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Life-Line Bulletin

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Trustee Line for January 2016

A PDF version of this issue to distribute to your rooms, or to print out for easier reading, will be available after 1/31/16.

Questions and Answers Involving Individual BOT Committees

Any GA member can contact the Chairs of the Committees listed below with any questions or concerns they might have. The Chairs will answer the emails and the resulting issues will be posted under each committee involved in the email. This will serve as help for other members, Intergroups or areas, who may be going through the same situations. The emails will not breach anonymity and will be redacted to make sure names and areas are not included in this section. You are also invited to click the individual committee links on the left margin, for more information

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Thoughts From The Trustees - Current and Past

Disclaimer - The Trustee Line is a function of the Board of Trustees of Gamblers Anonymous. It is intended solely as a forum for members of the Board of Trustees to share opinions on issues related to Gamblers Anonymous. Any postings in this or any other edition of the Trustee Line are not to be construed as the opinion of Gamblers Anonymous, as a whole. The publication of any items on the Trustee Line do not constitute an endorsement or statement of approval or acknowledgement by Gamblers Anonymous of what the contents are.

The subjects listed below are themes that have been submitted by other Trustees. You may respond to any of them, or start an entirely new subject

Subjects that receive submissions from at least 13 different people, will trigger an email blast to all the current and past Trustees, signifying a 'Hot Topic Alert' on the Trustee Line.

Item	Subject	Last Entry	Entries
I.	Golf, Bowling, Scrabble, Fantasy Sports, Etc.	1/I 11:14 AM	2
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Golf, Bowling, Scrabble, Fantasy Sports, Etc.

1/1/16 - 12:01 AM

Someone finally brought up the Golf League. Aren't there better ways to relieve stress? Putting up money to enter any league or contest, whether you accept prize money, your spouse accepts it or you donate it to charity is testing or tempting yourself. Page 17-#3 says do not tempt or test yourself! The definition of gambling is any betting or wagering, that is how many people are getting away with saying the above is not gambling. Maybe definition should be changed to read any betting, wagering or entering(fantasy sports leagues) contests? You know what type of gambling brought you to the program. Do you know what type of gambling will bring you back into that living hell?

Ronny W. - Area 17, Connecticut Current Trustee

To all Happy Gambling Free New Year!

I/I/I6 - II:I4 AM

It was great to see the twenty-four submissions in December discussing "fantasy" gambling. For those who do not acknowledge that fantasy sports involvement is gambling, let me offer those poor souls a good price on a bridge between the Boroughs of Manhattan and Brooklyn.

The first posting of the new year displays clearly how some need reminding of what causes gambling addicts problems--any gambling. Daily we must recognize that "action" is our downfall. Avoiding any activity that involves gambling or action will ensure our positive recovery.

The final post in the December Trustee Line by Barry accurately describes our circumstance, too. If it quacks, waddles, etc., it is a duck. Please, all try to stay true to the principles of our fellowship and let us not participate in **any** action.

Respectfully,

Vinny B. - Former Trustee, Area 12, New Jersey

What's Your GA New Year's Resolution?

I/I/16 - II:20 AM

When Christmas passed just last week, and all the attention of everyone turned to plans for New Year's Eve celebrations, my thoughts turned to what's going to be different in 2016.

What got me started on this posting was a response from someone in program to an email I had sent to numerous people, asking for their thoughts on a particular subject. That response was probably one of the funniest I have received in a while, yet very emblematic of what we face in our Fellowship. "I apologize for the delay in responding to you. I would say I've been busy, but that would be a lie. Actually, procrastinating keeps me busy enough."

This got me thinking that maybe my personal New Year's resolutions should be split into 2 segments. The first would be things that I need to do in my personal life and all that touches my life, and the second, what I would like to do to help this Fellowship. It is the second part that I would like to focus on with this posting.

I) – I have grown increasingly tired of the constant pressure for money to help the Fellowship just get out of the negative cash flow. This situation is easily fixed with everyone becoming a LifeLiner, but that is a statement that is completely unrealistic. There is a commercial on TV about just putting away an additional 1% into your retirement contributions, and what a big difference that will make over the long run. That is a simple solution, as it relates to anyone who is a LifeLiner. But let's not focus on a 1% increase. Let's all step up and make some descent increases in what we pay on a monthly basis. It's time to look at your life and see all the wonderful things happening because you are no longer gambling. Is it really going to be a hardship to add \$5, \$10, \$15, etc. to your contributions? Do it and don't procrastinate. Set up an automatic payment to the ISO through your bank. Do it today. Do it now.

