

JULY 2026

“Our primary purpose is to stay sober & to help others achieve sobriety.”

Slippery When Wet

Treasure Valley Intergroup Newsletter

ACCEPTANCE

Acceptance is the answer to all my problems today.

When I am disturbed, it is because I find some person, place, thing or situation – some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake. Until I accept myself, my situation and my life completely on life's terms, I cannot be happy.

I need to concentrate not so much on what happens in the world as on what needs to be changed in me and in my attitudes!



Office Notes And

Other Important Information

If you are interested in being of service, our Central Office always needs helpers for all sorts of reasons. We are awaiting your call. If you call Mon.-Sat., we can let you know if we have any present needs!
Thank you!

TVICO Address

1111 S. Orchard St.
Suite 180 (Next to Kootenai)
Boise, ID 83705

Office Hours

10AM – 5PM Mon-Fri

10AM – 3PM Sat

Intergroup: 2nd Thursday of the month

tel:208-344-6611

TVICO website: tvico.net

Treasure Valley Intergroup Central Office

“

Serving the Greater Treasurer Valley Area AA Groups and Fellowship!”

**If your group has a meeting change,
please complete this form so that
Central Office can update the
schedules.**

<https://tvico.net/aameetingnews>

AA Hotline

(208)344-6611

treasurevalleyhotline@gmail.com

1111 South Orchard Street

Boise, Idaho 83705

(208)344-6611

tvco@tvico.net



Regular Office Hours
Monday-Friday 10am to 5pm
Saturday 10am to 3pm
TVICO website: tvico.net

The Central Office Sponsee Call

An old-timer is hanging around his Central Office with his new sponsee when the phone rings. It's a guy feeling wretched after a week-long bender. The old-timer and the sponsee go to do a 12th step call.

When they arrive, the guy opens the door looking completely disheveled. He looks the old-timer up and down and asks, "So, you guys are from AA, huh? How long have you been sober?"

The old-timer smiles and says, "Ten minutes."

The sponsee turns to the old-timer and whispers, "Hey, wait a minute, you've been sober for twenty years!"

The old-timer shrugs and whispers back, "Be quiet, kid. Let me have my ten minutes of anonymity!"

