

 **HAPPY NEW YEAR** 



# Good News



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1970

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## 'Chuck' C. Wins California Nomination Candidate for U. S. Trustee at Large

'Chuck' C. of Laguna Beach was selected as the California nominee for the post of U.S. Trustee at Large by the five General Service Area Delegates meeting at the Los Angeles International Airport on Sunday, December 14th.

'Chuck' was selected on the third ballot from a slate of three members, the others being Stan W., Fairfax, and Dan J. from Southern California. His name will be presented to the A.A. Trustees nominating committee meeting in New York on January 15, 1970.

The Trustees Committee will select the four candidates they consider, after thorough investigation, the best qualified. These four names will be presented to the April General Service Conference in New York, and one will be elected by the whole conference, Delegates and Trustees, as the new Trustee at Large.

The five Delegates voting on the selection of 'Chuck' were:

Ed B., San Jose, Northern California Coastal Area;

Ralph W., Sacramento, Northern

California Interior Area;

Warren S., Laguna Beach, Southern California Coastal Area;

Art K., Los Angeles, Southern California (L.A.) Area;

Bill B., Oceanside, San Diego Area Delegate.

### IN MEMORIAM

The husband of Hazel R. of the New York office passed away on December 2nd, the victim of a heart attack.

We sympathize with Hazel in her loss, and we offer her on behalf of her many friends, sincere condolences in her hour of sorrow.

## ART D. GUEST AT NAPA VALLEY CLUB

The A.A. meeting at the Napa Valley Club Group, 1200 Jefferson Street in Napa, on Friday, January 23rd, will have Art D. as their guest speaker. This is an open meeting at 8:30 p.m. Coffee and after the meeting.

## UKIAH ALANO CLUB OPENS WITH A BANG

About 100 members attended the opening of the Ukiah Alano Club on Saturday, December 13th, coming from as far away as Mountain View, Eureka and Clear Lake Highlands, according to Fred P., Secretary of the Club.

Sally H. from Nevada City was Guest Speaker at the A.A. meeting which was followed by refreshments, a raffle for a Big Book and, finally, bingo for those desiring to play.

Comic relief was provided when three coffee-pots were plugged into one circuit, tripping the circuit breaker and putting the whole club in darkness. It was necessary to make two trips to the rear of the cocktail lounge downstairs, interrupting the bartender twice, to reset the breaker for lights upstairs. No casualties!

## DALY CITY CELEBRATES! 7th ANNIVERSARY PARTY

The Daly City Group will have Gene D., popular and well known member of the Myrtledale Group in Calistoga, as Guest Speaker at their meeting on Wednesday, January 14th, which will be followed by a party celebrating the group's seventh birthday. Coffee and refreshments will be served. Bobbie P. will be the Chairman.

Daly City Group meets Wednesdays at 8:30 p.m. in Lady of Perpetual Help Church, opposite Old City Hall, 60 Wellington Avenue. There is plenty of free parking space.

## "RED" K. TO SPEAK S. F. ALUMNI GROUP FIRST ANNIVERSARY

The Alumni Group will celebrate its First Anniversary on Wednesday, January 21st with a meeting at the Lutheran Church, 33rd Avenue and Ulloa Street, San Francisco, at 8:30 p.m. followed by coffee and refreshments.

Eneas 'Red' K. will be speaker for the occasion, with Bill S. as Chairman. Gene D., Calistoga, will read chapter five.



## NEWS OF AA DOINGS IN FRESNO

By GRACE A.

### FRESNO WELCOMES NEW YEAR WITH HIGH HOPES

Fresno A.A. proudly awaits the completion of its new Alano Club which is being built by the generous contributions of members, and hours of donated time. Alano Club President Bart reports great strides in the planning for construction of the building.

A busy A.A. agenda for January has Virginia M. from Modesto scheduled as Guest Speaker for the monthly Intergroup meeting to be held on Saturday, January 10, 8:30 p.m. at St. John's Cathedral. The Tuesday Night Step Group will be hosts, and Secretary Mike W. has asked Dottie B., head of Fresno's Answering Service, to be chairman which will make it an all-woman panel to start the meeting.

Mary Pat A. and Larry S. have been invited to be Guest Speakers at the Modesto Inter-Group meeting the same night, January 10th, at the Modesto Alano Club, 706 First Street, 8:30 p.m.

