



Good News



Vol. XIII
No. 7

Published Monthly in San Francisco, California
By the Northern California Council of Alcoholics Anonymous

MARCH
1965

CIVIC AUDITORIUM, March 6-7

San Jose Ready for Capacity Crowd at 18th NCC Conference

An energetic Host Committee, under the leadership of Chris C., chairman, has all arrangements in ship-shape order to receive one of the biggest delegations of AA members, their families, and friends ever to attend a Northern California Council Conference.

Under the inspired San Jose Host Committee's drive and know-how, a "rejuvenated" Conference can be expected. It harks back, one observer said, to the days when NCC Conferences had real meaning, when old members and newcomers alike—went home with the comforting conviction that Alcoholics Anonymous is dedicated—first and foremost to the simple program of helping those that have found sobriety, to maintain it; and to offer help to sick alcoholics that do not know about the society of AA.

Stan W., secretary, Northern California Council of AA, also predicted that "the 18th NCC Spring Conference in San Jose, Saturday and Sunday, March 6-7, gives promise of being the high point in AA activities in Northern California for 1965".

Keynoters

He lauded the Host Committee for obtaining Jack B., the keynote speaker for the Saturday evening program. Jack is a well-known radio and TV personality who has made many appearances before Bay Area AA audiences, and universally admired for his hard-hitting but highly entertaining approach to his subject. Stan also praised the second guest speaker, Zoe P., as one of the most outstanding women in Southern California AA activities and a forceful dynamic speaker.

"Early Bird"

The Conference will actually be "unofficially launched" on Friday night, March 5, when a Pre-Conference meeting—an "Early Bird" session, will be held at the San Jose Alano Club, 1122 Fair Avenue, San Jose. Meeting is slated to start at 8:00 p.m. From then until the Conference officially adjourns on Sunday at 2:30 p.m., San Jose's Civic

(Continued on Page 8)

Judge Molinari Will Speak At S. F. All-Groups

An all-star cast of speakers headed by Justice John B. Molinari, Judge of the District Court of Appeals, will feature the March program of Central All-Groups meetings sponsored by S. F. Inter-County Fellowship.

Held every Friday at 8:30 p.m., in the Building Service Center, 240 Golden Gate Avenue, in downtown San Francisco, the meetings are open to public. The March program is:

Friday, March 5—Virginia (Jinny) B., Los Altos Group; and Tom A., Sunnyvale Men's Group.

Friday, March 12—Marc A., Marin County Groups; and The Honorable John B. Molinari, Justice, District Court of Appeals.

Friday, March 19—Betty B., First Step Group, S. F. Inter-County Fellowship; and Preston B., Park-Pre-sidio Group, S. F. Inter-County Fellowship.

Friday, March 26—Alice G., Redwood City Group; and L. M. "Meek" M., Redwood City Group.

The Coffee Bar opens at 7:30, and elevator service to meeting floor is available. Additionally, the hall is air-conditioned, has padded seats and excellent public address system.

Parking, at nominal cost, around corner on Leavenworth Street.

Peninsula Groups March Meeting

A program of speakers that are all AA members will appear during March at the Peninsula All Groups Meetings, Don M., secretary, announced. The line-up:

Saturday, March 6—Speaker is English O., Pacifica Group. the Host Group is Santa Cruz Avenue unit.

Saturday, March 13—Cynthia W., from Hillsborough Group will speak; San Bruno Monday Group are hosts.

Saturday, March 20—Bob C., Redwood City Group will be on the Speakers' dais; Palo Alto Friday Group will do the hosting.

Saturday, March 27—Harriet H., assistant secretary, S. F. Inter-County Fellowship will do speaking honors; Brisbane Sunday Group will be hosts.

Peninsula All Groups meets every Saturday of the year at 8:30 p.m. in the beautiful auditorium of St. Matthews Episcopal Church, El Camino Real and Baldwin Avenue, San Mateo, California.

An abundance of hot coffee and arms-length AA is available before, and after, all meetings.

Every AA Group Should have GOOD NEWS on their FREE literature table.

Has YOUR group? WHY NOT?

