



# NYMAI News

**July 5, 2018**

**Circulation 280 and Growing!**

**NYMAI is the New York Metropolitan Area Intergroup of Nicotine Anonymous**

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## **LETTER FROM THE CHAIR July 5, 2018**

Dear friends in recovery,

Summer might be a time for relaxing, but our intergroup is revving up to start some new outreach projects. For the time being, a one-hour outreach meeting will precede our regular intergroup meeting. I'm working on a loose agenda for the first meeting coming up on July 14, but from the first meeting onward everything will be decided by the group.

If you have an idea or wish to share some successful outreach methods you or your group have used in the past, please contact any intergroup member. If you wish to contact me, my contact info is at the end of this letter.

It's time to start thinking about our annual fall retreat, Clean in the Catskills, only a little more than 3 months away, starting on Friday afternoon October 12 and ending after lunch on Sunday October 14. Patti A. ([silverymoon33@yahoo.com](mailto:silverymoon33@yahoo.com)) and I are co-chairing this year so please let one of us know if you'll be attending or wish to volunteer to help out during the weekend. If you've never attended CITC, I urge you to come join us this year – I predict you'll be back again as soon as you can.

Our Intergroup of Nicotine Anonymous is entirely self-supporting, and needs members to offer financial support. It doesn't have to be a lot of money, but every contribution helps us to work our Primary Purpose of carrying the message of recovery to the addict who still suffers. Send a check or money order to NYMAI-NICA at PO Box 204, Greenlawn NY 11740.

In grateful Service,

Nick M.

[newyorker4757@gmail.com](mailto:newyorker4757@gmail.com)

212 929 0018

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**Clean in the Catskills is coming!**

**October 12-14, 2018. See the attached flyer.**

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**NYMAI Meeting Saturday, July 14, 2018-See Below!**

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## GOOD News for NYMAI Member Groups

Now you can order **CHIPS** from NYMAI at \$1.00 per chip  
(50 cents per chip plus 50 cents shipping)

Please see IMPORTANT MEETING NOTICES and ANNOUNCEMENTS.

**Chips are available for only 50 cents each at NYMAI Meetings**

**And at Special Functions when Sol is in attendance!**

**Anniversary chips will be available for purchasing**

**@ The July 14, 2018 NYMAI Meeting!**

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### **The North Bellmore Meeting Has Temporarily Moved.**

The North Bellmore Library has closed for renovations.

Meetings will take place at the **Bellmore Library, 2288 Bedford Avenue, Bellmore NY**

**MEETING STARTS @ 12PM and RUNS TO 1PM**

**See Important Notices and Attached Flyer**

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### **This issue contains the following links and attachments\***

1. The **NEW** NYMAI Website <https://www.nymainica.org/>
2. NicA North Bellmore Temporary Time & Location Change – **Flyer Attached**
3. ***Suffolk County Smoking Cessation*** Speaking Opportunities – **Attached**
4. October 12-14, 2018 ***Clean in the Catskills*** – **Flyer Attached**
5. April 26-28, 2019 Nicotine Anonymous World Services Conference in Southern California  
SAVE THE DATE – **Flyer Attached**
6. May 19, 2018 NYMAI Meeting Minutes – **Attached**
7. ***Gift of Gratitude*** Please Donate – Click here: [My Gift of Gratitude](#)
8. The most up-to-date [Meeting List](#) for the New York Metropolitan Area Intergroup of Nicotine Anonymous. Click on the 3 menu lines at the top right of the page.
9. To find out about all that's going on around the country and the world, please visit the [Nicotine Anonymous World Services](#) website.

- In order to avoid clogging everyone's inboxes with large e-mails, we use links to flyers whenever possible instead of attachments. If you can't open a link, e-mail Michael at [Brainoutmb@optonline.net](mailto:Brainoutmb@optonline.net). Name the document you need, and it will be emailed to you as an attachment. (Please note: pdf. Attachments and links require an Adobe Reader, available online as a free download at <http://get.adobe.com/reader/>)

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- NYMAI Agenda: July 14, 2018
- Why Not Start a Face to Face Group Meeting?