Herb E. will be the speaker at the monthly Sunday Breakfast, January 18th at 10 a.m. at the Carousel Restaurant. Herb is the newly elected Co-Secretary, with Lois, of the Friday Night Mary J. Group meeting at the Alano Club, 8:30 p.m.

The New Year has brought a number of changes in leadership, etc., for some of the Fresno groups. Donna R. now leads the Wednesday Study Group.

Joe M. is the new Secretary of the Louis Memorial Group which meets on Mondays at 8:30 p.m. in the College Community Church.

The Wednesday Women's Group (closed) which meets at the Alano Club each week at 1:00 p.m. now has Eunice S. as the new Secretary.

Larry S. is the newly appointed

Secretary of the Thursday Night Survivors' Group. Larry's many years on the program make him an admirable choice.

Daryl J. is Secretary for the Thursday Night Alano Club Group, and Ben K. handles the details for the Thursday Night Methodist Church group.

## CALENDAR OF EVENTS

**January 10th**—CCFAA 2nd Saturday meeting 8 p.m., Labor Center, 2525 Stockton Boulevard, Sacramento, also H & I Area 4 North meeting at 2 p.m.

**January 18th**—District meeting of GSR's, Santa Rosa Alano Club, #70 South 'E' Street, 2:30 p.m.

**January 22nd**—Northern California Coastal Area DCM meeting, 8:00 p.m. at Oakland Alano Club, 319-14th Street. All GSR's invited to attend.

**January 25th**—Hospital & Institution Committee General Meeting, 10 a.m. to 3 p.m. at 235 West 5th Street in Chico, California.

**January 27th**—Roseville Tuesday Night Group 25th Anniversary, this year in honor of Floyd Bowers, Deceased, founder of the group.

**March 14-15**—Northern California Council Annual conference in the Memorial Auditorium, Richmond, California.

**July 3-5**—35th Anniversary of A.A. International Convention, Miami Beach, Florida. Headquarters, Fontainebleau Hotel; Al-Anon, Eden Roc Hotel.

## Doctor Calls "Slips" More Normal Than Alcoholic

By DR. WM. D. SILKWORTH

(Continued from December)

When a tubercular patient recovers sufficiently from the sanitarium, the doctor gives him careful directions for the way he is to live when he gets home. He must be in bed every night by, say, 8 o'clock, he must drink plenty of milk. He must refrain from smoking, and he must obey other stringent rules.

For the first several months, perhaps for several years, the patient follows directions, but as his strength increases and he feels fully recovered, he comes slack. There may come the night when he decides that he can stay up until 10:00 p.m.—when he does this nothing untoward happens. The next day he still feels good. He does it again. Soon he is disregarding the directions given him when he left the sanitarium. EVENTUALLY HE HAS A RELAPSE.

The same tragedy can be found in cardiac cases. After the heart attack, the patient is put on a strict rest schedule. Frightened, he naturally follows directions obediently for a long time. He, too, goes to bed early, avoids exercise, such as walking up stairs, quits smoking and leads a Spartan life. Eventually, there comes a day after he has been feeling good for months or several years when he feels he has regained his strength and has also recovered from his fright. If the elevator is out of repair one day, he walks up three flights of stairs. Or, he decides to go to a party—or do a little smoking—or take a cocktail or two. If no serious after affects follow the first departure from the rigorous schedule prescribed, he may try it again, until he suffers a relapse.

In both cardiac and tubercular  
(Continued on page 7)





## "THE LINK"

A meeting of the GSR's in the district comprising Marin, Sonoma, Lake and Mendocino Counties will be held on Sunday, January 18th, 2:30 p.m., at the Santa Rosa Alano Club, #70 South 'E' Street.

Every group in the four counties should have a GS Representative at this meeting. A concerted effort is being made to build up the A.A. Service and interest in these counties, and full support of every group is necessary to the accomplishment of the task. Secretaries please note!

The first Northern California Coastal Area committee meeting for 1970 will be held at the Oakland Alano Club, 319-14th Street, Thursday, January 22nd at 8:00 p.m. All DCM's are requested to make a special effort to be present; group representatives are also invited to attend and participate but are not entitled to vote.

In order to establish a better line of communication both within the area and to GS headquarters in New York, a number of important matters will be considered, and ways and means discussed, at this meeting.