A-7-A MEETINGS

Meetings scheduled for the month of March by the A-7-A Group, Oakland, Calif., are as follows, according to Millie K., program director:

Thursday, March 4—T. W. Teriera, Santa Rita Rehabilitation Center.

Thursday, March 11—Dr. Gil, San Francisco Inter-County Fellowship.

Thursday, March 18—Rollin and Virginia W. Husband-and-wife team. She's "spark plug" of the Alanons in S. F.; he's business manager, GOOD NEWS.

Thursday, March 25—Judge Hoffman of the Oakland Municipal Court.

Thursday, April 1—The Bert C. Family, San Pablo. This is group consisting of an AA member, a Alateen member, and a Alateen. "Something for everyone".

A-7-A meets at 8:30 p.m. each Thursday at 1815 Jefferson Street, Oakland.

"Combo" is Planned

Any musical members of S.F. Inter County Fellowship, interested in forming a small combo to play at AA functions on the Peninsula, please call Don M., FI 1-8612. Presently needed are hornmen, bass, and drums.

Panel 2 Calls a Special Meet

Curtailed time allotment at the March 6-7 NCC Conference in San Jose will not permit General Service "sharing sessions" or business meetings, Rickey S., Chairman-Delegate, General Service Committee, announced.

Consequently, a special meeting has been scheduled for Interior Panel Two delegates on Saturday, March 27, at 1:00 p.m. in Group Three Hall, 1755 34th Street, Sacramento.

All committee members and General Service Representatives are requested to attend this important session, or send an alternate.

Purpose of the special meeting is to discuss business affecting AA or the Panel, and especially Discussion Subjects that will be on the agenda of 15th Annual General Service Conference, New York, April 19-24.

Rickey suggests that each Committee Member call a GS meeting in the area he represents and get first-hand reports from General Service Representatives prior to March 27 "so that you may come well prepared for the March 27 gathering".

LAKE MEETING

Eastbay Fellowship is sponsoring an Open Meeting at the Sailboat House on Lake Merritt, Friday, March 26, at 8:00 p.m.

Two featured speakers will highlight the session. Dr. Anita Brothers, M.D., physician and psychiatrist, and well-known for her good work with alcoholics, will speak. Dr. Brothers is a non-alcoholic friend of AA for many years.

Other speaker will be Jack I., central secretary, San Francisco Inter-County Fellowship of AA.

The Sailboat House on Lake Merritt in Oakland, is located on Bellvue Avenue off Grand Avenue, immediately behind Children's Fairyland.

Hazel S., chairman, Service Committee for Open Meetings for Eastbay Fellowship emphasizes that this is an Open Meeting, and members are invited to bring guests.

Weekly AA Program on Honolulu Radio

The "Mynah Bird", official publication of Honolulu Intergroup Service, reports that Radio Station KNDI, Honolulu, sets aside 15 minutes every Saturday at 8:45 a.m. for an AA program.

REGISTRATION \$1⁰⁰

NORTHERN CALIFORNIA COUNCIL OF AA

EIGHTEENTH ANNUAL CONFERENCE

CIVIC AUDITORIUM, SAN JOSE, CALIFORNIA

MARCH 6-7, 1965

Enclosed is \$..... for Registrations to 18th Annual Conference

Name.....

Town..... Address.....

GROUP..... ZONE..... District.....

Mail with remittance to: Treasurer, NCC, 166 Geary Street, Room 84, San Francisco 8, California. If you wish to be on Council Mailing list, please check ☐. Register Early—Your Badge will be waiting for you at Conference.

Toronto Flight Waits Take-Off

A DC8 Jet, able to carry 172 people, is standing by at Oakland Airport, ready to take-off for the International AA Convention, scheduled for July 2-4, at Toronto, Canada.

Round-trip fare is \$171.50. Price includes one meal on the plane each way; transportation to and from Toronto's Airport; and participation in the NCC "Hospitality Room" at the Toronto convention headquarters.

Fastest, Cheapest

For AA members going to the big international convention, this is by far, the cheapest, easiest and most comfortable mode of travel. For comparison: scheduled air-fare runs from \$300.00-\$350.00, roundtrip; rail fare, roundtrip, counting pullman and meals will run \$300.00, or more—and involve much more time.

