



LIFELINE



SALT LAKE CENTRAL OFFICE NEWSLETTER

How many of you have seen the picture titled:

“THE man on THE BED”?



I hope you have, we own it. It is an illustration that was done by a Grapevine volunteer illustrator and presented to Bill W. in 1955. It is a depiction of that first visit to St. Thomas hospital in Akron,

where Bill Wilson and Dr. Bob talked to Bill D. – AA #3. When Bill W. received this picture, he said this illustration **CAPTURED THE ESSENCE OF AA.** I believe this picture also captures the **ESSENCE of BRIDGING THE GAP.**

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Central Office of Salt Lake City

(801) 484-7871

80 West Louise Avenue (2850 S.)
Salt Lake City Utah 84115-2860

Hours of Operation

Monday-Friday
10am to 5pm
Saturday 10am to 2pm

Call for Holiday Hours

Exciting Events For November!

Nov. 7-8: District 1 Fall Workshop @ Ogden Alano Club

Nov. 14: Cache Valley Intergroup Chili Cook Off @First Presbyterian Church Basement in Logan from 4-6pm

Nov. 21: All Groups Meeting hosted by Hot Topic @Central Office from 6-8pm

Nov 26-29: Las Vegas Roundup @Westgate Resort and Casino
www.lasvegasroundup.org

...And December!

Dec. 5: Area December Committee Area Inventory hosted by District 11@ Clearfield Community Church from 8-5pm

...More Exciting Events to Come!

Central Office Board of Trustees
board@saltlakeaa.org

Chair – Nick R

Co-Chair – Doug R

Secretary – Gina F

Treasurer – Martin C

Trustee at Large – Mark A

Trustee at Large – Ray J

Central Office Standing Committees

Activities – Joel R.

activities@saltlakeaa.org

Archives – Josh D

archives@saltlakeaa.org

**Cooperation with the Professional
Community – Mike S**

cpc@saltlakeaa.org

Corrections – David R

corrections@saltlakeaa.org

Hotline Telephone – Danny R

hotline@saltlakeaa.org

Literature – Allison F

literature@saltlakeaa.org

Lifeline Newsletter – Tim B

lifeline@saltlakeaa.org

Outreach – Mike M

outreach@saltlakeaa.org

Public Information - OPEN

pi@saltlakeaa.org

Technical Support – Shayne F

it@saltlakeaa.org

Treatment- Randy C

ctf@saltlakeaa.org

Twelfth Step – Tim E

12step@saltlakeaa.org

Volunteer – Jim C

volunteer@saltlakeaa.org

Website – Doug R

webservant@saltlakeaa.org



Central Office Of Salt Lake City

News & *Announcements*

- Central Office is currently looking for a Public Information Chair.
- **New meeting:** Draper Lunch Time Step Study on Mondays@12:00 pm at Egg and I restaurant: 1194 East Draper Pkwy in Draper
- **New meeting:** The Road West—CLOSED MTG on Tues @6:15 pm at University of Utah Hospital Psych unit: 40 N. Medical Dr. in Salt Lake City
- 10th Step Group Big Book Study has moved to Odyssey House:350 E. 2100 S. It still meets on Saturdays @4pm
- Serenity Group has been disbanded (Thurs @8:30 pm at the Alano Club)

SALT LAKE CENTRAL OFFICE
Statement of Purpose

The purpose of the Central Office is to provide the basic services listed, to include, but not limited to:

1. To carry the A.A. message and help those individuals who suffer from alcoholism
2. To maintain a 24-hour Twelve-Step phone list, and to answer phone inquiries as needed
3. To provide an A.A. listing in appropriate public sources
4. To function as a clearing house for the circulation and exchange of information among all of the A.A. Groups in the area
5. To compile, update and print meeting lists and other information about local A.A. services
6. To maintain A.A. approved literature for sale to members and the public
7. To print and distribute a newsletter
8. To be available to those in the community seeking information about alcoholism and A.A.
9. To maintain contact, refer inquiries and cooperate with General Service Committees and local groups
10. To arrange, delegate, or manage the details of all Central Office events or any other functions approved by the CO Committee
11. Specifically excluded shall be the operation of any club, clubhouse or drying-out place, and acts in violation of the Twelve Traditions of A.A.
12. Such other activities that are consistent with the principles of the Twelve Traditions

