historical significance to AA. Participation in any meeting's closing prayer is voluntary.

After the meeting:

It is perfectly appropriate for you to approach someone if you wish, to identify yourself as an observer and to engage in *general conversation*.

Literature:

If there are books or pamphlets available, feel free to make a purchase or help yourself to what is freely offered

Current meeting lists in your area are available at:

What AA Does Not Do:

AA does not furnish initial motivation for alcoholics to recover, solicit members, engage in or sponsor research, keep attendance records or case histories, join "councils, try to control its member, make medical or psychological diagnoses, provide drying-out or nursing services, hospitalisation, drugs, or medical or psychiatric treatment, provide housing, food, clothing, jobs, money or any other welfare services or provide letters of reference to parole boards, lawyers, court officials, social agencies, employers etc.

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Appendix A – Treasurers report

Peel District Treasurer's Report August 2019

Date	Item	Income	Expenditure	Balance	Bank Balance	Cash on Hand	Outstanding	Total
14/01/2018	Bank Statement			474.32	474.32			474.32
1/02/2018				522.92	474.32	48.60		522.92
3/02/2018	Armada! Donation from Dec. 2017	50.00		572.92	474.32	98.60		572.92
	Cash from Tin etc	160.15		733.07	474.32	258.75		733.07
	Tradition 7	25.80		758.87	474.32	284.55		758.87
	Hall Rent		10.00	748.87	474.32	274.55		748.87
20/02/2018	Literature		200.00	548.87	274.32	274.55		548.87
Treasurer's Report August 2019								
31/12/2018	Western Power	50.00		905.40	834.45	70.95		905.40
1/01/2019	Interest Credit	0.02		905.42	834.47	70.95		905.42
10/01/2019	CSD Jul-Dec Split:	57.00		962.42	891.47	70.95		962.42
	Mundijong \$15							
	Rockingham People's Gp \$25							
	Rockingham People's ID Gp \$17							
9/02/2019	Armada! Donation Cash	50.00		1012.42	891.47	120.95		1012.42
14/02/2019	Donation to Area B Prisons		50.00	962.42	841.47	120.95		962.42
14/02/2019	District PI Literature		200.00	762.42	641.47	120.95		762.42
16/02/2019	Tradition 7	27.40		789.82	641.47	148.35		789.82
16/02/2019	Hall Rent		15.00	774.82	641.47	133.35		774.82
18/02/2019	Donation Cooper St	100.00		874.82	741.47	133.35		874.82
27/02/2019	Literature		150.00	724.82	591.47	133.35		724.82
28/02/2019	Donation Gps 72+103	200.00		924.82	791.47	133.35		924.82
16/03/2019	Workshop Tradition 7	59.70		984.52	791.47	193.05		984.52
16/03/2019	Hall Rent for Workshop		50.00	934.52	791.47	143.05		934.52
1/04/2019	interest Credit	0.02		934.54	791.49	143.05		934.54
4/04/2019	CSD Jan-Mar Split:	50.00		984.54	841.49	143.05		984.54
	Rockingham Peoples Gp \$20							
	Rockingham Peoples Promises \$30							
6/04/2019	Tradition 7	\$29.00		1013.5	841.49	172.05		1013.5
6/04/2019	Hall Rent		15.00	998.54	841.49	157.05		998.54
8/06/2019	Tradition 7	42.00		1040.5	841.49	199.05		1040.5
	Hall Rent		15.00	1025.5	841.49	184.05		1025.5
8/06/2019	Sally K for Stationery & card holders		85.10	940.44	841.49	98.95		940.44
8/06/2019	Sally K advance for stationery		14.90	925.54	841.49	84.05		925.54
1/07/2019	interest Credit	0.02		925.56	841.51	84.05		925.56
24/07/2019	Rockingham Peoples	37.50		963.06	879.01	84.05		963.06
Provisional Approvals								
	Literature for District Packs		150.00					
	Little Big Books for Hakea		50.00					
	Newcomer Asks Pamphlets		60.00	753.06				