



# Good News



OCTOBER,  
1971

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## Central California Fellowship Has Big Meeting Slated To Observe Anniversary

Saturday, October 9, is a big day on the calendar of the Central California Fellowship.

It was nine years ago that the first meeting of the Second Saturday of the Month Speaker Meeting was held at the Pope Avenue School in Sacramento before 160 members.

Since that time, there have been 111 meetings, with attendance ranging from less than one hundred to an all time high of over 600 persons when Chuck C. and his wife Elsa spoke at the 6th anniversary of the big meeting.

For the past few years, the meeting has been held at the Labor Center, 2525 Stockton Boulevard, in downtown Sacramento.

The October 9 celebration will consist of a Barbecued sparerib dinner, complete with baked potatoes, buttered carrots, fresh green beans, hot buns, dessert, coffee and a huge anniversary cake.

The dinner will be served from 6 P.M. to 7:30. Tickets at \$2.50 per person are available at local A.A. groups or by sending money order or check to the Central Office 1412 20th Street, Sacramento, 95814. Ticket sales definitely end October 6th.

The featured speaker for the evening is one of the most talented and sought-after A.A. members, on the speaker circuit, John Van H., from Seattle. John's 19 years and witty delivery are two of the reasons his speaking engagements include the Southern California Conference in San Diego.

There is no charge for the

speaker meeting and there is free parking on the Labor Center grounds. The Central Cal Fellowship welcomes people from all over Northern Cal to help them kick off their tenth year.

The Napa Fellowship of A.A. will celebrate its 22nd Anniversary Monday, October 25, at 8:30 P.M. at the Napa High School cafeteria, North Campus, Park Avenue and Kennedy Way. Dan B., Larkspur, will speak.

## YOUNG PEOPLE SET ANNUAL FOR OCTOBER

The San Francisco's Young People's Group will celebrate its Fourth Anniversary on October 30 in Grace Cathedral's Gresham Hall, California and Taylor Streets.

The program will begin at 8 p.m., Genny G., Hollywood, will speak. Popular dance music will follow, along with cake, coffee and conviviality.

## "JUST A DRUNK" TO TALK AT THE S.F. BANQUET

Paul V., Issaquah, Washington, who is not a "Movie Star, Radio Actor or Television Personality," will be the speaker for the annual San Francisco Intercounty Fellowship Banquet in the Palace Hotel's Gold Ballroom on Saturday, November 6.

Roger O'D., banquet chairman, finally announces that the dancing music—including a "small amount of Rock"—will be played by Al Borelli, who provides, according to Roger "the greatest dance music in town."

The speaker, Roger reports, is just an "ex-drunk with a meaningful A.A. message."

The banquet is self supporting, a ticket costs \$11 and 350 pre-paid reservations must be in hand by October 15.

Tables will be assigned on a first-come, first served basis. Each table has a seating capacity of 10. The Gold Room has a maximum capacity of 400.

Don't be late and don't be disappointed.

Send check or money order to the Banquet Committee, Room 84, 166 Geary Street, San Francisco, 94108.

**If you want to  
test your  
memory ---  
try to  
remember the  
things that  
worried you  
yesterday.**

## ALCOHOL-TOBACCO! THEY DON'T MIX

Two drugs in modern society—nicotine and alcohol—seem to be inseparable in social settings. In bars, the ash tray is as much in use as the drink glasses, and at cocktail parties, conversational groups always seem to consist of people with a drink in one hand and a cigarette in the other.

What does this combination of drugs do the workings of the human body? All too often, studies of the effects of drugs on the body confine their attention to the single drug, without considering the context in which the drug enters the body. If each of two drugs affects the body in particular ways, what is their effect when they enter the body almost simultaneously?

This basic question is what Dr. Henry Murphree of the Rutgers University Center of Alcohol Studies wanted to answer by a careful research project in which he controlled the intake of the drugs and measured the performance of the subjects who volunteered to drink and smoke for science.

Working with 16 subjects, he provided each with enough of a mixture of vodka and orange juice to raise the blood alcohol content to about 0.07 per cent. A person with 0.15 per cent blood alcohol is legally drunk; a person with 0.10 per cent is legally impaired.