The 20th General Service Conference in New York next April will be held in a new location, the Hotel New Yorker, and it is time to start thinking about topics on and for the agenda, so that our Delegate may take back with him the overall thinking, experience and views of the groups on the following five topics:

- (1) How can A.A. better co-operate with outside agencies, i.e., courts, medical profession, etc.?
- (2) The problem of the A.A. member and "pills."
- (3) How can the percentage of groups contributing to General Services be improved in order to meet financial responsibilities?
- (4) What is the experience of the Fellowship when a local Conference area needs redistricting? Who drafts it and on what basis does

approval need to come from the whole area—or from just the groups involved?

(5) Should we be concerned about A.A. members being employed as "A.A. counselors" when traditionally A.A. is not to be professionalized?

Other topics may be suggested for discussion, to be added to the agenda.

An Area meeting will be called (date to be announced) to discuss the various topics, to inform the Delegate. The theme of the 20th conference will be "Service".

### GIVE GOOD NEWS

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### DR. GILL SPEAKER AT MISSION ALL-GROUPS

The monthly Mission All-Groups A.A. meeting for January will be held on Saturday, January 10th, 5 p.m. at the Industrial Club, 3198-16th Street, San Francisco, with Dr. Gill as speaker and Carol of Pacifica as Chairman.

The meeting will be followed by a buffet dinner at 6:30 p.m. after which there will be dancing to live music. Anticipated donation, \$1.00.

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## VISITORS TO FEATURE PENINSULA ALL-GROUPS FIVE JANUARY MEETINGS

Three visiting speakers, a well-known Redwood City man, and Paul G., Inter-group Fellowship Secretary make up the five meeting programs of the Saturday Night Peninsula All-groups which meets in the Recreation Room of St. Matthew's Church, Baldwin & El Camino in San Mateo, California.

The program follows:

**January 3**—Harold F., Fremont Fellowship—Host Group, San Bruno Monday.

**January 10**—Meek M., Redwood City—Host, Palo Alto Thursday.

**January 17**—Curley F., Mountain View—Host, Group I San Mateo Monday.

**January 24**—Paul G., S.F. Central Office Secretary—Hosts, 12th Step Study Group and Burlingame Monday.

**January 31**—Gene D., Calistoga—San Carlos Monday Beginners.

All meetings are at 8:30 p.m. Coffee is served both before and after the meetings. Plenty of parking!

## LETTER FROM GLADYS "A.A. WORKS FOR ME"

We have a letter from Gladys M., who has been the spark-plug of the San Bruno Monday Night Group for quite a few years, telling us that she has made 10 years this month by being real active, although she has been inactive due to illness for the three months just passed.

"When I joined A.A. it was first," she says, "I jumped in with all fours; I sponsored 3 and 4 at a time, and Yes, I have a big A.A. family, and this has worked for me! No half measures, I fully believed I had no more drunks left in me, and the only way I could stay sober was being active."

"Happy New Year to all, and God bless!" Gladys M.

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NEWS**



## AMERICAN DRINKING PRACTICES — A NATIONAL STUDY

The scene is a friendly neighborhood tavern. Inside, seated at the bar and at tables are customers typical of the area. It could be New Year's Eve or any day in the week.

Some people are alone—some are in groups. Some drink beer or wine—some drink harder stuff. Some are men—some are women.

Watch that guy in the corner. He's nursing a glass of plain water, casually writing his observations in a notebook.

He's determined to learn the relationships of people to alcohol. He's gathering data with which he hopes to confirm or disprove common impressions about people and alcohol. He wants to learn as much as possible about people and alcohol.

Who drinks? What do they drink? When do they drink? Where do they drink? Why do they drink? What governs how they select their drinking companions? There are many more questions, but these serve as good samples.

A new book, scheduled for publication Jan. 12, provides the answers. Its publisher is the Rutgers University Center of Alcohol Studies here.

"American Drinking Practices—A National Study of Drinking Behavior and Attitudes," reports on a study conducted by Drs. Don Cahalan and Ira H. Cisin with Helen M. Crossley. It is a 286-page book of the answers to questions about drinking behavior asked of 2,746 respondents selected at random by accepted and valid opinion polling methods.

The first task was to construct a population sample resembling the total U.S. population over 21 years old and living in households.

"Certain types of places," the authors point out, "such as flophouses, jails and other institutions usually inhabited more by men than by women were omitted from the sample design. These omissions are undoubtedly one reason why there is a larger proportion of women in the sample than is found in the general population."