Staying Sober During Summer Vacations

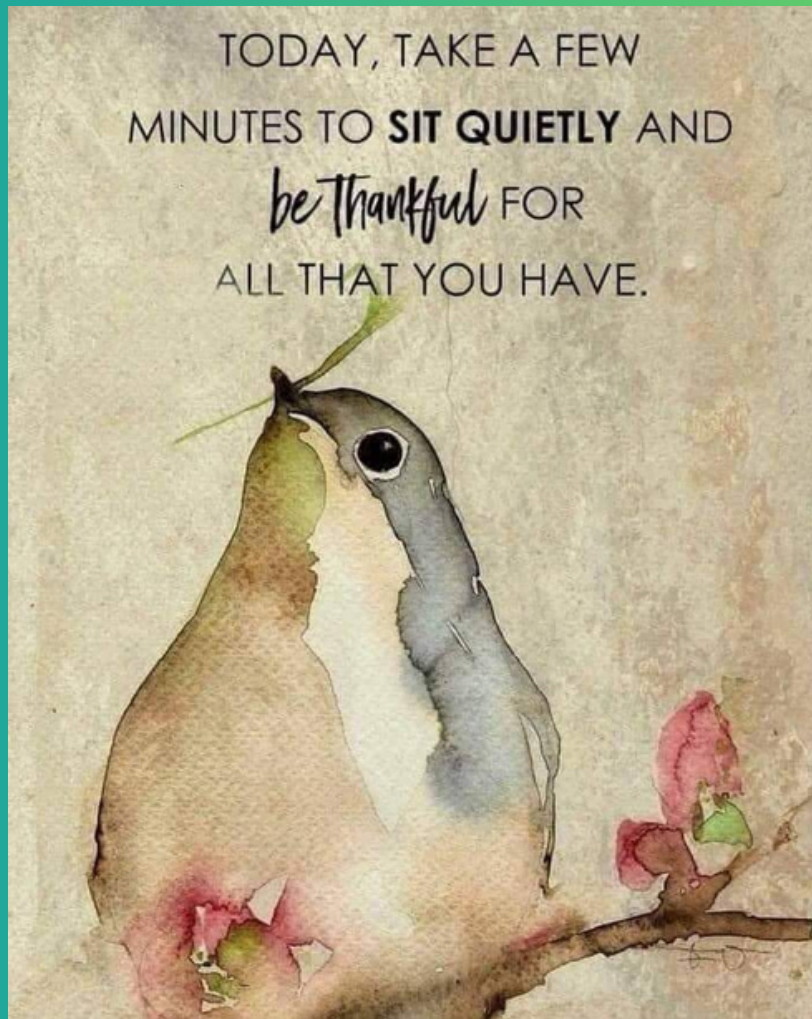
Cole Young

Summer is often associated with vacations, celebrations, and spending more time with family and friends. While these experiences can be enjoyable, they can also introduce new challenges for people in recovery. Travel often means stepping outside of familiar routines. Restaurants, airports, beaches, cruises, weddings, and family gatherings frequently involve alcohol or other substances. At the same time, vacation schedules can disrupt healthy habits that normally support recovery. Planning can help make summer travel enjoyable without compromising sobriety. **Recovery Does Not Take a Vacation.** One of the biggest mistakes people make is assuming recovery can be put on hold while they are away. Recovery is built through consistency. Daily routines, support systems, and healthy coping strategies continue to matter whether you are at home or hundreds of miles away. Before traveling, consider what normally supports your recovery. Do you attend therapy? Participate in group counseling? Keep a consistent sleep schedule? Practice mindfulness or journaling? Thinking about these routines ahead of time makes it easier to maintain them while traveling. Plan for High-Risk Situations. Many summer activities involve alcohol. Instead of hoping temptation will not appear, prepare for it. Ask yourself questions such as: Will alcohol be available? Who will I be spending time with? Do I have a plan if I begin feeling uncomfortable? Can I leave early if necessary? Having a plan reduces anxiety and makes healthy decisions easier in the moment. **Maintain Healthy Habits!** Vacations often disrupt normal schedules, but maintaining a few simple routines can make a significant difference. Try to prioritize: consistent sleep, regular meals, staying hydrated, physical activity, time for relaxation, and staying connected with supportive people.

These habits help reduce emotional and physical stress, which can lower relapse risk. Stay connected to your support system. Traveling does not mean you have to disconnect from recovery.

Others stay in touch with sponsors, trusted family members, or supportive friends while traveling. If you attend outpatient treatment, talk with your treatment team before your trip. They can help you identify potential challenges and develop strategies for managing them. Give yourself permission to Say No! Recovery sometimes requires making choices that feel uncomfortable. You do not need to attend every event. You do not have to explain why you are declining a drink. You are allowed to leave situations that no longer feel supportive.

Protecting your recovery is never something to apologize for.



Treasure Valley Intergroup Business Meeting Minutes
July 9, 2026 Zoom Meeting at 7:00 (MST)
Meeting ID: 858 2136 5348 7572 // Passcode: Intergroup

Open Meeting – open at 7:00 pm

A Declaration of Unity: This we owe to A.A.'s future; to place our common welfare first; to keep our Fellowship united. For on A.A. unity depend our lives, and the lives of those to come.

Intergroup statement of purpose:

- A. Fostering and encouraging AA unity and cooperation among Idaho Area 18 AA groups to raise funds to provide for the viability of a central office.
- B. Guiding the operation of TVICO through its subcommittee known as the TVICO Steering Committee.
- C. Furthering the AA program in accordance with the 12 traditions of Alcoholics Anonymous.
- D. Providing a 24-hour hotline answering service.
- E. Publishing a monthly newsletter.
- F. Maintaining a list of volunteers to accept 12-step calls.

Monthly Birthdays: None this month

Intergroup Attendees:

Richard T. - Intergroup Chairperson
Rob C. - Intergroup Co-Chairperson and On The Rocks Group Representative
David H. - Intergroup Web Servant
Stacy G - Intergroup Secretary, resigning
Brandi G. - Intergroup Treasurer
Jason H. - TVICO Steering Committee Chairperson
John M - TAC Intergroup Representative/Rule 62 Group Intergroup Representative
Lauri H - Intergroup Newsletter Editor

Other Attendees:

Bob P - TVICO Steering Committee Secretary

Committee Representative Reports

- Secretary: Stacy G.
- Minutes approved
- Intergroup Treasurer: Brandi G.