He then tested the subjects for their ability to concentrate, to duplicate geometrical figures or symbols, and to see and react to a stimulus under several conditions: not smoking conditions; not smoking, smoking cigarettes with a low nicotine content, and smoking cigarettes with a high nicotine content.

The difference in the two commercial brands of cigarettes represented an eightfold difference in nicotine levels. The low-nicotine cigarettes had 0.2 milligrams of nicotine; the high-nicotine cigarette had 1.6 milligrams of nicotine.

The first task confronting the  
(continued on page 5)

## A DRUNK IS A DRUNK IS A DRUNK!

After seven months of study and the expenditure of several millions of dollars, a Federal commission made this "preliminary" report recently:

**"We know certain things about alcohol. We know about loss of time on the job, breakups of families, impact on our medical facilities."**

That "remarkable" and "expensive discovery" was made after the commission survey on alcoholism in Washington, Chicago and San Francisco.

The study will continue, and the commission, headed by Michael Sonnenreich, will make a complete report to Congress next March.

## Thanksgiving Day Benefit Dance By A.7.A. Group

The A.7.A. Fellowship will hold its annual Benefit Thanksgiving Dance Saturday, October 2 at the El Cerrito Fellowship, 11231 San Pablo Avenue, at 7 p.m.

Guest speaker will be "Diamond Dick" with dancing to follow, plus a buffet. Donation is \$2.00, with proceeds to pay the cost of the A.7.A.'s annual Thanksgiving Day free dinner for between 350 to 500 people.

## ARA FIRST STEP HOME DANCE PARTY OCT. 23

The annual Fall Festival Bingo and Dance Party of A.R.A. will be held Saturday Night, October 23rd at the First Step Home, 1035 Haight Street in San Francisco.

Bingo will start at 8 p.m. with dancing at 9:30, along with a fine buffet served all evening. Dancing to the fine ARA Dixieland Band.

## ARKANSAS TRAVELER FROM EAST COAST IN THE BAY AREA

In his first speaking appearance in this part of the country, the ARKANSAS TRAVELER from Baltimore, Maryland, will feature the annual gratitude dinner and public meeting sponsored by the Southern Alameda County Service Center Association of A.A. on Saturday, November 6.

Famed for his wit and hardcore A.A., the speaker is one of the most sought-after A.A. speakers in the eastern United States. He will address the public meeting at 8 p.m. at Veterans' Memorial Hall, Main Street, between C and D Streets, in Hayward.

The full course dinner, for which the Southern Alameda County Service Center is justly famed for, will commence at 6 p.m. A donation of \$2.50 per person will be accepted.

This annual event is one of the two public dinner meetings each year sponsored by this Service Center. Both affairs attract a capacity crowd of 500, so it is advisable to arrive early, enjoy a splendid dinner, and listen to a speaker entirely new to this area and one whose drawing power on the East Coast is legendary.

## Giving Can Be The Passport

How did you get to A.A.?????

Did you ever consider that someone was volunteering to answer the phone?

How about helping the next guy or gal and give back some of the help you've received?

Surprisingly, it does great things for your sobriety, too!

The San Francisco Intercounty Fellowship Committee will meet Sunday, October 10, at 2 p.m. at the Alano Club, 414 Grant Avenue.

All members interested in Tele-service or 12 Step Work is cordially invited.

The practicing alcoholic NEEDS YOUR HELP!!

## And People Say These Things —

There is nothing more tragic in life than the utter impossibility of changing what we have done. So, move always forward to the present.

\* \* \*

One wonderful thing this program has given me is the opportunity to validate the statement of William Rose Benet that: "The ant finds kingdoms in a foot of ground."

\* \* \*

REMEMBER, the Serenity Prayer is NOT a "cop-out."

\* \* \*

One of the ways to be popular is to listen to a lot of things you already know.

\* \* \*

From prison: "In prison, each new breath is born of a dream. It matters not at all that the dream be women of strands too fragile for the spider's foot.

Dream, the prisoner must — as though tomorrow's Rising sun will make reality of his most fobible fantasies;

For without his child-like faith in each new tomorrow, Time itself for him would cease to be."

. . . Jonny B.

\* \* \*

Advise—Helping a fellow overcome his faults.

Meddling: When you're the fellow.

\* \* \*

"I've never understood why a man who'd laugh at a savage for trying to ward off Evil Spirits by beating a drum will try to break up a traffic jam by honking a horn."