Payment Guarantee

A deposit of \$30.00 or more, must accompany each reservation, and the balance must be paid in full by Friday, March 26. The Chartered Plane Committee must have payment in its office, Monday, March 29, or a iron-clad guarantee of payment of the balance.

The Chartered Plane Committee has no way of underwriting this flight, and must have the required 170 reservations in its hands before April 1.

Cancel Privilege

The Committee has a refund clause in its contract with the air line. If becomes necessary to cancel the flight before April 1, Trans International Airlines will refund 100% in full, all payments made if cancellation is received on or before April 1.

The Chartered Plane Committee has reason to believe many members will want to go to Toronto and anticipate a last-minute rush for plane reservations. Send reservation orders together with check or money order to Toronto Chartered Plane Committee, room 84, 166 Geary Street, San Francisco, 8.

Erin Go Bragh! Big St. Patrick's Party at S. F. Alano Club

Leprechaun's will prowls the night; swains and their colleens will dance light-heartedly to the music that drifts over the Lakes of Killarney and the moors and heather of Galway, styled by the Jumpin' Jacks.

It'll take place at the gala St. Patrick's Day Costume Party and Dance sponsored by the San Francisco Alano Club in honor of the Patron Saint of Ireland.

It is slated for Saturday March 20 in the Club's ballroom, 414 Grant Avenue, in downtown San Francisco, at the entrance to Chinatown.

No activity at the club is slated for Saturday, March 6, in deference to the NCC Conference at San Jose, Saturday and Sunday, March 6-7. But on the last Saturday in March, the Alano Club's regular AA Birthday Party and Dance will be held. Remember the date: Saturday, March 27. The Jumpin' Jacks will provide their fine danceable music and appropriate birthday theme tunes.

The Weak Link

Failure of Committee Members to meet periodically with General Service Representatives in their Districts—every three months—is still the weak link in General Service communications. This is the opinion of Rickey S., Chairman-Delegate, General Service Committee, who said:

"The General Service Conference will be held in New York City for six days, April 19-24. In order that I be informed about your views, opinions, 'gripes' and suggestions—and adequately present them at the Conference, It suggested that the Committee Members and GSR's review Page 50 of the Third Legacy Manual, as the best method of accomplishing this".

Rickey of Redding, Calif., will represent Panel Two at the San Jose NCC Spring Conference in San Jose, Saturday and Sunday, March 6-7.

"Homecoming" at San Anselmo is Set for Mar. 6

Good-humored—even hilarious—sobriety will be the keynote on Saturday, March 6, when the San Anselmo Group of Marin county celebrates its 19th anniversary. An even 150 persons will assemble in the Community Hall and Fireside Room of St. John's Episcopal Church, 14 Lagunitas Road, Ross, for the festivities.

Tickets are required. The event is billed as a Homecoming Banquet and Family Night. Informal dinner begins at 5:30 p.m., along with entertainment described as "a three-ring circus without animals".

100 years of AA

But the serious aspects of the AA way of life will have their innings after dessert.

One hundred years of working sobriety will be personified on the speakers' dais. Six earlytimers will tell what it was like, what happened, and what it is like now. The program, chaired by Fred C., includes a talk by the group's much-esteemed Louise MacL., pioneer of the group, now living in San Francisco, several out-of-towners, and Jim W., active in Marin.

Seats Limited

Because seating will be limited to 150 persons, tickets must be obtained in advance. They will be mailed promptly if a \$1 donation for each ticket is sent to "Banquet Fund", San Anselmo-Ross Group, Box 266, San Anselmo, Calif. according to Cecil G., Chairman of Logistics.

Show people have promised to donate their talents. Housewives of Marin county will prepare much of the banquet delicacies. Any funds derived from ticket sales will go as benefit to the SF Inter-County Central Office, according to Al A., Group Secretary.

NOTE TO POST OFFICE...

When you flee from temptation do not leave a forwarding address.



