



TOKEN 3 CLUB

Become a Token 3 Club supporter! Your donation will support our lifesaving work, benefiting individuals in our community. Donations can be made by check, charge or online, www.token3club.com.

WELCOME back!

The Token 3 Club reopened with limited meetings on May 20, 2020. As of July 1, the club has 38 in-person weekly meetings. The Kentucky's Healthy at Work guidelines have been implemented to keep a safe environment. Following are some of the procedures that affect club attendees:

- Follow the 6' social distancing guidelines.
- A health check-in is required before entering.
- Specified entrance only and exit only doors.
- Seating at meetings is limited to a maximum of 60 people.
- Attendees are required to wear face masks at all times.
- Communal food and drinks at meetings is not permitted.
- Communal areas are closed.
- The smoking area is closed. After the meeting ends, proceed directly to your vehicle. Do not stop or gather behind the building.
- The club will open 30 minutes before the scheduled meeting and close immediately after the meeting. This will give our staff ample time to clean and sanitize the facility prior to the next meeting.



A BIG thank you to those who showed up to help get the club ready to reopen. Pictured: Sue, Andrea, Paula, Denise, Carla and Dianna. Additional volunteers not shown: Michelle, Steve, Glenn, Allen, Mike and Shannon.

The new hours of operations, meeting schedules, and requirements for attending meetings at the Token 3 Club are on our website: www.token3club.com and also on our Facebook page. These will change as more meetings resume at the club so check back frequently!



DIGITAL meetings

The Token 3 Club does not directly host online meetings. Each meeting is hosted by an individual volunteer or home group. However, we do support and inform the recovery community of digital opportunities to attend meetings normally held at the club, despite having a reduced schedule. Thank you to all the groups and volunteers who have

stepped up to keep the recovery community connected! The T3 Club does not endorse any specific way to meet as a group digitally although the Zoom platform seems to be the most popular. Each group must decide what works best for their needs.



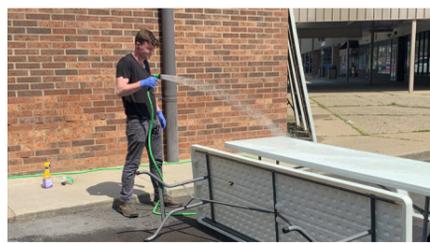
CLUB enhancements



We are always looking for ways to improve the facility. Here are some enhancements that have been in the works over the past six months:

- Deep cleaned and sanitized
- Floors stripped and rewaxed
- New meeting chairs
- Built in storage cabinets

Thanks to all who contributed their time on these items and projects.



BOARD member spotlight



My name is Arthestus Exum. Many people call me Arty for short. I was born in Gary, IN and am the youngest of eight children. Growing up with seven older siblings was not easy but it had its advantages. It gave me a love of sports which began at a very young age.

When I turned 21, I joined the Navy where I served as an engineer. I traveled all through my Navy career – any place on the Eastern side of the world – chances are, I have been there. The military taught me many things, but it especially taught me strong leadership skills and direction.

After the military I returned to my hometown of Gary. Things began okay in the beginning, but gradually my life began to go downhill – that thing called addiction was starting to catch up with me. On September 24, 2011, I checked myself into the VA for my addiction and stayed there for almost three years. During my time in rehab, I had two major surgeries and was then able to return back home again.

In July 2014, a fresh start was needed, and I moved to Louisville, KY.

Staying on a path of sobriety led me to the Token 3 Club. I have met some great people along this journey, which helped me find a good job. I currently work at BandW Packaging in New Albany, IN where I am the warehouse manager. In January 2021, I will celebrate six years of employment with this company.

I have been involved with the T3 Club in different capacities. I am always willing to volunteer at events such as Alcathon's, Derby Day, Halloween, Thanksgiving Day, and New Year's. Last, but not least, I have volunteered to stay late at the T3 Club with employees when they close at night as I have been a police officer with the Great Lakes Police Department in Illinois. I enjoy chairing the Newcomer's meetings, in person and on Zoom. I am also the GSR for the Newcomer's group.

Why do I think I would be a good board member? I can provide constructive input but also willingly receive feedback. My leadership skills and sense of compassion are helpful in the role of board member. Always, my initiative compels me to go the extra mile in fostering an environment for recovery.

A SMALL reminder

The Token 3 Club is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither

endorses nor opposes any causes. Our primary purpose is to stay sober and help others to achieve sobriety.

OUR mission

To provide a safe and welcoming gathering place for 12-step recovery from addiction.

OUR vision

To become THE meeting place for recovery in the Louisville region by formalizing operations and growing the community.

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