The respondents could be categorized by sex, and by age groups within each sex subdivision. They were also separated according to race and residence regions, of which the authors used nine. The possible influence of urbanization was also considered.

The authors also attempted to assign an objective "social-posi-

tion" label to each respondent. These reflected educational level and the occupation of the family breadwinner according to status or power position associated with the occupation.

The findings contain some surprises. Why don't you give it a try? See how many correct answers you get to the following questions:

—Which social classes abstain most, high or low?

—Do professional men drink more or less than businessmen?

—Which region of the U.S. has the most drinkers?

—Which region has the least drinkers?

—Do whites or nonwhites drink more than the other?

—What reason do drinkers give for drinking?

Ready for the answers?

The highest proportions of abstainers are among the lower social classes and the elderly.

Professional persons and businessmen were most frequently drinkers, but fewer of the men in professions were heavy drinkers, compared to the businessmen.

The highest percentages of drinkers were found in the Middle Atlantic and New England states, and the lowest percentage in the South Central states.

White and nonwhite men did not differ in the proportion of drinking. More Negro women abstained, but more of the Negro women who drank were heavy drinkers.

Most of the drinkers say they drink for social reasons, such as to celebrate a special occasion, and because it is the polite thing to do.

## A. A.'s. 35th At MIAMI BEACH

AA's 35th Anniversary year will be celebrated with an International AA Convention at Miami Beach, Florida, July 3-5, 1970. The Convention theme is, "Unity". AA Headquarters will be The Fountainbleu Hotel, with Alanon Headquarters at The Eden Roc Hotel.

Members in Ireland, England, Germany, California and New York have already chartered planes to fly to the Convention, but no registrations can be made before October 15, 1969, when forms will be mailed out.

Anyone wishing to receive forms should send their name and complete mailing address to G.S.O. at once, unless they are already on the mailing list. Registration fee is \$6.00 with tickets for the opening dance and show \$4.00. Housing will be assigned on a first-come, first-served basis.

## Jack Irving Reprints

The reprints of Jack Irving's article, "The Responsibilities of a Group Secretary" are now available for those wishing copies. The bulk rate is 50¢ a dozen, but single copies will be sent free to GOOD NEWS subscribers upon request. Address GOOD NEWS, 166 Geary Street, Room 84, San Francisco, Calif. 94108. Remittance must accompany bulk orders; stamps acceptable.

We also have a supply of "Certificate of Appreciation" forms to give to Guest Speakers; available in exactly the same manner as above.

**Every AA Group  
Should have GOOD  
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literature table.**

**Has YOUR group?  
WHY NOT?**



## S. F. All-Groups has Out-Of-Town Speakers: Fellowship News Notes

Five out-of-town A.A. members will grace the podium of the Friday Night All-groups meetings at First Unitarian Church, Geary & Franklin Streets in San Francisco, during this month according to Fellowship Secretary Paul G.

Of particular interest will be the husband and wife team of John and Barbara I. from Hayward, scheduled for January 30th. Winnie B. of Mill Valley will address the meeting on the 16th, and Dr. Bill C. of Oakland and Ruby H. from Mill Valley will both speak on the 23rd.

A beginners ONLY meeting at 7:30 precedes the Big Meeting at 8:30 p.m. every Friday Night. Coffee is served both before and after the meetings, and there is plenty of parking space.

The semi-annual group delegates meeting will be held on Wednesday, January 7th, on the 3rd floor of the Alano Club, 414 Grant Avenue, time: 8:15 p.m. The Central Service Committee asks both group secretaries and delegates to make a special effort to have your group represented. ALL interested persons are welcome and invited to attend this meeting.

**SPECIAL NOTICE**—Due to the annual refinishing of the club house floors the Sunday Wawona Group will not meet on January 4th, and the Parkside Group will not meet on Thursday, Jan. 8th.

The Marine Hospital Group (Tuesdays at 8 p.m.) now meets in a new place; the recreation hall outside of the East Wing, 15th & Lake, S.F.

The San Rafael Courthouse Group has moved its meeting location to the new Civic Center, Administration Building, San Rafael, Calif.

A new group, the Brisbane Women's Group (closed), a discussion group, is now meeting on Thursdays at 8 p.m. at #1 Solano Avenue, the same location as the Brisbane All-Groups meetings.