EIGHTEENTH AN NORTHERN CALIFO

PROGRAM

FRIDAY, MARCH 5, 1965

8:30 P.M.—Conference Kick-Off Meeting

Alano Club, 1122 Fair Avenue, San Jose

Chairman: Glenn G., Santa Clara Monday Group, Santa Clara

5th Chapter: Ethel C., Los Gatos Group, Los Gatos

Traditions: Bob B., Young Peoples Group, San Jose

Speakers: Jane D., Sunnyvale Group
Ralph A., San Jose Sunday Breakfast Group
Bruce Mc., Los Gatos Group

SATURDAY, MARCH 6, 1965

9:00 A.M.—Registration Starts

10:30 A.M.—General Service Meeting

Chairman: Bertha B., First Step Group, San Francisco

Reports: Delegates (10 Minutes Each)
Ricky S., Interior Panel, Central Valley
Ed H., Coastal Panel, Pittsburg

Guest Speaker: Kathy A., Past General Service Conference Delegate, State of Nevada

1:00 P.M. — NCC Panel Meeting, Selected Subjects

Chairman: Jack H., Friday Dinner Group, San Jose
General Service: Russ M., Campbell Group
H. & I.: Bennie K., Alameda Fellowship Group
Intergroup: Julie S., Tues. Nite Womens, Santa Clara
NCC: Ed W., St. Marks Group, Santa Clara

3:00 P.M. — Secretaries & NCC Meeting

Chairman: Lloyd S., Santa Clara

Secretaries Discussion Panel Members:

Joe F., Fresno

Eleanor H., Lafayette

Paula B., Santa Rosa

NCC Business Meeting: Stan W., Secretary;

Bill G., San Francisco & Cliff J., Sacramento

8:30 P.M. — Open Public AA Meeting

Chairman: Grace O., Saratoga Group

Invocation: Rev. William B. Murdock, Trinity Episcopal Church, San Jose

Welcome

Address: Joseph L. Pace, Mayor of San Jose

Chapter 5: Glenn H., Cupertino Wed. Nite Group

Traditions: Ken B., Cupertino Wed. Nite Group

Guest Speaker: JACK B., Hollywood

10:15 P.M. — Dancing — Refreshments

**ANNUAL CONFERENCE
NIA COUNCIL OF AA**

**CIVIC AUDITORIUM
SAN JOSE, CALIFORNIA
MARCH 6-7, 1965**

10:30 P.M.—AA Meeting, Montgomery Theatre

Chairman: Margaret P., Los Gatos Sun. Nite Group
Chapter 5: Frank N., Cupertino Group
Traditions: Jack P., Santa Clara Mon. Nite Group
Speakers: "Red" K., San Francisco
Charlie R., Peninsula' San Mateo

SUNDAY, MARCH 7, 1965

8:30 A.M.—Annual Breakfast Meeting

(Tickets must be obtained in advance)

Chairman: Myrtle V., Sacramento
3 Minute talks from persons whose names will be drawn at random.

10:15 A.M.—Hospital & Institution Committee Meeting

Chairman: Roberta A., Sacramento
Speaker: Rosalie R., Secretary, H. & I.
Guest Speaker: Dr. Harry K. Elkins, Director, Alcoholic Rehabilitation Center, San Jose
Discussion: Institutions: Tom McM., Mountain View
Hospitals: Jane D., Cupertino

1:00 P.M.—Open AA Public Meeting

Chairman: Ole O., Saratoga Family Group
Invocation: Rev. Alfred Glass, Saratoga Federated Church, Saratoga
Chapter 5: Joyce B., Santa Clara Mon. Closed Women's Group
Traditions: Lee L., Los Gatos Group
Guest Speaker: ZOE P., Studio City Group, Studio City

2:30 P.M.—Conference Adjourns

ALANON and ALATEEN PROGRAM

SATURDAY, MARCH 6, 1965

10:00 A.M.—Alanon Workshop "Alanon Structure"
11:00 A.M.—World Service "Committeemen's Meeting"
1:00 P.M.—"Alanon Skit"
3:00 P.M.—Alanon NCC Business Meeting, "Election"
3:00 P.M.—Alateen Meeting
4:00 P.M.—Alateen Workshop

SUNDAY, MARCH 7, 1965

10:45 A.M.—Alanon Meeting

Chairman: Arvilla C.,
Speakers: Gordon & Mary Ann L., Monterey
Pat C., San Jose

All meetings will be held, including Breakfast, in Civic Auditorium, San Jose. Alanon and Alateen meetings will be in Montgomery Theatre in Civic Auditorium.