- Beginning checking account balance as of both 6/1/2026 = \$809.38
- Ending balance as of 6/30/2026 = 959.38
- Savings account balance = \$25.00
- \$150 donation from an AA group
- Treasurer report approved
- Intergroup Chair: Richard T.
 - Intergroup needs a new Secretary
 - Newsletter Editor has moved and will continue as Editor. The newsletter will continue to be published monthly
- Intergroup Co-Chair - Robert C.
 - The Park Shelter for Lefty's Float Shelter is reserved for August 2, Shuttles run regularly, being at the shelter around Noon will be good to shuttle to float from Barber Park, then float back to the shelter. Some of the stuff needed has been donated, more will be purchased as needed. There will be a \$5 suggested donation for food. There will be a 50/50 raffle, tickets will be \$5.
 - Some people have volunteered and more are needed.
- Newsletter Editor - Lauri H.
 - She has moved out of state, she will continue as editor
- TVICO Steering Committee Chairperson - Jason H
 - TVICO Financial Report
 - Inflows including sales (and 7th Tradition) = \$13,363.31 (includes 7th Tradition contributions in the amount of \$4,463.69)
 - Costs of Goods Sold = \$5,499.72
 - GSO Sales = \$4,707.26
 - Non-GSO Sales = \$4,070.91
 - Outflows = \$12,647.34
 - June Net Cash = \$715.97
 - Cash available for operations = \$14,361.28 (plus \$20,244.79 Operations Prudent Reserve and \$11,000 Literature Prudent Reserve)
 - Inventory on Hand = \$37,683.44
 - Accounts Receivable and Accounts Payable are all current
 - Please see June 2026 financial report for full details.
 - There is about \$1100 available to purchase a needed new all-in-one computer. Shopping will be done at Amazon, Costco, and Best Buy. Specifications needed have been given by the computer maintenance provider.
 - Rent for the Archives space at Central Office has increased
 - Central Office will be going to the Area 18 Fall Assembly in October and the Gem State Round-up in August.

- The Central Office Employee Kim will be going to a convention for Central Office Employees. Paying for her registration, meals, and some expenses was approved, Kim will cover the hotel and the rest of the expenses. There was some discussion whether the Steering Committee has authority to approved those expenses. The consensus was that it was OK, this will be considered further.
- Central Office has received donation checks from Fidelity without clear evidence that they are from a member of AA. Clarification is being requested from AA GSO about what to do with them. They will not be cashed until this is clear.
- Prices are going up for literature and merchandise in Central Office to match increases in costs.
- A Volunteer Appreciation Lunch is being considered.
- A Chili cook-off event is being planned. Intergroup involvement would be helpful.
- Intergroup Web Servant - David H.
 - A contribution link is considered to be added to the website. PayPal and Zepi are being considered.
 - The website is being revised.
- Intergroup TAC Representative - John M.
 - The picnic went well, total sales were \$8,539.75, profit was \$6,677.29 with over 350 tickets sold.
 - Looking for male volunteers to go to the Ada County Jail
 - TAC needs a new co-chair for the corrections side
 - TAC is doing a 1 hour TAC workbook study on Zoom, starting 9/9/2026 at 6:30 pm
- Intergroup CPC/PI Representative - Absent

District and Group Representative Reports

- On The Rocks - Rob C.
 - Meets 5 days a week, Friday through Monday and Wednesday, which is a book study. The first Saturdays of the month are a dinner and speaker. Meeting doing well, looking to coordinate with TAC
- Rule 62 - John M.
 - Meeting doing well. Lots of newcomers coming in, several treatment centers send people.
 - Changes started. Some meetings are at a different location than usual.
 - Doing well financially.
 - Campout coming up
- District 4 - Duke, Absent, Jason H. reporting.

- District workshop on sponsorship and service 6/4/2026
- Have Birthday dinner the second Saturday of the month
- No business meeting this month due to helping at Unity Day.
- District is funding Rule 62 Group facilitating a Delegate Town Hall Meeting on 8/8/2026, probably in Caldwell
- District 9 - Absent, Richard T. Reporting
 - Days and times of meetings are: New Meadows changed to Thursdays at 6.30 at the library; Council is every Monday and Wednesday at 8 PM at the library there; Cambridge is every Thursday evening at 7pm at the Seventh-day Adventist Church just south of town; Weezer has 3 meetings a week, all at 7 PM on Wednesday, Saturday, and Sunday evenings at the library.
 - No information today about meetings in Riggins, McCall, and Cascade.