. . . Paul G.

English O., "The Sage of Sonoma," will speak at the 19th anniversary of Brisbane All Groups at the Brisbane Recreation Hall on Sunday, October 31, at 7:30 P.M. A buffet will follow.

## "HAIR OF THE DOG" CURE IS FOUND BY NOBEL PRIZER???

It has been said that the discoverer of a sure fire cure for the common hangover would be the hands-down winner of the Nobel Prize in Medicine.

No such benefactor of suffering humanity has surfaced to date, but Dr. Donald J. Dalessio of La Jolla deserves some award for the research he has done. His report on the psychology of the hangover in the latest issue of the journal "Medicinal Opinion and Review" adds substantially to the meager literature of this dreadful scourge of mankind.

Dalessio, who heads the division of neurology at Scripps Clinic and Research Foundation, has taken a scientific but delightful good-humored look at an ailment that causes more agony and evokes less pity than any other non-fatal human complaint known to man. He comes to the conclusion that it cannot be cured, but can be ameliorated by a combination of prophylactic and therapeutic measures.

It is true that there is no sure prophylactic except total abstinence and no cure but time ("and time never fails," as W. C. Fields used to point out). But even partial relief is better than the agony which makes the severely hung over patient pray and hope that each passing moment will be his last.

Dalessio points out that there are two causes of the hangover: acute chemical poisoning by the impurities (called "congeners") that are present in most types of booze, and the metabolic imbalance brought on by the bodily effects of the ethyl alcohol in the liquor.

On one issue, he is firm: No hair of the dog.

Dalessio believes that the eye-opener is, to use his words, "A very dangerous practice."

## ALCOHOLISM IS BIG PROBLEM FOR THE POLICE DEPARTMENT

Alcoholism in the San Francisco Police Department, long a neglected if not suppressed problem, is now openly acknowledged and confronted.

A veteran 38 year old officer who says he once had a drinking problem, has been chosen to run the department's one man counseling service for alcoholic officers.

"It takes a problem drinker to understand the problem of drinking—first hand, with a smile," he says.

The head of the department's program does not divulge the number of alcoholics in the department, but says he has at least one case involving drunken officers every day, and that an estimated 25 to 30 policemen attended Alcoholics Anonymous meetings in the Bay Area on an average night.

Moreover, more than 1600 police officers of all ranks have taken a department-sponsored course on alcoholism.

A two hour seminar on alcoholism is required subject in the Police Academy and for all departmental in-service or promotional training.

"It is the most popular course within the department," he said, adding:

"According to the FBI, 63 per cent of all police work is involved with alcohol — robbery, murder, drunken driving, juvenile delinquency."

The San Francisco Industrial Club will hold its traditional Open House again this year on Thanksgiving Day, club officials announce.

A special Halloween Party to help raise funds to finance the dinner will be staged Saturday night, October 30, from 8:30 p.m. to 2:30 a.m. Donation is \$1.50.

## STATE SENATE IN MOVE TO TREAT THE ALCOHOLIC AS SICK

The California State Senate voted September 7 to treat California's public drunks as sick individuals rather than criminals.

Senator George R. Deukmejian of Long Beach, the measure's sponsor, said there were 250,000 arrests last year in California for public drunkenness.

"It's been well-established that alcoholism is the No. 1 health problem in the United States," Deukmejian said. "To continue to treat alcoholics as criminals is the wrong approach."

The measure eliminates public drunkenness as a crime and substitutes a civil procedure whereby a policeman takes a drunk into public custody for up to 72 hours. The bill now goes to the Assembly.

Deukmejian said the officer would take the individual to a county mental health center's detoxification unit, where trained medical personnel would treat him for his illness.

"He will no longer be charged with a crime," the lawmaker said.

After the 72 hours has elapsed, Deukmejian said the person will either be released outright or encouraged to seek further treatment.

However, Deukmejian said if a person commits another crime, such as starting a fight in a bar, he will still be charged with the offense regardless of his drunkenness.

## THE PITCH

The months of October and November, 1971 should see groups in the California Northern Interior Area General Service bestirring themselves to elect new or reelect incumbent G.S.R.'s, if they have not already done so. As is pointed out in the **A.A. Service Manual**: "The G.S.R.—as the general service representative is known—has the job of linking his group with A.A. as a whole. It is he who represents the voice of the group conscience, reporting the group's wishes to the committee member and to the delegate, so that it will be passed on to the Conference and to the movement."