All Meetings will convene and adjourn on schedule. Snack Bar will be closed during 8:30 P.M. Saturday and 1:00 P.M. meeting Sunday. Breakfast Tickets must be obtained by March 1, 1965.

San Jose Alano Club, 1122 Fair Ave., San Jose will hold open house throughout the Conference.

Parents: If You Worry About Kid's Drinking-Look in Mirror

NEW BRUNSWICK.—Adults who worry about teen-agers' drinking habits should first take a long look at their own. The idea that "young people do not invent the idea that they should drink (or abstain); they learn it," is central to a new book, "Drinking Among Teen-agers," issued this month by the Rutgers Center of Alcohol Studies.

Written by Dr. George L. Maddox of Duke University and Dr. Bevoe C. McCall of Wayne State University, the volume is based on a depth study of the drinking patterns of 1,962 teen-agers in a middle-sized Michigan community.

YOUTH DRINKING

The book is described in its introduction as "the most important work of the present generation on the subject of youth drinking". The introduction was written by Mark Keller, editor of the monograph series of the Rutgers Center of Alcohol Studies, in which series the book is included.

The study found that 23 per cent of the junior and senior high school students who were queried drink some alcoholic beverage at least occasionally. Ninety-two per cent of the teen-agers had tasted alcohol at some time.

GIRLS DRINK LESS

Only nine per cent of the teen-agers described themselves as "drinkers," however, and only one per cent of those surveyed reported extensive drinking. Nearly twice as many boys as girls were among the 23 per cent who reported recurrent, occasional use of alcohol. Boys were more likely than girls to use beer and whisky, girls were more likely to use wine and mixed drinks.

For users, the most likely occasion for drinking was at a party attended by their peers and not supervised by adults. All the teen-agers in the study agreed that teen-age drinking is ordinarily secretive.

ADULT STATUS

The study found that as teen-agers approach adult status, the likelihood that they will be drinkers increases. The teen-ager's conception of himself primarily as an adolescent or an adult was found to be closely related to his use of alcohol.

The authors also note that since prohibitions against drinking are age-related, it becomes more and more difficult to enforce the pro-

hibition as the person approaches legal age.

"STIGMA" LACKING

"Behavior which is forbidden or discouraged for a 20-year-old suddenly becomes permissible the following year," they say. "Furthermore, punishment for speeding up the process of assuming the drinking prerogatives of adulthood is in fact only periodically and ritually applied, because there is not sufficient consensus in most communities to permit stringent enforcement of social rules about adolescent drinking, especially when this behavior does not come to the attention of public officials."

The book also reports that teenage drinking often "peaks during the activities which end the senior year in high school." It describes the sociological concept that ceremonies, or "rites of passage" often accompany important changes in an individual's status—for example, marriage—and comments that "drinking . . . appears to be an improvised rite of passage between adolescence and adulthood."

"MANHOOD" SYMBOL

"It has been argued," the book concludes, "that drinking behavior among teen-agers, where it is found, will typically be associated with the increasing identification of the young person with adult status if adulthood is perceived as involving some use of beverage alcohol."

"It is important to note that the hypothesis does not state that a teen-ager will come to drink simply as a result of growing up. His drinking behavior is associated with growing up in an environment in which an important status to which

ZONING STARTS

Bill G., San Francisco, and Cliff J., Sacramento, recently appointed Associate Secretaries of the Northern California Council of AA, report that a "Zoning Project" outlined in the February issue of GOOD NEWS is getting into operation. Zone Chairmen have already been assigned to some of the 12 zones.

To date, meetings have been held in Watsonville, Vallejo, and Santa Rosa by Associate Secretary Bill G. His Sacramento counterpart has already held meetings in Central California Fellowship, whose headquarters is in Sacramento.

An updated progress report on these activities will be rendered at the Spring Conference, Saturday and Sunday, March 6-7, in the San Jose (Calif.) Civic Auditorium.

Buffet-Speaker

Bill G., San Francisco Fellowship, and former Chairman-Delegate GSO, will be featured speaker at a Buffet-Speaker Meeting to be held Saturday, March 13, at the In Between Fellowship, 4710 East 14th Street, Oakland, Calif. Dinner will be served at 7:00, the speaker at 8:00 p.m.