2) – A detrimental affect to GA as a whole, is how some, maybe many members, continue to take back their will and run their meetings in complete contradiction to how the Group Handbook outlines a typical meeting. There is no rotation principle in these meetings. Members are self-appointed as the meeting chair and chair every meeting. Members are self-appointed for life, as treasurers of their room. There are no elections. And the list goes on and on. We need to help these rooms and areas to get their GA wheels back on the track.

3)— The third item is to think about what we all do, as it relates to page 17, number 5 of the Combo Book. "Get involved and be of service." Think about that as it relates to being a Trustee and our real involvement in the Board of Trustees. This is very directly hinged with the word "APATHY".

I'll speak to the Trustee website. Individual Trustee participation is disgracefully poor. We have 130 Trustees and only a small fraction of the site is utilized. It appears that the Trustees only have an interest in using it twice a year, to download the Trustee meeting agendas and attachments.

The website is 13 years old with many enhancements having been added in that time. Apathy is the biggest component of the website. Current and past Trustees comprise a rather large universe of potential participants. However, the reality is that few people use it to the point of participating in the various features.

These are only 3 of my wishes for the Fellowship, each of which could have very profound positive effects for all members. But doing any or all of them, requires each of us to be GA members for more than just the time we put into attending one meeting a week.

It's easy to revert back to only thinking about ourselves and isolating once again, under the thinking that we have to take care of our own recoveries. Many of our members feel they have come to fully understand and practice the 12 Steps of Recovery. However, if we have truly made an effort to practice those principles in all our affairs...are we really trying to carry this message to other compulsive gamblers? Let's turn some of our attention internally to our fellow brothers and sisters, and help them to help themselves. This can only strengthen all that we are, or more importantly, all we can be. A stronger internal Fellowship, makes it easier to carry the message to the compulsive gamblers who still suffers.

Apathy has gained to strong a foothold in our Fellowship and especially with the Board of Trustees. Let's all stand up and commit to getting apathy out of GA.

I am challenging all the Trustees, both current and past, to share their experience, strength and hope, by submitting their New Year's resolutions to this thread. It doesn't matter if it repeats what someone else may have submitted. It matters that we all take a moment to talk about changes we need to make, either individually or as a Fellowship.

A happy and healthy New Year to all. David M. – Area 12, New Jersey

1/5/16 - 10:21 AM

Have never been a big fan of resolutions that rarely stick. For our fellowship to help the compulsive gambler who still suffers, steps are required to stabilize our financial health.

The participation in the Life Liner program is a key first step. If one serves as a trustee, setting a good example to others in our program is essential. How many present and former trustees fail to participate as a Life Liner? Far too many. One dollar, three dollars, five dollars a month contributed by everyone who has been a trustee during their recovery will be a huge infusion of cash to support GA.

Consider too, if every trustee reminds his or her group once a month to ask members to become Life Liners, we may add new people monthly who help improve our fiscal status.

Upon entering GA in 1976, when the can was passed around the room, most people contributed \$1.00. In 2016, what is the typical contribution in our rooms? In my area, it is still a \$1.00 bill that is most often dropped into the can by attendees. If all groups passed the can around a second time at each meeting for I.S.O., the money problem disappears for our fellowship if everyone puts in \$1.00.

It is time to step up, folks.

Respectfully,

Vin B. - Former Trustee, Area 12, New Jersey

I am not sure what most people (in life and GA) have against New Years Resolutions. For me, if I am taking inventories at varying intervals, why would I be opposed to taking one at year end and try to start the next year with an effort to improve my life and/or those around me?

My personal resolution involves like most, taking better care of my health. I recently celebrated 26 years of recovery, have a lot of incredible people in my life and need to do more to protect that.

From a GA perspective, I want to continue to do all I can to advance the mission of this program. I will never ever forget the pain and consequences of my gambling and if I can do anything to help others out of that way of living and into that of GA, I am all for it.