(Continued on page 6)

## THE NIGHT BEFORE CHRISTMAS

'Twas the night before Christmas, and all through the house  
There were empties and butts left around by some louse;  
And the last quart I'd hid by the chimney with care  
Had been swiped by some bum who discovered it there.  
Our guests had long since been poured in their beds,  
To wake the next morning with God-awful heads.  
My mouth, full of cotton, hung down to my lap,  
Because I was dying for one more night-cap.

When through the North window there came such a smell  
I sprang to my feet to see what the Hell!  
And what to my wondering eyes should show up  
But eight bloated reindeer hitched to a truck,  
With a little old driver who looked like a hick,  
But I saw it was Santa, as tight as a tick.  
Staggering onward, those eight reindeer came,  
while he hiccupped and belched as he called them by name.

"On Schenley, on Seagram; we ain't got all night;  
You, too, Haig and Haig, and you, too, Black and White!  
Scram up on the roof, get the Hell off this wall,  
Get going, you dummies, we've got a long haul."  
So up on the roof went the reindeer and truck,  
But a tree branch hit Santa before he could duck;  
And then in a twinkling I heard from above,  
A Hell of a noise that was no cooing dove.

So I pulled in my head and I cocked a sharp ear;  
Down the chimney he plunged, landing smack on his rear.  
He was dressed up in furs, and no cuffs on his pants,  
And the way the guy squirmed, well, I guess he had ants.  
He had pints and some quarts in the sack on his back,  
And a breath that would blow a train right off the track.  
He was chubby and plump, and he tried to stand right,  
But he didn't fool me; he was high as a kite!

He spoke not a word but went straight to his work,  
And missed half the stockings . . . the plastered old jerk.  
Then putting five fingers to the end of his nose  
He gave me the bird . . . up the chimney he rose!  
He sprang for his truck at so hasty a pace  
That he tripped on the gutter and fell on his face;  
But I heard him burp back as he passed out of sight,  
"Merry Christmas, you rum-dums, now really get tight."  
— Anon.

## ESPECIALLY FOR NEWCOMERS

### MONDAY BEGINNERS

Speaker Meeting with  
Questions and Answers

### THURSDAY BEGINNERS

Speaker—Discussion Meeting

Both Meetings held at 1755 Clay St., San Francisco—8:30 pm  
Coffee — Refreshments — Arm's Length A.A. after each Meeting



## YES, VIRGINIA, THERE IS A SANTA CLAUS

September 21, 1897, The New York Sun responded to a little girl's letter in what has come to be considered a classic editorial. Good News reproduces her letter and the Sun's ever-new editorial in the spirit of the season.

The little girl wrote:

DEAR EDITOR:

I am 8 years old. Some of my friends say there is no Santa Claus. Papa says: "If you can see it in the Sun, it's so." Please tell me the truth; is there a Santa Claus?

VIRGINIA O'HANLON  
115 West Ninety-fifth Street

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give our life its highest beauty and joy. Alas, how dreary would be the world if there was no Santa Claus. It would be as dreary as if there were no Virginias. There would be no child-like faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus? You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders that are unseen and unseeable in the world.

You may tear apart baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man nor even the united strength of all the strongest men

that ever lived, could tear apart. Only faith, fancy, poetry, love, romance can push aside the curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing less real and abiding.

No Santa Claus? Thank God! He lives forever. A thousand years from now he will continue to make glad the heart of childhood.

## "BY THE WAY" — SACRAMENTO CCFAA

The Second Saturday of the month meeting on January 10th at the Labor Center, 2525 Stockton Boulevard will present two outstanding speakers at 8:00 p.m., Host Group—Linda-Olivehurst.

Eneas 'Red' K., San Francisco, is returning by popular request, and the Non-AA speaker will be Dr. Suzanne Snively, Psychologist, Chief of Health Services and Student Consultant, Sacramento State College.

The H & I Area 4 North Committee will meet at 2 p.m. the same day, also at the Labor Center.

Leonard L. who has served for many years as Chief Expediter in charge of the distribution and mailing of By-The-Way has resigned. He feels that it is time for him to make way for someone else, and he wants more time to devote to his work as H & I Librarian.

By - The - Way subscriptions expired last month. Those wishing to continue personal delivery in 1970 should send in \$1.00 with their correct name, address and Zip code number.