Waneta N. of our General Service Office staff in New York wrote the following regarding communication and General Service in her report of Conference '71:

"Our co-founder, Bill, left us on January 24, 1971, to continue his spiritual journey; since that time there seems to have been some unspoken questions about A.A.'s future. We need have no fear as a resolution offered by Bill and adopted at the Twentieth Anniversary Convention of A.A. in 1955 states: 'THIS RESOLUTION AUTHORIZES THE GENERAL SERVICE CONFERENCE TO ACT FOR ALCOHOLICS ANONYMOUS AND BECOME THE SUCCESSOR TO ITS CO-FOUNDER.' It is important to remember that the purpose of the General Service Conference is to assume the responsibility of leadership for the founders of Alcoholics Anonymous.

"Communication begins when G.S.O. receives notice of newly elected delegates, other officers, committee members and G.S.R.'s. All are placed on the mailing list, and appropriate material mailed to them from G.S.O.

"The deadline for placing in the **World Directory** new delegates, new chairmen, new G.S.R.'s, new groups, etc., is **December 1** of each year. There are 90 delegates, 78 committee chairmen and 11,208 groups in the United States and Canada that appear in the **World Directory**. These figures should give you some idea of the work involved for the G.S.O. Records Department. Is it possible to schedule your election assemblies and advise G.S.O. early enough to meet the Directory deadline of December 1, so all your current 'trusted servants' will properly appear in the Directory?

"There are many ways that we can communicate, so let us all use the 'key' to unlock the doors that have not as yet been opened."

Communication is a two-way street. Though all of us are fairly well informed about what is happening at the local level in A.A., it is through the General Service Conference structure and communication with our General Service Office in New York that we can share at the level of A.A.

The following letter was received by the producer of the Regular Monday Night Radio Meeting of A.A. over KQED-FM:

"I have just listened to your broadcast of the A.A. meeting. And I am impressed with its content and sincerity.

"I have a sister in Lake County who seems to be fighting a losing battle with alcoholism.

"Is there any way your program can be of help to her there?"

(Editor's note: The name of the writer and his sister have been withheld in accordance with tradition. Literature and names of persons who could be helpful were mailed by Paul G., secretary, San Francisco Inter-County Fellowship.)

## SAN FRANCISCO ALANO CLUB EVENTS

Would you like to own a piece of rock from the moon? We don't have a piece of rock from the moon, but we do have a mini-coin which contains silver that was on the Apollo 14 flight to the moon and back, and this will be given away as a special gift to some lucky person. On the back of the mini-coin is inscribed: "This mini-coin contains silver that was on the Apollo 14 flight to the moon and back."

**SATURDAY, OCTOBER 2**—Dancing to music of the Dry Notes begins at 9 P.M.

**SATURDAY, OCTOBER 16**—Dancing to music of the Dry Notes begins at 9 P.M. **HALLOWE'EN DANCE** — special prize for the most original costume (alho costumes are not required).

**SATURDAY, OCTOBER 30**—Our monthly 'A.A. BIRTHDAY DANCE'—to celebrate "A.A. BIRTHDAYS" in the month of October—Special records for your dancing pleasure.

SOBRIETY is the morning sun pushing its way through the fog. It's the trees turning green in the spring. It's a freshly mowed lawn, a country road going away into the sky.

SOBRIETY is a glass of fresh orange juice in the morning, a steaming cup of hot coffee. It's planting a tiny seed in the fresh brown earth.

SOBRIETY is sitting on a rock picnicking with a happy little boy. It's writing a letter in a clear hand. It's reading a good book. It's chuckling aloud and smiling at a stranger who smiles back.

SOBRIETY is driving a car in a storm and coming home to happy faces — people who need you and want you.

SOBRIETY is a dark night with stars turning on and a clear pale yellow moon whining down. It's a kiss and a thankful prayer.

M. H., Woodside, Calif.

#### ALCOHOL-TOBACCO DON'T MIX (continued from page 2)

subjects was to duplicate geometric symbols 15 seconds after seeing them. Next, they had to try keeping a pointer on a spot on a slowly moving turntable, and to do it for two minutes. Each person had three tries at following the point on the turntable.