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## UPCOMING EVENTS (Dates and times subject to change)

- **Saturday, July 14, 2018 (2PM to 5PM) NYMAI Meeting at Seafarer's and by WebEx. There will be an outreach planning meeting from 1PM to 2PM. You can attend WebEx meetings in your pajamas and no one will ever know. See Below for WebEx instructions.**
- **Friday to Sunday, October 12-14, 2018 – NYMAI's *Clean in the Catskills* – Flyer Attached**
- **Friday to Sunday, April 26-28, 2019 – WSC 34: *Surfing into Serenity*– Save the Date Flyer Attached**

**\* To attend meetings by WebEx, contact Michael at [Brainoutmb@optonline.net](mailto:Brainoutmb@optonline.net) or call 718-614-2317. Please do so several days before the meeting.**

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## IMPORTANT MEETING NOTICES and ANNOUNCEMENTS

- **North Bellmore Group Meeting temporary location and time change – Flyer Attached**  
The North Bellmore Library has closed for renovations. Meetings are at the Bellmore Library: 2288 Bedford Avenue, Bellmore NY.  
**MEETING TIME IS 12PM TO 1PM**
- **ORDER CHIPS DIRECTLY FROM NYMAI:** This is a new service that NYMAI provides to groups in the New York State Metropolitan Area Intergroup of Nicotine Anonymous (NYMAI). To order visit <https://www.nymainica.org> and click on the 3 menu lines at the top right of the page.:
  - **Chips will be available for only 50 cents each at NYMAI Meetings and Special Functions when Sol is in attendance!**
- **Tell Us!** Do you have a flyer for a Nicotine Anonymous event or meeting? If you do, NYMAI would love to spread the word. Send it to this newsletter at [BrainoutMB@optonline.net](mailto:BrainoutMB@optonline.net) or to John O for the NYMAI website at [rcvryguy@gmail.com](mailto:rcvryguy@gmail.com). We'll help you get the news out.
- **NicA Announcement 7<sup>th</sup> Tradition Opportunity!** Members, **please donate** to Nicotine Anonymous World Services through My Gift of Gratitude. It's easy and you'll be helping NicA to achieve our primary purpose – to carry the message to the still-suffering nicotine addict. You can have a small amount such as \$10.00 (or more) deducted from your bank account automatically every month and donated to Nicotine Anonymous World Services. You'll hardly notice it; it is tax-deductible, and you will have a bank record of the donation. To access the My Gift of Gratitude flyer with all details, please click here: My Gift of Gratitude.

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## October 12-14, 2018 is NYMAI's 25<sup>th</sup> Annual Clean in the Catskills



Contact Patti A. ([silverymoon33@yahoo.com](mailto:silverymoon33@yahoo.com))

THIS YEAR: A 25<sup>th</sup> ANNIVERSARY CHIP FOR ALL ATTENDING!

**See the attached Flyer**

### **JULY ANNIVERSARIES**

**Congratulations to the members who are celebrating in July 2018!**

<b>MEMBER NAME</b>	<b>HOME GROUP(S)</b>	<b>RECOVERY DATE</b>	<b>YEARS FREE IN 2018!</b>
David K.	Seafarers, NY	July 3, 2014	4
Colleen S.	Wantagh, NY	July 4, 2005	13
Sami E.	Stroudsburg, PA	July 4, 2011	7
George	<i>Westhampton Beach, NY*</i>	July 4, 2012	6
Mary S.	Wantagh, NY	July 5, 1998	20
Lawrence H.	Nyack, NY	July 10, 2014	4
Bill G.	North Bellmore, NY	July 12, 1995	23
Eileen	<i>Westhampton Beach, NY*</i>	July 22, 1993	25
Robbin U.	Stroudsburg, PA	July 25, 2011	7