7th Tradition Contribution Addresses

A.A. World Services

Box 459 Grand Central Station
New York, NY 10163
<https://ctb.aaws.org/Login.aspx>

Salt Lake Central Office

80 West Louise Ave.
Salt Lake City, UT 84115

District 2 Treasurer

PO Box 615
Salt Lake City, UT 84110

Area 69 Treasurer

PO Box 286
Hyde Park, UT 84318
<http://utah.aa.org/contributions.php>

District 11 Treasurer

1157 Shannon Avenue
Farmington, Utah 84025

District 10 Treasurer

PO Box 57271
Murray, UT 84157

“We Are Fully Self Supporting through Our Own Contributions.”

~Attention Aspiring Writers~

We welcome your correspondence and will publish your material, space permitting and if it meets editorial criteria.

Share your experience, strength and hope with another alcoholic! To request a free subscription or to submit AA related content please do so by sending an email to: lifeline@saltlakeaa.org

Pamphlet of the Month: “Where do I go from Here?”

Soon you'll be back out there in the real world again. You'll find it's the same old world with the same old problems.

No matter where you live, you'll still have your full share of those problems. Plus the one problem that can make all the others seem a lot bigger than they really are.

You're not the only one who has come face to face with a drinking problem. There are about 2,000,000 of us who are not alone anymore.

Back in 1935, two men saw that alcohol had ruined their lives. They knew it would kill them if they didn't stop drinking it. They wanted to stop, but couldn't do it alone.

Their families and friends and doctors couldn't do it for them. There was no personal loss or calamity big enough, no threat, treatment, or cure strong enough to make either of them stop drinking. Willpower didn't work, either. The countless and sincere promises they had made to themselves were broken over and over again—over that first drink.

Each of the two men had been diagnosed as hopeless alcoholics. Worse yet, they saw themselves as hopeless. Until they saw each other.

By strange coincidence, they met and began to share their common experience with alcohol. They found they understood each other's problems better than their families and friends and doctors did. This mutual understanding gave them the strength each desperately needed to pass up the first drink that had always paved the way to disaster.

Very gradually, their new strength restored their hope for life and a future. They survived to share their experience with other so-called hopeless alcoholics.

Today, Alcoholics Anonymous is made up of an estimated 2,000,000 men and women who once felt just as hopeless. We still meet regularly to share our experience, strength, and hope with each other. Our everyday lives are a lot better now than they used to be. And each of us once had to ask ourselves that question: “Where do I go from here?”

We live and meet everywhere now and at many different hours of the day. And we hope you'll want to talk to one of us when you get out. We'll be waiting, because somebody waited for each of us. And that made all the difference.

This is A.A. General Service Conference-approved literature. Look for “A.A.” or “Alcoholics Anonymous” as listed in the local telephone directory. If you cannot reach A.A. in your community, just write to A.A. General Service Office Box 459, Grand Central Station New York, NY 10163 www.aa.org



Bill W. and Dr. Bob instinctively knew that in order to stay sober, they must immediately begin work with other alcoholics, alcoholics of *our* type. In 1935, there existed many places where alcoholics are temporarily stored on their journey *through* hell. Before AA, that was all they could do for them.

Prior to Bill and Bob making that fateful connection, alcoholics of our type faced incarceration, asylum or insignificant oblivion. Dr. Bob's access to a hospital fighting, and losing, the hopeless battle against alcoholism was pure serendipity.

Look back to the Man on the Bed, we see three people in this illustration. Two men are wearing suits and looking intently, but kindly, at the third man. The third man is the 'man on the bed', Bill Dotson.

Are *you* anywhere in this illustration? I am.

I have been the man on the bed. I have been delivered from a 'seemingly hopeless state of mind and body' that is alcoholism. I *know* Bill D. like a brother. We have shared the same unkind womb. I embrace those memories today – more than 17 years later, knowing that without those experiences I would not be the miracle I am today.

The miracle today is that I am able to be the 'suits' in this illustration – carrying the message back to those who need it. I get to be a part of their miracle as it unfolds before my eyes.