The results serve to point up the value of knowing nicotine contents of cigarettes, if all other factors in enjoying smoking are kept equal.

For example, there was a marked decrease in ability to perform tests when shifting from a low-nicotine to a high-nicotine cigarette. The shift from a high-nicotine cigarette to no smoking produced a gain in test performance. The reverse, shifting from no smoking to a high-nicotine cigarette, tended to confirm the previous finding, because test performance was markedly and adversely affected.

The shift from a low-nicotine cigarette to no smoking produced

## ALCOHOLISM COURT SCHOOL PRAISED BY JUDGES, POLICE

Back to school is what happens to a number of people who are arrested for drunkenness or a first time drunk driving offense.

The Court School for Alcoholism Prevention, started by the late Judge Gerald S. Levin on July 1, 1964, is a joint venture by the National Council on Alcoholism, San Francisco Area, judges of the Municipal Court and the San Francisco Police Department.

The purpose is to provide people who have gotten into trouble with the law because of drinking with an opportunity to learn some facts about alcohol, its use and abuse, and what can be done about alcoholism.

Currently the school is operated by a committee of volunteers, headed by G. William Sheldon, a member of the NCA Board of Directors. On Thursday nights at the Hall of Justice there are always three, and sometimes more, groups meeting on a relaxed "discussion" basis, under the leadership of one of Bill Sheldon's committee members. People attending the school are required to do so, having been assigned by the judge as a condition of a suspended sentence.

Each group attends three ninety minute sessions. During the four and one half hours of classes the "students" are encouraged to participate in discussion—and woven into the exchanges between the leader and students are basic facts about alcoholism and what

a change so small as to be non-significant. Similarly, the shift from no smoking to low nicotine produced a nonsignificant change in test performance.

Before beginning the study, Dr. Murphree had assumed that he would find nicotine improving the performance of an intoxicated person. But the results did not confirm this. Instead, nicotine accentuated the detrimental effect of alcohol on coordination.

Another interesting finding from

can be done about it.

Information is provided about resources available for the person needing and wanting help: Alcoholics Anonymous, Alanon, clinics, hospitals, etc.

Between four and five thousand people have attended these classes during the more than seven years of operation. While it has not been possible for the courts or the National Council to do a scientific follow-up on the people assigned to the school, to determine its effectiveness, there are impressions from those who have worked with the school.

There have been some dramatic "success" stories over the years—people who on the basis of knowledge gained at the school have moved directly to treatment—either A.A. or other help — and have reported back to NCA gratefully.

With others, after a lapse of sometimes many months, word comes back of their gratitude for the information provided at the school and their eventual decisions to seek help.

It is believed that the San Francisco Court School for Alcoholism Prevention was the first of its kind in the country. An article written by Judge Levin and published in the Journal of the American Bar Association in November, 1967, attracted wide attention. Many inquiries came from all over the country and today there are such schools operating in many other communities.

the study was the persistence of the effect of a high-nicotine cigarette in the body. After smoking one of them, several subjects were tested immediately and again after a half-hour rest period.

The half-hour was not long enough to allow the nicotine effect to dissipate. Test performance continued to be adversely affected, despite the rest period.

The flavor may not last, but the effect certainly did.

## MOST A.A. MEMBERS HAVEN'T IMBIBED FOR OVER A YEAR

Sixty per cent of 11,355 men and women questioned at 466 meetings of Alcoholics Anonymous throughout the United States and Canada reported that they had been without a drink for a year or more.

That statistic, result of a survey taken last summer, was reported at a Washington, D.C., press conference by Doctor John L. Norris, non-alcoholic chairman of A.A.'s General Service Board & Medical Director, Eastman Kodak Company.

The survey, results of which were released during the 28th International Congress on Alcohol and Alcoholism, also showed that 41 per cent of the A.A. members questioned had not had a drink since their first meeting.

Another 23 per cent stopped within a year or less after their first meeting and 18 per cent within two to five years. Three-fourths of the respondents were men.

Nearly 60 per cent were between the ages of 30 and 50; 7 per cent were under 30, and 34 per cent were over 50.

More than 90 per cent reported going to at least one A.A. meeting a week.

The survey, first of its kind, indicated that doctors are playing an increasingly important role in getting Alcoholics Anonymous to their patients who want help.