### **AUGUST ANNIVERSARIES**

**Congratulations to the members who are celebrating in August 2018!**

<b>MEMBER NAME</b>	<b>HOME GROUP(S)</b>	<b>RECOVERY DATE</b>	<b>YEARS FREE IN 2018!</b>
Marguerite B.	California	August 6, 1996	22
Meg	<i>Westhampton Beach, NY*</i>	August 10, 2001	17
Kathy B.	Glens Falls, NY	August 11, 1998	20
Teresa G.	Mohonk Support Group	August 13, 2006	12
Shirley P.	<i>Lindenhurst, NY*</i>	August 15, 2002	16
Milton M.	Last Chance, PA	August 18, 1987	31
Linda S.	Glenside/Flourtown, PA	August 21, 1987	31
Paula C.	Church of the Ascension, NYC	August 29, 1996	22
Nora K.	Seafarers, NY, NY	August 29, 2010	8

The Islip Group formed Friday, 9/13/85 & will celebrate its **33rd Anniversary 7 PM on Thursday, September 27** at St. Mark's Episcopal Church, 754 Montauk Highway, Islip, NY

## SEPTEMBER ANNIVERSARIES

Congratulations to the members who are celebrating in September **2018!**

MEMBER NAME	HOME GROUP(S)	RECOVERY DATE	YEARS FREE IN 2018!
Rosemarie C.	CITC	September 1, 2002	16
Chris N.	<i>Manhasset, NY*</i>	September 1, 2009	9
Zulma G.	Glenside, PA	September 2, 2008	10
Theresa C.	Islip, NY	September 3, 2016	2
Brenda B.	Wantagh, NY	September 4, 2003	15
Lee R.	Philadelphia, PA	September 5, 1994	24
Judi R.	Wantagh, NY	September 6, 2009	9
Rob L.	Columbia, MD	September 6, 2012	6
Checko M.	New Paltz, NY	September 7, 1989	29
Alan K.	Forest Hills, NY	September 7, 1994	24
Stan B.	Wantagh, NY	September 10, 2007	11
Catherine	<i>Westhampton Beach, NY*</i>	September 11, 1999	19
Sherry B.	Kingman, AZ	September 11, 2004	14
Gemma L.	Islip, NY	September 12, 2011	7
Jackie E.	North Bellmore, NY	September 12, 2012	6
Barbara D.	Wantagh, NY	September 13, 1990	28
J Michael H.	<i>White Plains, NY*</i>	September 15, 2006	12
Franca F.	<i>Manhasset, NY*</i>	September 15, 2007	11
Brad N.	Church of the Ascension, NYC	September 16, 1999	19
Jeanette S.	Rhinebeck, NY	September 21, 1998	20
Janis	<i>Westhampton Beach, NY*</i>	September 23, 1996	22
Philip	<i>Westhampton Beach, NY*</i>	September 24, 1996	22
Joy P.	<i>Huntington, NY*</i>	September 28, 2009	9
Paul D.	Wantagh, NY	September 30, 2008	10

*\*Indicates groups that are no longer meeting*

Do you have a group or individual anniversary that you would like posted here? Is your group celebrating anniversaries that you would like to tell us about? Is your group having an anniversary party? Please let us know by emailing [Brainoutmb@optonline.net](mailto:Brainoutmb@optonline.net) or by replying to this email. Anniversary announcements appear without last names – just first name, last initial, home group, quit date and number of nicotine-free years. Tell us about it. You can see it in print

**THE DEADLINE FOR SUBMISSIONS TO THE SEPTEMBER 2018 NEWSLETTER IS FRIDAY, AUGUST 31, 2018 FOR DISTRIBUTION ON OR ABOUT SEPTEMBER 5, 2018**

