

## Oahu Intergroup TOWN HALL 3<sup>rd</sup> Edition 8/28/2020

Meeting Opened at 6:30pm

Thanks to OIG for Hosting Town Hall meeting Co-Hosts/IT support, and introduced two guest speakers, a member from Idaho recovered from COVID; and another member a physician from the Big Island to share their views on the virus from a medical perspective.

Purpose – To discuss the implications of COVID-19 and its impact on Alcoholics Anonymous and its members.

- Previous two town halls involved discussion of how we could safely reopen meetings while honoring the 12 traditions.
- We also asked a list of questions and screen share – our minutes from two town halls and the questions that were posed

Recent stay at home order will impact churches and parks will impact the way we hold meetings.

Not our intent to engage in controversy about the “law of the land” but discuss what we think we are going to do.

Traditions 4 each group should be autonomous is up to each group, but we would like to think about the last bit re: what we do that impact AA as a whole. And not just that, but also our community

Would like to discuss Tradition 10 and its implications. If you have a group that is violating any state federal or local authority. If you do not follow them, then you *are* in fact having an opinion and we ultimately could be brought into public controversy.

### A Member from Idaho and Survivor of COVID-19

“I Just happened to be an A.A. member, but I would like to talk about what it was like to be sick with COVID-19. On a Tues AM I went for a 3 mile walk and felt better than I had in a long time. I was going to take a shower and go and get on to early meeting, On Awakening. By 10:15am I break out in a cold sweat – heart racing and instantly scared. I had no early signs. I climbed up a hill and got in my car and went to bed. Did a tele-health visit and I have all of the symptoms, but loss of smell and taste and cough. She said I had symptoms but could not diagnose and needed to get a test.

I waited until Thursday let than 48 hours that is when the weirdest sensation came of no sense of smell and taste . My brain couldn’t deal with that and I lost my appetite. Idaho did have a big explosion of cases and it took 16 days for my test to come back. It came back negative because it was two days after the symptoms. It was about a week or so of being sick after that I had nausea and diarrhea. I was too tired to get out of bed. I called the hospital and the person said that I might also have a hard time putting together sentences.

After that it took two weeks to start to feel better and then about week three, I gained some weight and drank a bunch of Gatorade. But then the breathing problems started. After about a week that went away and started feeling better every day, but I didn’t have much energy. I went from 16k steps at work to 2k steps a day and I was exhausted.

I went back full time last week and I feel better I work for a retailer who has been very proactive limited customer took our temperatures because I worked for a retailer I tried not to be around a lot of people just in case. Before that I used hand sanitizer, wore a mask, and washed my hands. I have no idea where it came from – best guess was from someone at work employee or customer.

If you are a smoker or a vaper, do whatever you not to get it. I have not smoked in 26 years, but I would have been dead if I would have been a smoker . I have underlying health issues, was just diagnosed this year with diabetes.

I have told everyone in my area that I have no intention to go to physical meeting until at least January or a vaccine. I want to be around for my grandkids. I know a lot of people can get it but have no symptoms and I know there was a case in China where someone got it again.”

#### A Physician and Member from the Big Island

“I live on the big island by Honokaa and I have been in program for 33 years. During that time, I was practicing physician but at this time I am not. I will say that COVID is profoundly serious, there are so many deaths and the count might not even be accurate. Best things we can do is socially distance by 6 ft. If we are outdoors it is safer if there is ventilation. It is spread through talking, laughing, sneezing, and coughing. We should be keeping hands clean and wearing a mask. If in the car with someone you should keep the car windows partially open and wear a mask

During the 2<sup>nd</sup> week in March our group we discussed that at meetings that we should take hand sanitizer and use rubbing alcohol and wipe of the tables. Then our contact of the meeting place said they would close. Then we started up Zoom and we haven’t returned to physical meetings since. Most of us are in the age group or have preexisting condition that would make us more susceptible.

Because we in A.A. care for each other, it is up to us just not taking the risk that I would get it, but that I would I give it to someone else. Mortality is directly proportionate with age. Even though our state hasn’t had any deaths under 18 for those in their 50’s is more at risk and it goes up from there to the 60’s and 70’s almost double from there.

As far as prevention, ventilation is the most important if we are considering sites, 6 ft distancing. Heavily used surfaces are where are most susceptible and spray bottle 70% alcohol solution and you can put 1/3 cup of bleach mixed with water will do the same thing. We need to look for all of the symptoms of sore throat, fever, cough, sense of smell or taste and nausea. I really appreciate what Bob discussed earlier.

Thanked all for letting him share.”

The Moderator thanked our speakers. Noted Town Hall Meeting page at the bottom there are links to COVID hotline as well as the newest updates and proclamations as of today. Info also re: CDC, state, fed links.

Stated that is not our job to interpret the law for you, but we cannot interpret them because we are not lawyers.

Q&A:

A Member of Kalihi Sobriety – when it lightens up again, they were going to be doing contact tracing do you know how long we will have to keep the numbers – is it 14 days or on going.

