



THE CITY SALESMEN'S CLUB

SELEGRAM



Meeting Date: September 26, 2023

Location: Hoover Country Club

Presiding: Joe Daniel

Prayer, Pledge & Creed: John Sivley – SouthPoint Bank

GUESTS (HOST): Katy Weber – Weber Mortgage (Michael); Shawn Bunch – Bunch Industries (Paul Dangel)

APPROVAL OF LAST WEEK'S MINUTES: Approved as submitted.

AUCTION: Andy Evans set a record as auctioneer with a "ladder style" auction bringing in \$3,800 in proceeds for space on the CSC pocket roster. Five spots were up for grabs with the "winning" bid getting the front cover. Bidding started at \$250 by Alex Lott.

The following men won with these bids:

1. Don Mathews \$1,050 (front cover)
2. Fred Gustin \$1,000
3. Austin Johnson \$ 800
4. Jeff Phillips \$ 600
5. Alex Lott \$ 350

THANK YOU'S: Started by Mike Seals (he's all over the minutes). Thank you's were efficient.

MEMBER HEALTH REPORT: Mike Seals is having an arteriogram this Friday. Tom Meter is having a colonoscopy this Thursday.

ATTENDANCE REPORT: 52 Active. 2 Associate. 2 Retired. 2 Guests. **58 Total.**

SECRETARY'S REPORT:

- 2nd Reading for Brian Jackson with EcoView Windows & Doors of Birmingham. Club sponsors are Joseph Habshey & Coman Baum.
- Birthday: 9/25 Jack Weber

TREASURER'S REPORT: No report.

SOCIAL REPORT: NFL watch party social will take place on Thursday, 9/28/23 at The Golfce. The address is 442 Montgomery Hwy Suite 100, Vestavia Hills, AL 35216 in the Weber Mortgage building (across from Hollywood Outdoor Living).

MEMBERSHIP REPORT: Mike Seals is looking for a good garage door guy. If anyone knows Scott Hayward with Scott's Overhead Doors, or Chris Colton with On Trac Garage Door, please send their info to Mike.

PRESIDENT'S REPORT: Alex Lott is working hard on the CSC golf tournament that will take place on October 30th at Highland Park Golf Club.

PROGRAM: Paul Bryant – Director, Birmingham Recovery Center - (205) 813-7400 - paul@birminghamrecoverycenter.com
Paul is a graduate of Homewood High School and UAB. He has been in recovery since 2016. His father also suffers from addiction. Genetics account for about 50% of addictions. Paul found purpose, connection & God through recovery. Statistically, 109K people in the U.S. die annually from drug overdose. 140K people die in alcohol related deaths. Male suicide rates are 4x that of females, as men tend to suffer alone. 1 in 7 Americans will struggle with addiction in their lifetime. Only 10% will seek treatment. Of those 10%, only 10% will receive specialized treatment. **Big message: Follow your gut. The hardest part is asking for help, especially among men. Normalize talking about it. It's no longer a taboo topic.**
BRC is an outpatient addiction facility with planned expansion to Huntsville & Baldwin County. Treatment is 12 weeks. Cost is \$0 copay in network with BCBS. Out-of-pocket cost is \$10K. Their philosophy is simple: Helping our clients stop substance use is not enough; treatment must always result in having a better life. Accountability is key to recovery. Better family involvement equals better treatment outcomes. The goal is to increase structure, increase support and build skills.

SERGEANT AT ARMS: P.J. Lyons laid down some good fines. Michael "Big Web" Weber was hit hardest because "it's only money".

GREETERS & PRIZES:

Nick Sealy (Sealy Plumbing & Excavation) – won by Alex Lott
Howard Whatley (ARC Realty) – won by John Wolsoncroft

JACKPOT: \$17 – Won by Darrel Arnold

MEETING ADJOURNED: 12:57 PM

NEXT MEETING: October 3, 2023

SPEAKER: BUSINESS MEETING

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Second Vice President _____ Alex Lott
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