## The Next NYMAI Meeting

NYMAI is the New York Metropolitan Area Intergroup of Nicotine Anonymous. Volunteering for intergroup is a way you can become a part of Nicotine Anonymous planning and policy making. Please join us at the next NYMAI meeting. It will be held by **WebEx and in person** on Saturday, July 14, 2018 at:

**Seafarers & International House**  
**123 E. 15<sup>th</sup> Street @ Irving Place**  
**New York, NY 10003**

- **AN OUTREACH MEETING IS BEING HELD FROM 1 TO 2**
- The meeting is in the mezzanine meeting room, one flight up from the lobby.
- From Penn Station, take the 1, 2, or 3 train to 14<sup>th</sup> St. & switch to the L train to Union Square.
- Available street parking in the neighborhood:

<https://smoothparking.com?lat=40.73482&lng=-73.98692&zoom=18>

Enter 123 East 15 Street and change the date and time for Saturday afternoon allowed parking.

**For further information contact Nick 917-952-6542 [newyorker4757@gmail.com](mailto:newyorker4757@gmail.com).**

**Please don't wait until the last minute.**

**Anniversary chips will be available for purchasing at the July 14, 2018 Meeting!**

Also, if you have additional agenda items that you would like to have discussed at the next meeting, please email Nick at [newyorker4757@gmail.com](mailto:newyorker4757@gmail.com)

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### NYMAI AGENDA: July 14, 2018

#### I: OPENING

- A. Open meeting with moment of silence and serenity prayer
- B. Distribute agenda and 5/19/2018 meeting minutes
- C. Record attendance and representatives
- D. Assign spiritual timekeeper

#### II: MINUTES AND COMMITTEE REPORTS

- |                                      |            |         |
|--------------------------------------|------------|---------|
| A. Minutes of May 19 meeting         | 10 minutes | Barbara |
| B. Treasurer's report                | 5 minutes  | Terry   |
| C. Chip coordinator's report         | 10 minutes | Sol     |
| D. Teleservices report               | 5 minutes  | Gemma   |
| E. Newsletter report                 | 5 minutes  | Michael |
| F. Meeting list coordinator's report | 5 minutes  | Alison  |
| G. Outreach report                   | 5 minutes  | Nick    |
| H. Webmaster report                  | 5 minutes  | John    |

#### III: OLD BUSINESS

- |                             |           |       |
|-----------------------------|-----------|-------|
| A. Report on email services | 5 minutes | John  |
| B. CITC details             | 5 minutes | Patti |

#### IV: NEW BUSINESS

- A. Future meeting planning
  - 1. November meeting date and place

## FUTURE NYMAI MEETINGS

MONTH	2018	NOTES
September 15	Face to Face/WebEx @ Patti A's Outreach 1 pm Intergroup 2 - 5pm	CITC final details, volunteers, meeting chairs, etc.
November 17?	Face to Face/WebEx @? Outreach 1 pm Intergroup 2 -5 pm	Gratitude dinner planning

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## WHY NOT START A FACE TO FACE GROUP MEETING?

### **Is it easy?**

No, it's not, but Nic A can provide you with a Meeting Starter Kit that will make it much easier. Go to <https://nicotine-anonymous.org/mtg-starter-kit.html>.

**When you register your new meeting with Nicotine Anonymous World Services, you will receive a free gift for your meeting!**

**Will they come running to my meeting?** Probably not at first

**What do I need?** Besides the Meeting Starter Kit and a place to meet, you will need patience to watch your meeting grow, courage and perseverance to keep it going and dedication to keep the doors open for the still suffering nicotine addict who may not know right away that you have just what he or she needs.

**Where can I get help?** You can begin by obtaining a Meeting Starter Kit from the link above. If you are in any location in New York State, you can join the New York Metropolitan Intergroup of Nicotine Anonymous (NYMAI). There is no charge, and NYMAI members will help you to obtain all you need to start, including advice and support. You can always reply to this newsletter's e-mail at [BrainoutMB@optonline.net](mailto:BrainoutMB@optonline.net). The newsletter editor will be happy to talk to you.