AA members are a part of this picture in every way imaginable, even if you are not aware that you are. We are the 'suits' that carry the message into the myriad of alcoholic storage facilities, now called Treatment Facilities or some other term. We are the first face at a meeting, extending our hand and leading the way to the coffee pot. We are the contributors placing the 'buck in the basket' that provides OUR literature to uncertain prospects.

One key thing this picture does not show is what happened AFTER Bill D. was released from the hospital – they met up with him and continued to show him this 'new way of living'.

Bill and Bob didn't just abandon their newfound friend. They didn't hand them a meeting list or tell him to go to their web page or text me, of course, or even say 'Call Me'. Nope. They incorporated him and his family into their world, into their sober life. Reaching out to the shaky newcomer.

However shaky it is, it is likely more than what the newcomer has ever known. The thoughts of spending a day or even a portion of a day – sober – with others who are sober is more than the newcomer ever dares to dream of having. It makes the difference.

Everyone can be a part of this. If you can't be the 'suits' going in to a place, you can be the 'greeter' that takes the time to meet up with them and light the path into their new life. *You* can make a difference.

When a candle shares its flame to light another candle, it is not diminished. You simply have more light.

-Pete G.



FUNDRAISER benefitting the 2016 UTAH RAINBOW ROUNDUP RECOVERY

Take home a homemade APPLE or PUMPKIN pie this holiday season! The Planning Committee for the Utah Rainbow Roundup will be personally making 100 tasty pies from scratch, so order yours today! Delivery or pickup will be arranged a few days before Thanksgiving. Please contact:

Jocelyn J. at 801-879-6422 **email:** jocers@hotmail.com

Melissa E. at 801-915-3573



<http://www.utahrainbowroundup.com>



A.A. Birthdays

Nomadic Lunches

Bonnie	30 days
Shaun	60 days
Tomas	60 days
Kim	4 yrs
Chris	4 yrs
Stephen L	18 yrs
Rick J	23 yrs
Ron K	27 yrs

Life Elevated Group

Brad	3 yrs
RJ	29 yrs



Hello There,

My name is Jim C. and I currently serve as your Volunteer Committee Chairperson. Our Central Office is currently staffed by volunteers from the Salt Lake Valley, Tooele County, Park City area, and Davis County.

I would like to extend an invitation to any and all that would like to know more about our Volunteer Program to contact me or any of the volunteers on duty with your inquiries. Yours In Service, Jim

tel: 801-842-2673

From BS to IS by Lisa O.

I like to divide my life into two periods, before sobriety which I term "BS" and in sobriety, for which I use "IS." While I was living in my BS, I would read metaphysical books and study philosophy, religion and esoteric subjects like biofeedback and how to make wine. I considered myself an expert in all these areas, and would sit at the bar pontificating with my vast amount of intelligent knowledge. In my BS period, I would take hostages, many of whom were willing to lend me their ears for the price of another round. We would talk and dream and make plans to visit the bastions of mankind's spiritual and philosophical centers: climb the holy Mt. Kailas in Tibet, see an ashram and bathe in the Ganges in India, stop by the Vatican in Rome to hear what the Pope had to say and check out the Shinto shrines in Japan. I thought if I immersed myself in geographically spiritual locations, I would gain guru status just by osmosis.

But for all my studies, my dreams and my plans, I never ventured too far from that bar stool. (Bar Stool=BS) Well, actually, I did end up away from it, in a dark room, curled up with my bottle, angry and disillusioned with my entire existence.

The way I describe it IS that God reached into my life and propelled me into Alcoholics Anonymous. Early on I had a period of trial and error--of learning that I could no longer imbibe spirits in my quest for spirituality. I read in the Big Book that to continue in my BS was to shut myself off from the sunlight of the spirit.

Through practicing AA's 12 steps, I have had a spiritual awakening. And I didn't have to go to India or Japan. Just what IS a spiritual awakening? My spirit, which was dulled in my BS days, IS alive now. I have awareness that there IS a Higher Power that cares about me and you too. There IS another spiritual book that lists gifts of the spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. These characteristics came to replace the shortcomings and defects of character I asked God to remove in steps 6 and 7. In AA we have the promises, spiritual gifts like intuition and no

more regret, a new attitude and outlook on life and awareness that God does for us what we could not do for ourselves.