The Roseville Tuesday Night

## NEWS FROM STOCKTON

The January Pot-luck will be on Saturday, the 3rd day of the New Year, dinner at six, followed by a regular A.A. meeting at 8 p.m. Bingo and general good fellowship will follow, at Midtown, 248 East Poplar Street, Stockton.

Our open speaker meeting on Saturday, January 31st, at 8:00 p.m. will feature Cal P. of Oakland and Patty K. of Sacramento. Bingo will follow the meeting, and coffee will be served.

The birthday honors on Friday, January 16th, will be shared by nine of our members; Edith H. 11 years; George P. 8; Jim G., 7; Ken W. 4, Mel C. 3, Ken D. and Al D. 2, and Frank R. and Jerry G. 1 year each. Congratulations!

### WE ARE RESPONSIBLE

When anyone, anywhere, reaches out for help, we want the hand of AA always to be there. And for that, WE ARE RESPONSIBLE.

Group will celebrate its 25th Anniversary on January 27th. The meeting this year will be held in honor of the group founder, Floyd Bowers, Deceased. The group has voted to keep its present name instead of 320 Lincoln Fellowship, as previously reported.

### "NOTES"—from page 5

Another women's closed discussion group, the "Does" of Marin, also meets Thursdays at 8:30 p.m. in St. Paul's Church, 5th & Mission Streets in San Rafael.





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#### DR. CALLS (Continued from pg. 2)

cases the acts which led to the relapses were preceded by wrong thinking. The patient in each case rationalized himself out of a sense of his own perilous reality. He deliberately turned away from this knowledge of the fact that he had been the victim of a serious disease. He grew over confident. He decided he didn't have to follow directions.

Now that is precisely what happens to the alcoholic—the arrested alcoholic, or the alcoholic in A.A.—who has a “slip”. Obviously, he decides again to take a drink some time before he actually takes it. **He starts thinking wrong** before he actually embarks on the course that leads to a “slip”.

There is no more reason to charge the “slip” to alcoholic behavior than there is to lay a tubercular relapse to tubercular behavior or a second heart attack to cardiac behavior.

The alcoholic “slip” is not a symptom of a psychotic condition. There's nothing “screwy” about it at all. **THE PATIENT SIMPLY DID NOT FOLLOW DIRECTIONS. THAT IS HUMAN NATURE—IT IS LIFE. IT IS HAPPENING ALL THE TIME, NOT MERELY AMONG ALCOHOLICS, BUT AMONG ALL KINDS OF PEOPLE.**

The preventative is plain. The patient must have full knowledge of his condition, keep in mind the facts of his case, the nature of his disease, and follow directions.

For the alcoholic, A.A. offers the directions. A vital factor, or ingredient, of the preventative, es-

## H & I BROADSIDES

By George R., general chairman,

### Northern California Hospital & Institution Committee

Our next conference will be held in Richmond on March 14 and 15, 1970, and again the “H and I” portion of the conference promises to be outstanding. At the open “H and I Meeting” Saturday afternoon, March 14, 1970 at 1:00 p.m., Paul G. of San Francisco will be the alcoholic speaker and King H. Blankenship, CCI, Inside Sponsor at San Quentin will be our non-alcoholic speaker. Cecil B. of Brisbane, San Francisco Regional Chairman will act as moderator.

On Sunday, March 15, 1970, at 9:30 a.m. Jerry G., San Jose, Area 7 Chairman will head the Institution Workshop and Barbara M., Santa Rosa, Area I Chairman will chair the Hospital Workshop.

The General Meetings of our Hospital and Institution Committee were not as well attended during the year of 1969 as they should have been. These are the meetings where pertinent problems are discussed and matters of policy are decided. This is **your Committee** and **you** should make every effort to attend these meetings. This is the place to get your ideas before the Committee and to get the “pros and cons” from the other areas. Your attendance at these meetings will make your committee a stronger and more effective organization.

The next General Meeting will be held in Chico on January 25, 1970 at 235 West 5th Street, 10:00 a.m. to 3:00 p.m. Ken K., Northern Valley Regional Chairman and Jim C. of Chico assure me that no areas can outdo theirs in hospitality and friendliness.

Every year the number of facilities covered by the H and I Committee continues to increase. This in turn requires more literature for those who are confined. Inasmuch as we are self-supporting, it is essential that all possible A.A. groups have “pink cans”. Each H and I member should act as an emissary to make this possible. We should make sure group secretaries know what the “pink cans” are for and that the contents are forwarded regularly to the Hospital and Institution Committee — P.O. Box 4032, San Francisco, California 94101.