**What's in it for me?** Not a penny, yet more than you can possibly imagine. Knowing that you have played a part in helping someone to gain or maintain freedom from a deadly, addictive drug that has held them captive is a feeling beyond comparison. It is as if you are doing your Higher Power's work.

## And you will be!



**If you'd like to contribute to the next edition of NYMAI NEWS, we are looking for....,**

Member Articles

Meditations

Thoughts on the Steps

Thoughts on the Traditions

Thoughts on Our Promises

Poetry, Letters, Essays, Reports on Events, Guest Editorials, Etc.

SUBMIT ARTICLES, LETTERS, ETC. BY EMAIL TO: [BrainoutMB@optonline.net](mailto:BrainoutMB@optonline.net)

**To receive free emailed NYMAI News:** You are receiving this New York Metropolitan Area Intergroup of Nicotine Anonymous (NYMAI) publication because you are a member of Nicotine Anonymous or because you signed up to receive mailings, flyers, meeting minutes and other timely notices from NYMAI. If you know anyone who would also like to receive it, please ask him or her to send an email (from the email address they'd like it to be sent to) to this address [Brainoutmb@optonline.net](mailto:Brainoutmb@optonline.net) with the word "Subscribe" in the subject line.

**To discontinue receiving emails** from NYMAI, reply to this email with the word "Unsubscribe" in the subject line, and your email address will be removed from the distribution list.

**To contact NYMAI,** see our meeting list. Visit [Meeting List](#) for a printable NYMAI Meeting List. Do you have an approved nicotine anonymous flyer or a story of experience, strength and hope that you would like distributed in NYMAI news? Please send it as an attachment by replying to this email or emailing it to [brainoutmb@optonline.net](mailto:brainoutmb@optonline.net)

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NYMAI News welcomes items for submission. Items are previewed by our Traditions Committee and may be edited or rejected if they are not in conformity with the 12 Traditions, if they seek to promote any religious beliefs or business interests, or if they are not in keeping with the NYMAI group conscience. The editor's decision is final. Submissions become the property of NYMAI.

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**THE DEADLINE FOR SUBMISSIONS TO THE SEPTEMBER 2018 NEWSLETTER IS FRIDAY, AUGUST 31, 2018 FOR DISTRIBUTION ON OR ABOUT SEPTEMBER 5, 2018**

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**GIVE THIS NEWSLETTER AWAY. PLEASE!**

Feel free to forward this e-newsletter or make copies to distribute.