Another aspect of spirituality is the understanding that I am perfectly okay just as I am and just as I am not. I can give up every struggle that I engage in, because when I surrender, and accept what IS, I gain serenity. Somehow the idea that I am a small part in a much bigger picture brings comfort to me.

I've heard in meetings, and I've come to believe, that I am a spiritual being having a human experience. If this IS true, that I'm a spiritual being who manifested as the person I am, then I came here for the contrast. I showed up here on Earth not just to experience love and joy, but also for the sorrow and sadness, anger and grief and pain and the rest of the gamut of emotions that make up the human experience. During my BS days, I did whatever I could so I didn't have to go through what I thought were "negative emotions." Today I realize that each emotion I get to feel IS a gift. When I feel sad, it generally doesn't last, but I tell myself, "Oh, this IS sadness.

Why did I run from this?" At my morning meeting today, a man who shared was animated as he spoke: "I see God everywhere, in people, places and things...and I also see where He is not: in people, places and things." That's real spiritual awareness. I wonder if he's been to Tibet?



AA Central Office of Salt Lake, Inc.
Central Office Reps Meeting Agenda
Tuesday October 13, 2015 – 6:30 pm

Chair: Nick R – Called Meeting to order, read statement of purpose. Introduction of new C.O. Reps: Eric F-Nomadic Lunch Bunch, Jay L-Happy Destiny, Phillip B-Young People's Group, Melissa E-GQ Women's, Craig - Sugar House Men's Group, Susan K-It's in the Book.

Co-Chair: Doug R - Excused

Secretary: Gina F – update on chili cook off, ready to go showing moving the original off-Broadway production of Bill W and Dr. Bob, Acceptance Group helping with set up, Basic Young People's Group helping with break down. Prizes for Most Original, and Best Overall Chili. AA book set, AA Book and Tabasco products.

Treasurer: Martin C – Presented Financial Summary (see attached), announced that December is his final month of service, asked reps to please refer qualified members for that position.

Trustee: Ray J – Nothing new to report

Trustee: Mark A. – Nothing new to report

Activities Chair: OPEN – Nick announced opening, presented Joel R past Activities chair to complete the term, unanimously voted in by the CO Reps.

Archives: Josh D – is trying to compile a list of Grapevines that are missing from the archives. Scott W, South Davis rep, stated they have access to issues from 1980 forward. Group is considering giving to Central Office. Josh and Scott to discuss.

Coins: Sandy A – report from Jim C. Coins received and put away. Found that 2 coins were not received. Sandy to investigate.

Cooperation with Professionals: Mike S – reported no committee meeting in Sept. Stated it is an uphill battle with their target groups making themselves available: lawyers doctors, nurses

Corrections Chair: David R – Absent.

Hotline Chair: Danny R – some call are not being answered and are diverted to him. Continues to need updates of available groups and individuals serving. Announced his term of service is up in December and will help until position is filled. Advised position is like a 2nd job.

Literature Chair: Allison F – Pamphlet of the month is free, "Where do we go from here." Has subscribed to 10 Grapevines a month. After each month, they will be given to corrections for distribution. Grapevine no longer uses staples.

Newsletter Chair: Tim B – Established a due date of the 15th of each month for submission to the newsletter. Needs articles, advised that newsletter can be received by email. To subscribe, go to www.saltlakeaa.org, scroll to the bottom of the page, see SIGN UP FOR THE NEWSLETTER.

Outreach Chair: Mike M – committee put together a 3 part contact list for making contacts: 1) groups that send in money but no rep to the CO meeting/invite them to send a rep; 2) groups that send a rep to the CO meeting and provide donations/thank them and invite them to come see central office; 3) groups that send no rep or donations/invite them to get involved.

Public Information: Laura C – Nothing new to report. Is stepping down from position. Nick asked reps to announce

the opening

Tech Committee Chair: Shayne F – Absent

Treatment Chair: Randy C – Kim reporting for Randy. Group meets the 3rd Tuesday of each month, includes District 2, 10 & 11.

12th Step Committee Chair: Tim E – has signed up 3 or 4 people and still reviewing the old list for participants.

Volunteer Chair: Jim C – Trying to narrow down the “call as needed” list. Book store is busy.