Looking forward to hearing from others while wishing everyone a Happy and healthy 2016!

Steve T. - Area 14 - Long Island, NY

Our Financial Health

1/2/16 - 9:13 AM

There is an agenda item to add a new section to the bylaws that would eliminate health insurance and retirement account payments for all ISO employees as long as expenses exceed income at ISO. Rather than just address my concerns with the author alone, I think this should be discussed here because there are greater issues that merit our attention.

To attract and retain great employees, our ISO has to provide benefits that match what other similar employers offer to their employees. If we eliminate benefits or reduce salaries, we are going to get what we pay for – employees willing to accept substandard pay and benefits. There are consequences for having lower quality employees such as poorer performance and increased lost time which could result in the need to hire more people. I don't want to see this happen.

The bigger issue is just plain economics – costs continually go up. Taxes, insurance, rents, supplies and just about anything needed to run a business are all under price pressures. How do you counter the cost increases? As a fellowship we have three options – increase our individual donations to keep pace with the cost increases, increase our membership so there is a proportional increase in donations or increase the price of our products (literature).

The easiest for ISO and the BOR is to increase the price of literature. This is in their complete control and they can accurately estimate the needed increase based on purchase history and increasing costs. The drawback is that the cost of our basic texts (combo book, red book and A Day At A Time) would skyrocket pretty quickly. I don't want to see a combo book cost \$5 any time soon.

The other two options require everyone in GA to take some action. Do you increase the amount you put in the basket every year? Do you ask your groups to increase their donation to ISO periodically? In my area, we tend to reduce our donation when meeting attendance drops off. Are you a Lifeliner? This is a simple way to make a conscious decision to support your ISO and you only have to think about it once a year. If you use the combo book or the meditation book on a daily basis, is it too much to ask to send a yearly donation to the office that made those books available to you?

The other option that requires all members' help is to increase our membership or membership retention. More GA members should increase our ISO donations proportionally. How many new people have been to your rooms in the past 12 months that answered 15-20 of the 20 questions with a "yes" that never came back? With the increased availability of gambling, have you seen a proportional increase in GA membership? If not, why?

I believe these are critical issues that GA members need to address for the long term financial health of our fellowship. What do you think?

Paul S. - Area 17, Connecticut

1/16/16 - 9:13 PM

My objective in offering an agenda item to eliminate health insurance and matching retirement contributions until we can afford them is not to find "substandard employees". Rather it is to place the ISO in a similar position to other employers with 4 employees and a \$500,000 budget.

Health insurance offered through the state marketplace offers employees a choice of health plans and a possible income tax subsidy. At this point in time, the ISO and GA cannot afford to continue paying for these benefits.

During the Board of Regents meeting today, once again expenses outweighed income. There was no discussion of this issue during the meeting. At the last Board of Regents meeting, I believe any action in this area was to be delayed until the next fiscal year budget. Until the situation can be rectified, I believe we must take prudent fiscal action now, and not wait.

Jim G. - Area 6, South Florida

Website Updated Reports

1/3/16 - 11:10 AM

In Cherry Hill 15' the BOT voted to add "Website Updated Reports Each Board of Trustees committee that is not a standing committee, must submit monthly committee updates to the Trustee Website no later than the last day of every month. Committee Chairs will have an initial minimum of 30 days from the end of Trustee meetings to accomplish this. The Chair of the Board of Trustees may remove the Committee Chair and/or Co-Chair if the deadlines for submission are not met." to our Rules and Procedures.

In Cancun the BOT voted to remove the following "that is not a standing committee,".

In doing so, the BOT essentially made monthly committee reports mandatory for all committees.

In November, 50% of committees uploaded a report. In December 40% of committees uploaded a report.

Given this data, as the BOT Chair, am I now supposed to remove all the Chairs who failed to post a report? This is a question for all Current Trustees because you approved this process.

I often sit silent with my opinion at a BOT meeting to see where the process leads us. Removing up to half of the committee chairs every six months is a process I truly want no part of. However, you elected me to do a job which I am prepared to do if that is the direction the board wants me to take. Unity Step 2. Our leaders are but trusted servants; they do not govern.