Effective in March, In Between Fellowship will change this regular monthly feature — Buffet-Speaker Meetings—to the second Saturday of each month.

Change was made to avoid conflicting dates and to enable greater participation in group affairs, Dear K., Committeeman, District 25, said.

Denver Intergroup To Publish Monthly

A subcommittee within the Denver AA Intergroup plans to publish a monthly news letter, it was announced in the December issue of The Alky Ally, official publication of Group One, Denver, Colo.

he legitimately aspires, that of becoming an adult, is perceived typically as involving alcohol use."

Industrial Club To Be Visited by Ed H.

The Industrial Club of San Francisco will be visited Sunday, March 21, by Ed. H., chairman-delegate to the New York General Service Office.

Ed., who hails from Pittsburg, Calif., will take part in a General Service meeting conducted by Area Four of Coastal Panel One of the General Service Committee.

Another highlight of the meeting will be showing of a film on General Service issued by the New York Office. Balance of meeting will be devoted to a sharing session.

Meeting starts at 12:30 p.m. and adjourns at 2:00 p.m. The Industrial Club is located at 16th and Guerrero Streets, one block from Mission Dolores.

Sunday Breakfast Group's Program

The Central Secretary of S. F. Inter-County Fellowship will be one of the topnotch speakers at the Sunday Breakfast Group meetings in March, Bill P., secretary, announced. The line-up:

Sunday, March 7—Speaker is Betty H., Pacifica Group.

Sunday, March 14—Jack I., central secretary, S. F. Inter-County Fellowship.

Sunday, March 21—Jane R., Tiburon Group of Marin County.

Sunday, March 28—The husband-and-wife team of Frank and Ruth C., Panhandle Group.

The Sunday Breakfast Group meets at 12:30 p.m. in the S. F. Alano Club, 414 Grant Avenue, in downtown San Francisco.

Group Secretaries

This notice is directed to the attention of all Group Secretaries: Please mail funds in the Pink Cans—and do it today, please—to: Hospital and Institution Committee, P. O. Box 4042, San Francisco, Calif.

GSO Film Strip

Havenscourt Group of Oakland announced that its Open Meeting, Tuesday, March 16, at 8:15 p.m., will be largely devoted to showing the new GSO film, which is heavily in demand by western groups.

Jim A., secretary, Coastal Panel One, General Service Committee, will be present with local GS representatives, to comment on the film and answer questions. Groups, particularly in Area 5, District 25, are urged to attend.

Havenscourt Group meets in the basement of the Mills Terrace Christian Church, 55th Avenue and Fleming in East Oakland. For further data, phone Lois, secretary, KE 4-9642.

300 in Rain Bid Farewell to "Pop"

Despite a downpour, more than 300 AA members attended special Sacramento services for the late Harold "Frosty Pop" Morgan. In some cases, the rivulets of water running down cheeks was not rain. Many openly sobbed.

A work-horse who couldn't say "no" to any AA job, Harold served on most every assignment and committee in the Central California Fellowship.

His family in Alturas, where "Pop's" remains were interred, wrote:

"We wish to express our deepest appreciation and heartfelt gratitude to Alcoholics Anonymous for the help and guidance you gave our loved one, Harold Morgan. Your moral support, flowers, helpfulness, and many acts of kindness will be always remembered."

It was signed by Guy, Mary Margaret, Kathy and Joan Pender; Earl and Lois Dubois; Don and Ann Morgan, and Helen Morgan.

THE PARTY POOPERS

At a party, there are two kinds of people—those who want to go home early and those who want to go home late. Trouble is they're always married to each other.

Annual Donation From Group Asked By G. S. Panel One

Coastal Panel One, General Service Committee, is asking their District Committee Members and General Service Representatives to contact groups in Panel One to encourage yearly contributions to General Service.

A notice to committeemen affiliated with Panel One, said, "It is suggested in the Third Legacy Manual (page 82) that AA groups contribute (\$5.00 to \$25.00) each year towards support of the local General Service Committee to help carry the message in your Panel"

Panel One wants every committeeman to check with his or her group to see if they have, or want to make a donation at this time.