Website Chair: Doug R – Excused

Interested AA: Charlie T – continuing to work on in-roads to reaching the deaf community. Bountiful “Moment of Silence” group is fizzling out. Turned time over to Fred. Fred handed out AA Guidelines: Carrying the A.A. Message to the Deaf Alcoholic. Working with the Sanderson Community Center for the Deaf and Hard of Hearing. The Center is excited to have an A.A. meeting there. Discussion of Central Office Rep. approved funding for 6 months of meetings and the introduction of the purple can intended to provide perpetual funding of meetings.

New Business:

Motion by Danny R to form a By-Laws committee to review By-Laws Amended on May 2015 and By-Laws Amended on 11.12.2013. Read to CO reps by Nick. Motion to be revised and presented to CO reps along with copies of each of by-laws at the November CO Rep Meeting to take back to their home groups.

The Next AA Central Office of Salt Lake Committee Chair meeting will be held November 10, 2015 at 6:30pm Central Office of Salt Lake City: 80 West Louise Avenue (2850 S.)

Groups Represented at the September 2015 Central Office Rep Meeting

10 th Step Group	Crazy Ladies	Nomadic Lunch Bunch
90 th & 32 nd	Foothill Group	Park City Men's Stag
A Vision for You	Fresh Air 12x12	Salt Lake Group
A Way Out	Friday Night Young and Alive	Saturday Morning SOTS
An AA Group	GQ Women's	Sharing & Caring
Basic Young Peoples Group	Happy Destiny	So. Davis Group
BBT&T	Happy Group	Speak Easy Ladies Group
Big Book and Coffee	Highland Group	Sugar House Men's Group
Big Uglies	Hot Topics	Tooele Group
By the Book	It's in the Book	Hillcrest Group
Chapter 5	Life Elevated Group	Women in Sobriety
Come as You Are	Murray Group	

September 2015 Comparative Financial Statement

Income Statement

	<u>2015</u>	<u>2014</u>
Revenue		
Group Contributions	\$ 1,044.18	\$ 1,868.60
Copy/Newsletter donations	\$ 126.40	\$ 651.31
Sales - Literature	\$ 4,780.90	\$ 7,437.53
Sales - Coins	\$ 1,380.30	\$ 1,945.00
Total Revenue:	\$ 7,331.78	\$ 11,902.44
COGS - Literature	\$ 4,762.21	\$ 7,520.99
COGS - Coins	\$ 722.09	\$ 1,240.69
Total COGS	\$ 5,484.30	\$ 8,761.68
Gross Profit	\$ 1,847.48	\$ 3,140.76
Operating Expenses	\$ 2,627.82	\$ 3,115.10
(Rent, Bookkeeper, Utilities, Printing)		\$ -
Other Expenses: Activities Committee	\$ 921.19	\$ -
Website Committee	\$ 19.95	
Volunteer Committee	\$ 249.78	
Total Expenses	\$ 3,818.74	\$ 3,115.10
Net Income:	\$ (1,971.26)	\$ 25.66

Bank Accounts

Checking	\$ 9,290.29	\$ 14,820.99
Money Market - PR	\$ 24,114.85	\$ 24,023.43
Total	\$ 33,405.14	\$ 38,844.42