Having worked on many committees, I am aware of all the work that gets done between BOT meetings. I have also been a member of committees where there was very little work done between BOT meetings. Either way, the work eventually got done.

I guess I'm a little confused and I'm looking for guidance. I understand the importance of reports, but is it necessary to have one every month? Did we pass this new rule for the sake of having another rule? How many of you read the reports from November and December? How many of you have taken some sort of action based on a "monthly" committee report you read?

Those are just a few questions that I have.

I'm looking forward to all your responses.

In closing, I would like to wish you and all your loved ones a very Happy New Year filled with love, peace and kindness!

Andy R. - BOT - Chair Area 13B, South Jersey

1/3/16 - 6:42 PM Andy,

I'm glad to see you bring this up on the Trusteeline.

As my GA new years resolution is to try to keep it simple, this will probably be a short post, mind you I did say try, so anything could happen, but here goes anyway.

The authority given by the BOT vote was - May remove - so you may remove.

This, as you know, is quite different from - Must remove.

The main authority I know of that says - you Must not - is wisdom.

As a member of the BOT I will take my share of the responsibility for giving you

this choice, for placing upon you this dilemma of conscience, your conscience sent you here with the question, doubt yourself if you must but I have no fear that your wisdom will prevail.

Loved your speech, Happy new year to all.

Odie. B. - Area 36, Ireland S/E

1/9/16 - 8:58 PM Andy,

I appreciate you reaching out to the Trustees in regard to your quandary. It shows what I always knew that you are honest, open minded and willing to listen to anyone to lead to a greater resolution of any issue.

I will try to work my down your posting to address questions asked:

In GA, people elected to serve often say they do not govern when being asked to carry out or enforce the will of those they serve. Ultimately, you must do what you feel is right while also being in accordance with the specific directive in question. Odie hit it right in that removal of Committee heads isn't mandatory but remains an option.

Like anything else though, I think the rule change talked to a much greater issue. The accountability (or lack thereof) of the Committees currently serving the Board of Trustees. Many of the Committees are doing no work and if they are they don't have the respect for the entire GA membership to report on what they are doing. The efforts of these committees (allegedly the place where most of the BOT's work is supposedly being done) and the reports are at the heart of our transparency to the Fellowship at Large. And based on the number of reports filed and content therein, it's no surprise many members think that all many Trustees are doing is taking semi- annual vacations to warm places on their dime.

You say eventually the work got done. in the 4 years I am on the Board I can't say I have seen the same. Which I can say is why I stepped up at the last conference to try to help move 2 committees forward. Great things are being done but like life, the 80/20 rule seems the law of the land.

Let's call out the people not living up to their commitments, give them the opportunity to do it or get people in who will help advance the mission of this program. With the ridiculous amount of gambling that exists, the membership of this fellowship should be ballooning and I for one feel we are far from where we should be.

Happy New Year to All! Steve T. - Area 14 - Long Island, NY

1/18/16 - 6:26 AM

As chair of one of the delinquent committees, I felt obligated to respond to Andy. It is important to give our Trusted Servants a response when they are looking for guidance.

At past BOT meetings, I have been frustrated when a committee shows no progress for two or more BOT meetings and all we do is change the chair at the meeting. It is important to have active committees and regular reports. To be active, a committee has to meet regularly and keep minutes of its decisions and planned actions. It takes about ten seconds to forwards those minutes to the Trustee Website.

I did not submit a report in December because I did not do any committee work since the Fall BOT meeting. Just lazy and procrastination, no good reason. Andy's reminder email in December did not prompt me to action because I thought it was for the non- standing committees. Andy's submission to the Trustee Line prompted me to get off my backside and get a meeting set up for January. My shortcoming is that I have been on the committee since 2010 and chair since 2011 and my enthusiasm is waning. I still want to be on the committee, but we need some fresh energy for the chair.

So my suggestion to Andy is some sort of escalation process before removing a chair: group email, personal email, phone call to committee chair by the Executive Board member for that committee. If those steps do not produce any effective committee engagement, it indicates a lack of interest by the committee chair. I would suggest contacting other committee members and see if one of them would be willing to step up.

For the other committees like mine, what is your rationale for not submitting a report? And what needs to be done to get those reports submitted on time?

Andy is asking for your support and input, I hope you will respond.