Committeemen or alternates are expected to render a report of their findings at the Spring Conference in San Jose, Saturday and Sunday, March 6-7.

AA Trustee Will Be Speaker On April 3

The Oregon Area AA News Letter announced that the first State Open Al-Anon Speaker Meeting, slated for April 3, will be highlighted by Jim M., Pacific Regional AA Trustee, who will be guest speaker. Jim will be accompanied to the Oregon gathering by his wife, Marge.

Something For All

Norman K., secretary, A-7-A Group, Oakland, Calif., says that A-7-A's coffee bar is open daily from 6:00 a.m. to 10:00 p.m.; that A-7-A includes "something in their meetings for everyone." If not at present, then stored for future use.

A-7-A meets each Thursday at 8:30 p.m. and elsewhere in this issue of GOOD NEWS is an article on their Speaker-Meetings.

SOME DO—SOME DON'T

The world is full of willing people—some willing to work, the rest willing to let them.

More About NCC Conference

(Continued from Page 1)

Auditorium will be throbbing with activity.

Annual Breakfast

Another headliner of this year's Conference is the Annual AA Breakfast scheduled for Sunday, March 7, at 8:30 a.m. A sumptuous repast is planned—a menu calculated to start the day properly. In addition to the fun, fellowship, and comradeship that has traditionally marked these annual breakfasts, one more highlight has been added to make this one even better, if that is possible. Myrtle V., Sacramento, has been chosen as Toastmistress. Tariff for the breakfast, including tax and tip—\$1.75 per person. Order blanks are available in this issue of GOOD NEWS. It's on a First Come—First Served basis.

Where to Go

The Hospital and Institution Committee, General Service, Alanon and Alateen all have workshops, business sessions and business meetings scheduled over the two-day Conference. Registration forms are printed elsewhere in this edition, a list of hotels and motels, taxi service, and places to eat is either printed in this issue of GOOD NEWS or can be had at the Registration Booth at the Civic Auditorium. The San Jose Chamber of Commerce is "going all out" with valuable co-operation.

Housing Information

Housing information for the International AA Convention in Toronto, Canada, July 2-3-4, can be obtained from the General Service Committee, room 84, 166 Geary St., San Francisco, 8.

Registration forms for the same Convention can be obtained from the same office, Jim A., secretary, Panel One, General Service Committee, said.

8 Practical Ways to Conquer Self-Pity; Keep it Controlled

1. Develop "emotional maturity." An emotionally mature person is one who is decent, kind, humble, unselfish, and able to take the disappointments and hard knocks of life without being thrown out of stride.

2. Do positive instead of negative thinking by (a) looking for the good instead of the bad in other people; and (b) concentrating several times a day on the many things you have to be thankful for.

3. Don't exaggerate yourself, your troubles, or your problems. Most of the things about which people feel sorry for themselves have little to do with the important values of life.

4. Don't be oversensitive. Very few people are intentionally cruel, and those are emotionally ill. You should pity them, not yourself, if they say or do unkind things.

5. Develop a sense of humor. If you don't take yourself too seriously you won't feel so sorry for yourself. But be sure your humor is not of the kind which hurts others.

6. Do not let failures of the past or fears of the future interfere with your very best today. Cultivate a

"lie in day-tight compartments."

7. Don't be idle. Work is the best narcotic for most emotional disturbances, including self-pity.

8. Have faith. Man's experience throughout history shows that those people are happiest who have faith in themselves, in their fellow man, and in God.

Picnic Date Set

The All Northern California AA Picnic, jointly sponsored by NCC and S. F. Inter-County Fellowship, will be held Sunday, August 15, at Blackberry Farm, Cupertino, Calif., Bus (Paul) D., picnic chairman, announced. Bus said the date and site is announced early to avoid conflict with other Fellowships planning similar outings.

PARDON MY ERROR

Learn from the mistakes of others—you can't live long enough to make them all yourself.

Please mail this order, with your check to:

Treasurer, NCC Breakfast

Stan Wilsey, 110 Toyon Drive, Fairfax, California

Check enclosed for \$.....

Send Tickets @\$1.75 each for Annual Breakfast

(Name)

(Address)

(Town)

(Group)

(Please do not write below)

Date..... Mailed.....

Ticket No..... Order No.....