Old Business

- Nothing to report

New Business

Bob P will do the meeting minutes until there is a new Secretary

Meeting closed with the AA Responsibility Statement - When anyone, anywhere, reaches out for help. I want the hand of AA always to be there, and for that, I am responsible.

Meeting Closed at 7:59 pm

No Executive Session held

Minutes submitted by Bob P.

T.V.I.C.O.
GROUP 7th TRADITIONS
JUNE 2026

Date	Group Name	Amount
06/01/2026	4th Dimension	342.17
06/04/2026	How It Works-Nampa	228.00
06/04/2026	On The Rocks	277.50
06/05/2026	Touchstones Men's Meeting	100.00
06/09/2026	Courage Strength and Hope	28.00
06/09/2026	Women In Fellowship	80.00
06/11/2026	Seekers	128.21
06/12/2026	The Way Out	150.00
06/12/2026	Just Do It	30.00
06/15/2026	Sunrise Meeting Meridian	750.00
06/15/2026	Attitude Adjustment	500.00
06/16/2026	Serenity Seekers	400.00
06/16/2026	Boise Noon Zoomers	184.05
06/16/2026	Faith Forward	150.00
06/16/2026	Meridian Men's Monday Night Stag Group	200.00
06/17/2026	Lunch Bunch	56.98
06/23/2026	Turning Point	25.00
06/24/2026	Rule 62	360.85
06/29/2026	Step Sisters	120.00
Total Group 7th Traditions		\$ 4,110.76

**Central Office would like to thank all the Groups, Individuals, and Districts for
their 7th Traditions last month.**

We appreciate it so much ! ! !

***Thank you for supporting Central Office, we couldn't do it without
you!***

[Treasure Valley Intergroup Central Office
Cash Flow
JUNE 2026

INFLOWS

Archives	\$ -
TVTAC	\$ 50.00

Gross Sales

GSO Sales	\$ 4,707.26
Non-GSO Sales	\$ 4,070.91
Meeting Schedules & NCP	\$ -
In House Merchandise	\$ 35.45
Gift Certificates	\$ -
Refunds	\$ -

TOTAL Gross Sales	\$ 8,813.62
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7th Traditions:

Home Groups	\$ 4,110.76
Individuals	\$ 318.93
District	\$ -
7th Tradition Can	\$ 34.00
Treasure Valley Banquet	\$ -
	\$ -

TOTAL 7th Traditions	\$ 4,463.69
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Miscellaneous Revenue

Interest Income	\$ 17.25
Printing Income	\$ 9.75
Shipping & Handling Income	\$ 9.00
Credit Card Rewards	\$ -

TOTAL Misc. Revenue	\$ 36.00
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TOTAL INFLOWS	\$ 13,363.31
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Cash on Hand	\$ 20,293.97
Less Liabilities Owing	\$ (8,093.36) ²
Cash Available for Operations	\$ 12,200.61
Cash Drawer	\$ 150.00

Prudent Reserves:

Operations Prudent Reserve	\$ 20,256.47
Literature Prudent Reserve	\$ 11,000.00
Inventory on Hand	\$ 37,683.44
Amounts due from Customers	\$ 2,427.52

OUTFLOWS

Cost of Goods Sold	\$ 5,499.72
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Office Expenses

Assembly Expense	\$ -
Bank & Merchant Serv Fees	\$ 191.48
Coffee, Candy, Water, Etc	\$ -
Computer/Website Maint.	\$ 429.99
Contributions from TVICO	\$ -
Copy Machine Lease	\$ 260.30
Insurance - Liability	\$ -
Office Supplies	\$ 5.97
Open House Expenses	\$ 34.55
Over-Under	\$ (22.96)
Phone/Internet Service	\$ 227.84
Postage & Delivery	\$ -
Printing & Reproduction	\$ -
Professional Fees	\$ 960.60 ¹
Property Tax on Copier	\$ -
Rent & Building Maintenance	\$ 1,665.04
Store Supplies	\$ 19.69

TOTAL Office Expense	\$ 3,772.50
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Payroll Expense

Includes Employer Taxes	\$ 3,375.12
Work Comp Insurance	\$ -

TOTAL Payroll Expense	\$ 3,375.12
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TOTAL OUTFLOWS	\$ 12,647.34
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NET CASH +/-	\$ 715.97
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NOTES:

¹Prof. Fees for include reconciling previous month bank statements, preparing payroll & making payroll tax deposits and/or reports, reporting & paying sales tax, review customer & vendor accounts, W2s, 1099s, annual reports, preparation & E-Filing Annual 990-EX Tax Return, & Enhanced Payroll & LogMeIn Subscription

²Liabilities Owing Includes: Vendor invoices, payroll liabilities, credit card balance, Idaho Sales Tax, and Gift Certificates

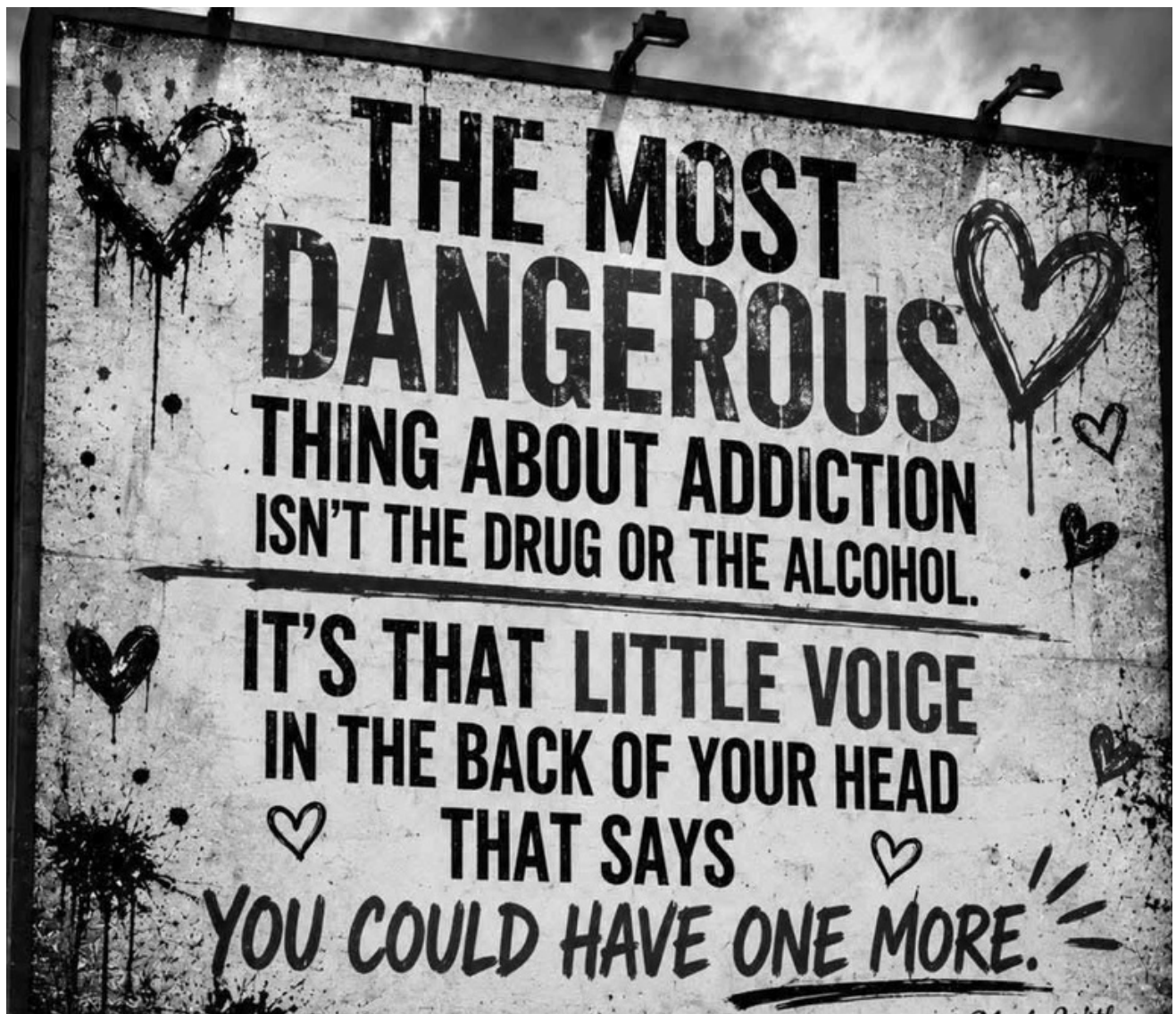
Thank you for supporting Central Office, we couldn't do it without you!