## NYMAI Meeting May 19, 2018

- I. Opening:
  - A. The meeting was held at Barbara D's home and opened at 2:30 pm with the Serenity Prayer.
  - B. In attendance were John O., Martha K., Nick M., Kathy K. Sol S., Gemma L., Michael B., Barbara D., and Terri.
  - C. Martha was the spiritual timekeeper.
- II. Minutes and Committee Reports:
  - A. Meeting Minutes were read. One change: Nick and Patti are the co-chairs for CITC. Minutes were approved as amended.
  - B. Treasurer's Report: Terri reported that our beginning balance on April 18 was \$1,115.48. It cost us \$112 for the year for a post office box. Donations included \$50 from N. Bellmore, \$25 from Brooklyn, and \$30 from the basket. We sold \$6.50 in chips. Our ending balance was \$1,126.98. We owe Nick \$150 for square space.
  - C. Chip Coordinator: Sol said we have 780 chips in inventory.
  - D. Teleservices: Gemma got a call from NY Quits looking for a meeting in Buffalo. The woman called Robin who said there is no meeting in Buffalo. Alison is still keeping the world-wide meeting list updated. Our balance for the phone service is \$115 in minutes.
  - E. Newsletter Report: Michael B. said 280 people receive the newsletter. Michael is revamping the newsletter. He will put the most important information first to attract people. John said we could look into a 3rd party email provider for better delivery information with a click-through feature. It would enable us to find out if people are opening up the newsletter. We could possibly get a discount as a nonprofit. The cost could be a couple of hundred dollars a year.
  - F. Outreach Report: Nick said it would be good to get someone from Manhattan and someone from Long Island to work on outreach. We need to step up our outreach efforts. Martha asked if Nick had ideas for outreach. We need to get people into NICA rooms and to take some steps to nurture them to keep them coming back. Terri said talking about God can scare new people. Michael said he's been told that by new people. We need to offer them RECOVERY. We're here for the people with mental illness and for the hard-core addicts.
  - G. Meeting List Coordinator: Alison wasn't at the meeting but Michael said he links the newsletter to the web site where we have the meeting list.
  - H. Conference Report: John O. reported that the conference was a tremendous success. The attendees had a deluxe experience due to our committee members handling every single thing beautifully. Sixty-six people registered, 68 paid for dinner, and 58 paid for breakfast. We had a surplus of \$1,214. John gave a gratigram to the woman at the hotel who coordinated the conference with us. John said he would like to take money from our surplus to give a special tip to the two women who set up our brunch and dinner. We paid a high gratuity fee built in to our hotel cost but we don't know if any of this money reached these two women. John made a motion that we offer a gratuity of \$200 to these two women. MSP.

### III. NEW BUSINESS:

- A. Clean in the Catskills: Patti A. and Nick will co-chair the event. Sara will design the buttons. Nick said we have the flier on the website without the theme. We need to pick a theme. Michael suggested Beyond Your Wildest Dreams. John said we could pick a theme about Keep Coming Back. Nick said we can talk more about it at the July meeting.
- B. We don't have an August event as we decided not to have Beach Day. John suggested that on the weekend of August 11-12 we visit him on Fire Island.
- C. We passed the basket. We collected \$ XXX and gave it to Terri.
- D. Michael is going in for surgery and said he would like to put his NicA data (NYMAI and NAWS) on a flash drive to give to someone so at least one other person would have it. He can give the flash drive to Nick and Nick can give it to Stephanie and she can upload it. Did we budget for maintenance with Stephanie? A motion was made to hire Stephanie for \$25 a month to handle all our web work. MSP. Nick will discuss it with Stephanie. We empowered Nick to make the agreement with Stephanie for up to \$25 per month.
- E. Outreach: Nick would be willing to work on outreach with a few other people. Martha said we used to meet for an outreach meeting prior to the NYMAI meeting. We all liked the idea of resuming this. Several of us agreed to meet at 1 pm on July 14 for an outreach meeting prior to the NYMAI meeting. John suggested Nick look into WebEx capability at the location of the Seafarer's meeting for the July NYMAI meeting. There is a \$25 fee to rent the room.
- F. Contact Contact? It's a third-party provider. John volunteered to look into this. Our considerations, according to John: 1) cost and 2) ease of use. Motion made by John to look into this. MSP.
- G. Our September meeting will be at Patti's house. We agreed on Sept. 15<sup>th</sup> as the meeting date, as long as Patti is available. Michael will ask Patti if this is good for her.
- H. The meeting closed at 4:30 pm with the Serenity Prayer.