The Physician – contact tracer needs to know two weeks – don't know what the legal response – for meetings to keep a list of people in a lock box and number and contact info in case you needed to call them then you should hold on to the names for at least two weeks from shared group experience.

A Member from Manoa – Shared that she talked with a friend last night and he had COVID – 19 his symptoms were extremely light scratchy throat like he was getting a cold and he did test positive and fortunately for him they never got worse but just be aware just because you are not clutching at their chest that is doesn't mean they are not sick thank you Barry and Ray for sharing.

A Member of 12 Coconuts – several conversations and several group conscioues and if you have any feedback about having two versions of your meetings – and how will they identify themselves - as separate entities

The Moderator – has seen hybrids – meeting is in person and using zoom equipment in the room and then have bandwidth to do so. Some are doing dual meetings that are taking place – so they really are one group but with multiple meetings so no need to set up other groups.

OIG Central Office Manager – Attends the Special Workers Meeting includes Intergroup Mangers and Directors from across the United States, Canada and other countries around the world. All report struggling with the same issues. Donations are up to the groups regarding the co-mgrs.

Current OIG Processes:

- All Zoom meeting will come up on their own physical address for their meeting. If they don't, they can use OIG if address.
- If people have a physical group and are ready to open, then we will have both listed – so Sunday Breakfast will be listed as virtual and next to it will be Sunday Breakfast physical with address.
- The meeting guide software does not allow us to If you have a zoom meeting and physical meeting listed.
- OIG accepts payments anyway - the only stipulation is that it needs to be from an AA member. There are no limits on 7<sup>th</sup> traditions just to personal donations.

Question about GSO's take on Virtual Meetings:

- The Moderator - They are learning about Virtual meetings from the groups. Top down organization best practices are from groups, then collected and distributed in GSO. See your delegate for more details.
- The COVID-19 Survivor from Idaho – most recent GSO are working with the people from the meeting guide app and working out ways that we can list them. The fellowship has done things faster to be able to keep our meetings alive, so they are working on it.

A Member from New Hope – asked Barry how people were at work –

The COVID-19 Survivor from Idaho - they just wondered where I had ben and thought I was on vacation when they saw my Dole Plantation face mask. They have been great – I have been more afraid for them but just try to protect them.

A Member of Happy Hour – we have two meetings – Park and Zoom meeting we let the park collect donations then make pie contributions and the Zoom group collects via Venmo and trying to avoid making two separate groups because we have been in existence for so long – we are learning as we go

A Member of Mililani Tuesday Night – How you were tested negative I notified people at work but because negative there was no tracing no matter your symptoms and thank you so much for the share.

Question: false negatives and false positives

The Physician - We are testing for the virus but there is also a test for the antibodies. Now the virus has been able to mutate – and now it is spread around the world. The target is not the same and we can't figure out a standard test yet.

OIG Central Office Manager – asked if it might be like chicken pox and shingles – might be immune to one and then get another one is possible.

The Physician – chicken pox is a herpes virus so it will not likely have the same effect, but we don't know for sure.

A Member from the Big Island and a retired RN – asked what his practice was family practice and ER doctor for ten years and then family practice.

A Member from California – talked about how things were disorganized – still have to pay the same rent – its cost prohibitive if you cannot get the same amount of 7<sup>th</sup> tradition with less attendees compared to 14.99/mo.

A Member of Happy Hour question to Mary re: group conscious regarding having both physical meeting and the zoom meeting.

A Member of 12 Coconuts -She is on the virtual meetings. Having group conscious but a lot do not embrace technology and some in the park are not savvy enough to participate. There are still people taking the 7<sup>th</sup> in the park and handing it us to the treasurer.

OIG Tech – I know vaccines take a long time and then there are many different strains of the virus what are the realistic chances of us having it for all difference strains – they still don't have one for the Zika virus.

The Physician – I am not certain anyone knows yet – the last I heard they were trying to see what part they can take from the virus that they can kill or get antibodies. It is a slow process. They know what it looks like as a series of molecules. You are right that if you have multiple viruses you will have to find a common strain that could make an antibody for all viruses. You might have already heard others comment front the CDC the answer is we do not know it could be a year or 5 years. The AIDS virus still has not seen a vaccine.

A Member of Mililani Tuesday Night – Thinks it is time that has a different type of 12 step call for members over the phone and see if we can reach out to them or who aren't tech savvy. But for those who may need help we can make this a different type of twelfth step call.

OIG Central Office Manager – That service is currently offered through Oahu Central Office.

Bob H. Ray brought up websites – the Star Advertiser has some information identifying how specific age groups are affected by COVID-19 and their mortality rates.

The Physician – Comments on effect of virus:

- Largest group if from 18-29 that test positive
- Largest 60-69 who get hospitalized
- Largest deaths – 70 and over

Number of good sources and from star advertiser and we do have these type of links to city and county and CDC on our website.

The Moderator, thanked guest speakers and OIG again for hosting meeting. Announced minutes would be available on the OIG website.

Steering Committee thanked the Moderator again for help in moderating and speaker and topic selections. Thanks to IT/Co-hosts, and the Oahu Central Office Manager.

Closed Meeting at 7:37 pm with the Responsibility Statement.