September 2015 Group Contributions

	Sep 15	Jan - Sep 15		Sep 15	Jan - Sep 15
11th Step Meditation	0.00	25.00	Magna Friendly Bunch	0.00	200.00
12 O"Clock High	0.00	200.00	Midvale Lunch	75.00	375.00
17th x 17th	0.00	344.00	Murray Group	0.00	150.00
4th Dimension Young Peoples	0.00	59.80	New Life	0.00	266.00
5-15 Happy Hour	0.00	379.80	New Way	61.00	1,329.14
6 40 New Yorkers	0.00	51.50	New Yorkers	52.25	114.00
90th and 32nd @ 600	0.00	408.00	No Nonsense	0.00	116.00
974 Group	0.00	363.50	Nomadic Lunches Bunch	48.26	1,035.49
A Vision for You	0.00	246.40	Non Smoking Sobriety Hour	80.00	480.00
A Way Out	0.00	116.60	Nut Buckets	0.00	190.00
Acceptance	0.00	316.99	Off the Cuff	0.00	406.11
An AA Group	0.00	485.66	Old Fashioned AA	0.00	75.00
Area 69	0.00	52.00	One Small Step	0.00	19.40
Basic AA	0.00	158.50	Park City Attitude Adjustment	0.00	650.00
Basic Young Peoples	0.00	304.00	Park City Group	0.00	200.00
Bog Irish	0.00	134.30	Park City Men's Group	0.00	319.87
Bountiful Community	0.00	40.00	Park City Step Study	0.00	100.00
Bountiful Mens	0.00	62.00	Prassa Committee	0.00	119.00
By the Book	0.00	165.00	Primary Purpose	0.00	110.00
Came to Believe	0.00	100.00	Recovery Way	0.00	101.00
CAYA	0.00	88.32	Red Eye Group	0.00	50.50
Closed Meeting of Alcoholics	42.29	263.34	Right Stuff	0.00	113.00
Coffee and A Big Book	0.00	53.05	Salt Lake Group	0.00	70.15
Come Around	0.00	25.00	Salt Lake Men's	0.00	245.00
Come As You Are	0.00	65.37	Saturday Beginners	0.00	455.00
Cottonwood Group	132.00	132.00	Sharing N Caring	0.00	269.00
Crazy Ladies	0.50	0.50	South Davis AA	0.00	50.00
District 10	0.00	0.80	South Enders	0.00	300.00
District 2	0.00	0.04	South Jordan Big Book Study	0.00	35.75
DNS Group	0.00	863.76	South Valley Lunch	0.00	408.00
Early Bird Special	0.00	1,979.50	Speak Easy Women	0.00	492.66
Early Friendship	0.00	561.37	Spiritual Quest	0.00	300.00
Elevator's Broken	0.00	0.84	Starting The Day	20.00	140.00
Every Night Firelight Group	0.00	898.11	Stonewall Group	128.50	206.50
Eye Opener	169.80	169.80	Sugarhouse	0.00	76.50
Fresh Air 12 & 12	0.00	75.00	Sugarhouse at Seven	0.00	400.00
Friday Night Young and Alive	0.00	80.00	Sugarhouse Men's Group	0.00	150.97
Friendship Group	0.00	0.20	Sunday Morning Breakfast	75.00	330.00
Garden Variety	0.00	287.50	Tenth Step Group	0.00	29.58
Girls Buncha	0.00	10.00	Tooele Beginners	0.00	95.41
Grapevine	0.00	144.60	TRY AGAIN	0.00	76.50
Greater Kearns	0.00	93.00	Unity Lunch Bunch	32.58	82.58
Grub Lunch Bunch	51.00	441.00	Up Group	0.00	80.00
Happy Destiny	0.00	40.00	Valley View Group	0.00	125.00
Highland Group	41.00	266.40	Wake Up Call	0.00	1,700.00
Holladay	0.00	242.00	Weekend Warriors	0.00	100.00
Honey's Breakfast Club	0.00	181.44	Welcome Home Group	0.00	50.00
Hot Topics	0.00	84.82	West Jordan Big Book Study	0.00	63.91
How It Works	0.00	250.00	West Valley Group	0.00	7.00
Into Action	0.00	88.73	Women In Sobriety	0.00	65.25
It's in the Book	0.00	26.79	Women Stepping Up	0.00	200.00
Keep It Simple	0.00	224.75	Women's 12X12	0.00	216.50
Live and Let Live	0.00	55.00	Women's Big Book	0.00	98.41
			Total Contributions GROUPS	1,009.18	25,145.26

Salt Lake Central Office Inc.
80 West Louise Avenue
Salt Lake City, Utah 84115

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Your Donation Is Appreciated!

If you would like to receive LIFELINE through the mail, please
fill out this form and send it to:

Salt Lake Central Office
80 West Louise Ave
Salt Lake City, UT 84115

You may also access /sign up to receive LIFELINE via email on
the Salt Lake Central Office website: www.saltlakeaa.org

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Address: _____

City: _____ State: _____ Zip: _____

Amount donated: \$3.00 \$5.00 \$10.00 Other \$ _____

Contact Us

**Give us a call for
more information
about our
Newsletter,
Meeting Schedules
and Events.**

Salt Lake Central Office
80 West Louise Avenue
SLC, UT 84115
(801) 484-7871

**Visit us on the web
www.saltlakeaa.org**