P.S. - My committee is still looking for interested members.

Paul S. - Trustee, Area 17, Connecticut

Fantasy Sports

1/13/16 - 3:12 PM

Happy 2016 my fellows GA members,

As I said last year, I guess chaired a meeting in my area this week and my topic was explaining about the "fantasy sports" addition to our combo book 2nd vote coming up in Arizona leading to "Do you think I should vote yes or no and why?" The meeting was very productive.

I was able to explain the yellow book changing process, how productive trustees are at conferences, etc. All who spoke said I should vote yes, but couple other things happened. Some members solidly in the program, and who have been trusted servants had no clue what fantasy was, they appreciated the education. They are now prepared to understand & welcome new people who come into room from fantasy gambling disaster (people are showing up).

We heard A LOT from members who are coaches of all ability levels, seeing fantasy sports issues with all their players, some AS YOUNG AS 7 years old! Just the vigor & energy in the meeting was up another level, members were eager to speak, and the comments were very informative. It was also an opportunity to talk about ISO, trustees (3 were in room), about doing more service, and our legacies in the program. I am chairing my home room within a couple weeks, even though they have full throated supported me the whole time I have been a trustee, I will also give them the opportunity to tell me if I should vote yes or no. All kinds of hands will go up after I say "need or desire to speak?"

I feel this issue is a strengthening thread for our group unity, younger members want to participate because they know EXACTLY the on going massive devastation of their peers from playing fantasy sports.

Thanks,

Kent D. - Area 15, New York

1/15/16 - 10:13 PM

Who am I to tell anyone what is gambling? There is a clear cut definition on page I4 of our "Combo Book". I have had zero problems figuring out what is gambling for me during the last 45 years. For me there was never an iota of planning to gamble on fantasy sports, even if it was only for bragging rights. For me, Fantasy Sports is gambling, period.

Why are members even discussing and voting to specify that Fantasy Sports is gambling? Will the next "invention" bring out discussion and possible changes to our literature?

When someone, new or old in program asks "is xxx gambling?", I give them 2 answers, answer no. I is "it is gambling for me" and answer no. 2 is "if you had to ask that question, you know the answer".

I refer members to our definition. The definition has been changed once in approximately 40 years to include ..."or others"...

The definition is broad enough and specific enough to cover all of the possibilities that I have encountered and so far, all the newer ones too.

Why do we need to single out specific types of gambling?

By the way, I have not talked with any member, new or old, that did not know the difference between right and wrong.

Bill B. - Area 6, Southern Florida

Life Line Bulletin

1/16/16 - 9:26 PM

At today's Board of Regents meeting, the subject and cost of the Llfe Line Bulletin was an agenda item. For the first 4 months of the current fiscal (July - October 2015) year, the cost of the bulletin was \$18,899.69. It is not clear how much of the postage for that same period of time of \$23,013.91 is for the mailing

of the Bulletins. A significant reduction in the Bulletin expense would greatly assist in the reduction, or elimination, of our monthly deficit.

I have put forth an agenda item for the Phoenix conference dealing with options to the current method of sending out the Bulletin. I have posted this on the Trustee Line. But ... no one at the Board of Regents meeting seems to be aware either of the agenda item or what the options discussed include. Instead they kicked the ball down the road for a month to get more information on the extent of the "savings" by sending out I copy to each room instead of 2. Clearly there would be a savings in postage.

Many times, in listening to the Board of Regents members discuss an issue, they seem to want not to make a decision until they have more information. Sometimes it is necessary to make a decision without having all the information.

Jim G. - Area 6, South Florida

1/17/16 - 4:35 PM

Jim, you have pulled the Band-Aid off the skin with this topic. I continue to be amazed at the snail's pace by which the BOR operates. These conference calls have revealed this and another point you make about an uninformed board that seems not to even know the questions to ask regarding most issues. This is fostered by the 'lock down' attitude the BOR has with members, outside the board, being able to pitch their own items. When the Board hits a gap of information, the items get tabled. What is even more annoying is to hear the members say that they are getting tired of seeing the same items on the agenda each month. I just shake my head in disbelief. Doesn't anyone on the BOR talk to each other in between meetings? If this was the way the Board of Trustees operated, it would take multiple years to get anything done.