# SCSC summer 2018 Nic A speakers 7/5/18

Janis Hurley ([853-3187](tel:853-3187)/[Janis.hurley@suffolkcountyny.gov](mailto:Janis.hurley@suffolkcountyny.gov))

Debora ([853-2928](tel:853-2928)/[Debora.rippel@suffolkcountyny.gov](mailto:Debora.rippel@suffolkcountyny.gov))

REMEMBER TO VERIFY LOCATION & DATE OF MEETING BY  
CONTACTING JANIS OR DEBORA A DAY OR SO AHEAD OF TIME

## **JULY:**

Tuesday 7/10 Sayville Library 6 PM

## **AUGUST:**

Thursday 8/9 Copiague Library 6 PM

Tuesday 8/21 Middle Country Library 6 PM

## **ADDRESSES:**

Saint Catherine of Siena Hospital 50 Rte. 25A Smithtown Contact : Lisa  
870-3444

North Babylon Public Library 815 Deer Park Avenue, N. Babylon Contact:  
Tabitha 669-4020

North Shore Library 250 Route 25A, Shoreham Contact: 929-4488

Stony Brook Vasclr Cntr 23 S. Howell Rd. Suite G Centereach 444-2041

Town of Brookhaven 1 Independence Hill, Lucia 451-8011

East Northport Library 185 Larkfield Rd., East Northport Contact: 261-2313



# October 12-14, 2018 is NYMAI's 25<sup>th</sup> Annual Clean in the Catskills

Join us for a weekend of fellowship as members celebrate with 5 meetings, a mountain hike, bonfire, gym, indoor pool, hot tub, 6 meals, sharing, wonderful fellowship and more. The Catskills are glorious with fall foliage as the spirit of recovery comes alive in all of us. Remember to reserve a room early.

**THIS YEAR: A 25<sup>th</sup> ANNIVERSARY CHIP FOR ALL ATTENDING!**

## **EASY 2-PART REGISTRATION**

**1. Email or call Patti A** to say you will attend at [silverymoon33@yahoo.com](mailto:silverymoon33@yahoo.com) or **631-385-1410**. You can pay your \$10.00 CITC registration fee\*\* when you get to the Villa Vosilla.

**2. Reserve your room at the Villa.** Call **1-518-589-5060**. The staff members know Nicotine Anonymous and are ready to help. When you call to register, be sure to mention that you are with the Nicotine Anonymous group so you will receive our group rate. \*There is a \$10.00 CITC registration fee collected at the Villa to cover expenses for snacks, decorations, etc. We welcome volunteers. To volunteer or ask questions, call Nick at **212-929-0018**.

**Everyone who registers at the Villa will receive a free 2018 Clean in the Catskills button.**

## **VILLA VOSILLA DIRECTIONS 6302 Main Street, Tannersville, NY 12485**

® From NJ: take Rt. 17 or Garden State Pkwy to the NY State Thruway.

® From NY: Take Thruway, go North to Exit 20, then north on Rtes. 32 & 32A to Palenville. Go left on Rte. 23A (Rip Van Winkle Trail) to Tannersville.

® From Boston & New England: Take Mass. Turnpike west to NY Thruway, south 10 miles to Catskill Exit 21, left on Rte. 23, 4 miles and right on to Rtes. 23A & 9W. Stay on 23A to Villa Vosilla, 2 miles before Hunter.

## **HOTEL RATES\*\*\***

Single Occupancy: \$375.00/Person

2X or 3X Occupancy: \$275.00/Person

All rates include 2 night stay, 6 meals, taxes, tips & use of pool, gym, spa, sauna & Villa's amenities.

**\*\*\*IMPORTANT!** There is no charge for cancellations that are at least 21 days in advance, but the hotel will charge you \$100.00 for cancellations that are less than 21 days before October 12, 2018.

**Register with NicA volunteers at the Villa any time Friday afternoon or evening.**

**Friday dinner starts at 7 pm. Sunday lunch ends around 2pm.**

**If you have questions or need help, call or email Nick M. at 212-929-0018;**

**[newyorker4757@gmail.com](mailto:newyorker4757@gmail.com)**

**Please RSVP ASAP to Patti A: #1, above**

Hosted by NYMAI - The New York Metropolitan Area Intergroup of Nicotine Anonymous

[www.nymainica.org](http://www.nymainica.org)

Cell service can be inconsistent in the mountains, so for last minute help with directions, call the Villa.