Gen R. of San Pablo, H and I Secretary for the past two and a half years has resigned. Our thanks for the excellent job Gen did during this period.

Jaunita M. of San Francisco will replace Gen. Jaunita's address is 154 Peoria St., Daly City, Phone No. 334-5924. Let's give Jaunita our full cooperation and make sure that we **notify her promptly** of all changes—such as replacements, additions to the existing schedules, new addresses or phone numbers and meeting times or locations at the various facilities. Keeping records and schedules current is difficult but essential.

pecially for the alcoholic, is sustained emotion. The alcoholic who learns some of the technique or the mechanics of A.A., but misses the philosophy or the spirit, may get tired of following directions—not because he is an alcoholic—but because he is human. Rules and regulations irk almost everyone because they are restraining, prohibitive, negative. The philosophy of A.A., however, is positive and provides ample sustained emotion—a sustained desire to follow directions voluntarily.

In any event, the psychology of the alcoholic is not as different as some people try to make it. The disease has certain physical differences, yes, and the alcoholic has problems peculiar to him, perhaps, in that he has been put on the defensive and consequently has developed nervous frustrations. But, in many instances, there is no more reason to be talking about the “alcoholic mind” than there is to try to describe something called the “cardiac mind” or the “t.b. mind”.



## WHAT IS A BOY?

"Got any boys around the house? Giving you any trouble—little trouble like noise and confusion and things like that? Then listen—I think you'll like this:

"After a male baby has grown out of long clothes and triangles and has acquired freckles—and so much dirt that relatives don't care to kiss it between meals—it becomes a boy.

"A boy is nature's answer to the false belief that there is no such thing as perpetual motion. A boy can run like a deer—swim like a fish—climb like a squirrel—bel-low like a bull—eat like a pig—or act like a jack-ass—according to climactic conditions.

"The world is so full of boys that it's impossible to touch off a firecracker—strike up a band—or pitch a ball without collecting a thousand of them. Boys are not ornamental—they're useful. If it were not for boys, newspapers would go un-delivered and un-read—and a hundred thousand picture shows would go bankrupt.

"A boy is a natural spectator. He watches parades—fires—fights—football games—automobiles & planes with equal fervor. However—he will not watch a clock.

"A boy is a piece of skin stretched over an appetite. He eats only when he's awake. Boys imitate their dads in spite of all efforts to teach them good manners. Boys are not popular—except with parents—but they do have many fine qualities. You can absolutely rely on a boy—if you know what to rely on.

"Boys are very durable. A boy—if not washed too often—and if kept in a cool place after each accident will survive broken bones—hornet's nests—swimming holes and 5 helpings of pie.

"Boys love to trade things. They'll trade fishhooks—marbles—broken knives for anything that is priceless or worthless.

"When he grows up he'll trade puppy love—energy—warts—bash-

## News Events from S.F. Alano Club

By Paul "Bus" D.,

The old year fades, a new year begins and life goes on as usual. In the year just past, your support of the Alano Club has been great—keep up the good work. We try to plan all our events to please you; if by any chance we don't, let us know.

**SATURDAY, JANUARY 17th—FIRST DANCE 'O THE NEW YEAR.** Let's start the new year off with a bang. Dancing to the "DRY NOTES". Lovely door prizes just for you.

**SATURDAY, JANUARY 31st—BIRTHDAY PARTY AND DANCE.** A chance to celebrate all those January A.A. Birthdays. We'll furnish the coffee, cake and records to dance to. All you have to do is show up and have fun.

You're all invited to these parties and dances. Keep the dates in mind and don't forget the address.

**SAN FRANCISCO ALANO CLUB  
414 GRANT AVENUE—CORNER BUSH STREET**

## THINGS THAT COUNT

Not what we have, but what we use;  
Not what we see, but what we choose.  
These are the things that mar or bless  
The sum of human happiness.

The things near by, not things afar;  
Not what we seem, but what we are,  
These are the things that make or break,  
That give the heart its joy or ache.

Not what seems fair, but what is true;  
Not what we dream but the good we do.  
Not what we take, but what we give;  
Not as we pray, but as we live.

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fulness and a cast-iron stomach  
for a bay window—pride—ambi-  
tion—pretense and a bald head.

And then will immediately begin  
to say, 'boys aren't what they  
used to be in the good old days!'