Let me get back to the thread that you started. The Board of Trustees put together a Revenue Review Committee, which was a joint committee with BOR members. There seemed to be this 'hands off' attitude within the committee about not being able to broach the subject of expenses. From the beginning, I have been against this committee's approach, because we are constantly pressing the membership for money. Granted, not all the Trustees are LifeLiners, and from my perspective, everyone should be, no minimums, but LifeLiners, nonetheless. Sure areas don't support ISO, as is the case with many rooms. That's because the rooms don't have a written procedure of what happens to their room treasuries. That's for a different posting.

But the painfully obvious situation for the committee should have been identifying what were some of the expense items that were clearly contributors of this monthly shortfall in cash each month. That eyesore on the monthly cash flow statements has been the Bulletins, along with the postage, net of the costs to ship literature. This is nothing new, and so are the discussions about changing them to a digital format. But the BOR continues to drag its collective feet with this issue. It represents a seismic event potential to clear up this entire financial mess and bring us up to a more resource efficient and cost effective solution.

Jim cites what was a Bulletin cost of \$23,013.91 for the 3rd calendar quarter of 2015. Just doing the simple math of extending that over a full year, and the total is \$92,556.84, or an average of \$7,713.03 per month. Let's back that number off to \$7,000 a month, or even a more conservative \$6,000. What if that disappeared as an expense? Here's how that gets done....

- I) We only do a digital version of the Bulletin and stop printing it.
- 2) We refund any unused amounts to those members who have paid for Bulletin annual subscriptions
- 3) For those who don't yet have an computer to view, download and/or print the Bulletin, someone in each room should be responsible for providing copies to those members in each room that request it.

Financial mess straightened out – period, the end. We eliminate the printing and postage items that are completely unnecessary in today's digital world. There might be a cost for putting together the necessary files each month, but I'm accounting for that by chopping off \$1,700 a month from the numbers disclosed at the January BOR meeting, when I use the \$6,000 per month number.

So what's the problem that the BOR can't accomplish this task? The only one that was vocal about pushing to digital formatting of the Bulletin, was Bill B from Florida. As usual, there was a discussion and It was tabled, yet again. Now there's a news flash.

I strongly disagree with the item Jim is submitting for Phoenix, as I see no meaningful financial benefit with scaling back the amount of copies a room can receive. We either keep it in print format and continue to squander the contributions from our members, or we change with the times and the

technology available to us, that continues to evade the Board of Regents, as far as making expeditious and properly researched ideas, instead of, as Jim says, 'kicking the ball down the road'.

David M. - Area 12, New Jersey

1/17/16 - 7:43 PM

David, I agree with you 100% that the Bulletin should be digitalized altogether, it is, to me, a waste of money to print it and mail it! Don't know what the issue is! My 2 cents

Juan A. - Past Trustee, Area 6B, Puerto Rico

I/18/16 - II:14 AM

Let us all contact the members of the Board of Regents between now and their February meeting imploring them to change the format of sending out the bulletin to a digital format only, immediately.

If the savings is conservatively \$5,000. in printing and postage costs per month, that is a huge savings for the program. With such a reduction in spending, and a commitment on the part of each trustee and past trustee to make a small Life Liner contribution monthly, fiscal health for the program should be a reality.

For those who are not included in the digital age, such folks can call the folks at I.S.O. and ask to have a copy faxed or mailed to them. That may cost the program \$100.00 per month. A secretary or designated person in any room who has access to a computer can also print out a copy of the digital version for those requesting a copy.

An email from all of us who read the Trustee Line to Karen at the I.S.O. for delivery to the members of the Board of Regents should be sufficient to secure action. No one is advocating a revolution here, or the dumping of tons of tea into the Boston harbor. Practical practices in business should be our course of action in recovery. Pun intended.

Respectfully,

Vin B. - Area 12 Past Trustee, New Jersey

I/18/16 - II:55 AM

All:

This item is a top priority for the current BOR. Our subcommittee is diligently working on a favorable solution. If you would like to hear the update, please call in to the BOR February meeting on the "listen only" phone number, provided on the BOR page of the Trustee Website. I have been and am currently an active supporter to eliminate printing of the monthly Bulletin.

Bill B. - Area 6. Southern Florida