MEMES, JOKES, AND THOUGHTS



In a restaurant in Christopher Creek, AZ

"Joining AA is like updating your software—admit you have bugs, then spend years trying to fix them.



Why did the bottle join AA? It could not handle being half-empty all its life.

I told my wine I was going to AA. Now it's just grape disappointment.

What do you call an AA member with a sense of humor?

A miracle, because they're surprisingly still laughing.

Switching to AA is like quitting pizza — hard,
but surprisingly satisfying in the long run.

And always remember, laughter is the best medicine — unless
you need antibiotics, then go see a doctor.

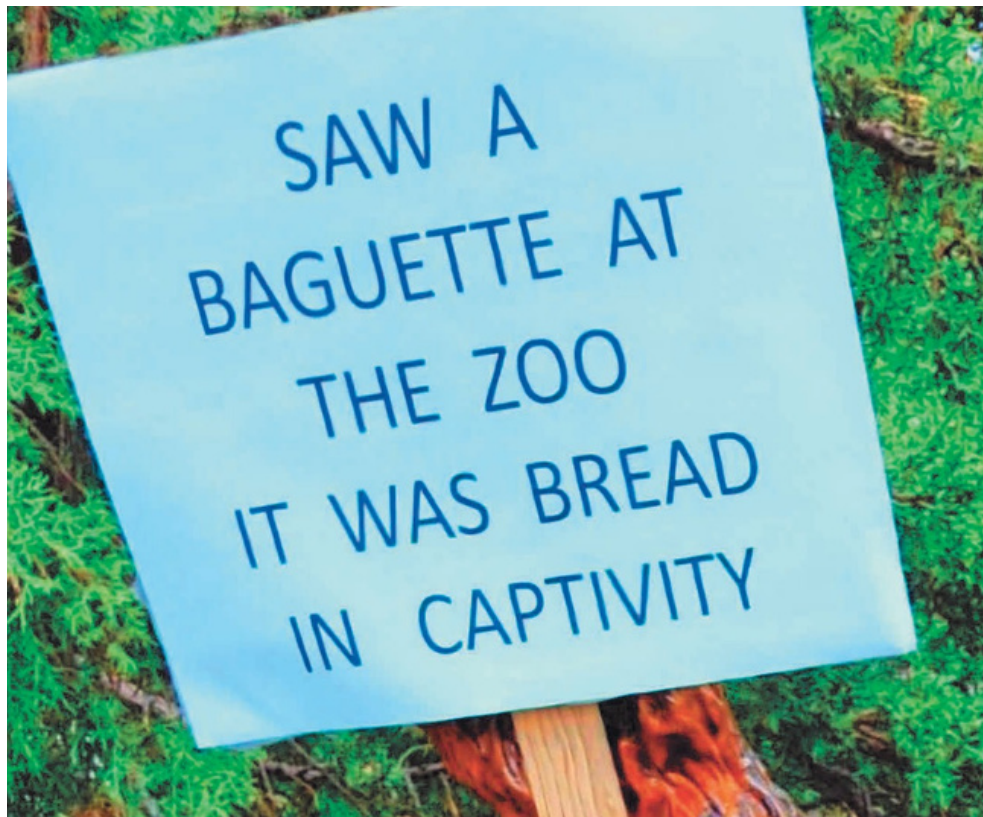
MEMES, JOKES, AND THOUGHTS

\$14.99

Happy, Joyous & Free: The Lighter Side of Sobriety

(Softcover) AA Grapevine

Getting sober can be painful and amazing, but it also can be pretty darn amusing. This collection of stories from the Grapevine shows how, in recovery, AAs have learned to laugh. It's full of light and humorous stories about our early mistakes, navigating drinking events, funny things sponsors say, interesting Twelve-Step calls, holiday adventures and more. They remind us to not take ourselves so seriously and to always strive to be "happy, joyous and free."





AUGUST 14-16, 2026

COURTYARD BY MARRIOTT BOISE WEST/MERIDIAN

1789 S. EAGLE ROAD, MERIDIAN, ID 83642

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\$40 BEFORE JULY 1

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AND MORE!**

SPEAKERS

AA

FRI: RICHIE C. 1/15/21, BOISE, ID

SAT: MARK L. 10/20/88, SAN JOSE, CA

SUN: SHEILA A. 12/15/84, PALM
SPRINGS, CA

AL-ANON

FRI: NORA S. 11/28/24, BOISE, ID

SAT: TOM B. 6/15/93 NORMAN, OK