More and more doctors, the survey found, are willing to accept the success of A.A. and many times are responsible for getting many alcoholics to their first meeting.

However, it was pointed out, it is still the recovered alcoholic who has the most influence in bringing a new person to his first meeting.

Fifty-five per cent of the respondents said they were in A.A. because of the involvement and

## SAN FRANCISCO ALL GROUPS PROGRAM FOR OCTOBER

DATE	SPEAKER(S)	HOST GROUP
1	Stan G.—San Jose	
	Patty K.—Sacramento	First Step
8	Juanita C.—Glen Ellen	
	Dean C.—Glen Ellen	Gratitude
15	John S.—S.F. F'ship	Ambassadors
22	Si P.—S.F. F'ship	Daly City Wed.
29	Dick O'L.—Mill Valley	
	Dennis C.—S.F. F'ship	Mill Valley Wed. Disc.

## PENINSULA ALL GROUPS SAN MATEO, OCTOBER PROGRAM

DATE	SPEAKER	HOST GROUP
2	Mike C.—S.F. F'ship	Pacifica Coastside
9	Helen C.—West Portal	Daly City
16	Cecil C.—Brisbane	Brisbane
23	Tom S.—Redwood City	Redwood City Sun. Nite
30	Fr. Tom L.—Visitacion Valley	Emerald Lake

**COFFEE & ARMS LENGTH A.A. BEFORE & AFTER THE MEETING**

# BANQUET TICKETS

(Tickets \$11 each) Please mail this order, with your check to:  
**BANQUET COMMITTEE, ROOM 84, 166 GEARY ST., S.F. CA. 94108**  
 Check enclosed for \$..... (no refunds). Send .... tickets for BANQUET to:

.....  
 (Name—please print) (Street address—City—Zip Code)  
 .....  
 (PLEASE DO NOT WRITE BELOW)  
 DATE ..... ORDER NO. .... TABLE NO. .... TICKETS NO. ....

testimony of another A.A. member.  
 Doctor Norris noted there are estimated to be at least 5 million active alcoholics in the United States.  
 The International Congress was attended by some 2,000 medical and scientific leaders from 40 countries, gathered to work toward the solution to the problem of alcoholism.

The Contra Costa Breakfast Group announces the following speakers for the month of October:  
 October 3, Father Art S., San Francisco; 10th, Conrad T., Larkspur; 17th, Helen K., Alameda; 24th, Burt C., Concord; 31st, Colin L., Oakland.

**DON'T FORGET!**  
**A.A. RADIO MEETING**  
**MONDAY NIGHT**  
**8 P.M.**  
**K Q E D — FM**  
**88.5 ON FM DIAL**

**News Stories and Feature**  
**Stories for**  
**GOOD NEWS**  
**are gladly accepted**  
 —  
**Have a Good Day**  
**—The Editor**

# Good News

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By KIM M., General Chairman

**DATELINE FRESNO**—This has been one of the better ones — a conference to remember. The ideal facilities of the Fresno civic convention center had a great deal to do with it, but as always the real success was achieved behind the scenes and in the kitchen. The planners did well and the dedicated committee members carried out the plans.

The Hospital & Institution open meeting Saturday morning was very well attended. I did not make a visual estimate of the audience, but applying the average contribution to the "take" places the number close to 200. Mrs. Marjorie Czeikowitz of San Francisco, who has been working closely with A.A. in the treatment of alcoholics, was the non-A.A. speaker. She has a Master of Social Welfare degree and is at present with the North County Mental Health Clinic. She spoke most convincingly from her wide experience with alcoholics — at the Marin County Welfare Department, Agnews State Hospital, the San Francisco Adult Psychiatric Clinic and her present position. The response to her call for questions from the audience revealed the unanimous interest in her remarks.

The A.A. speaker was Larry O. of El Cerrito, Coordinator at San Quentin and a very dedicated advocate of the good way of life for the alcoholic. Larry talks from experience and his every word carries conviction. For him there is no room for argument: without A.A., the alcoholic is a lost soul; with A.A., he can choose sobriety and fulfillment. It is small wonder that he and his wife Ollie are in such widespread demand as speakers.

Ollie chaired the hospital workshop Sunday morning. The widespread prescription of Antabuse in state hospitals was discussed. Just as with Methadone in the treatment of drug abuse, Antabuse contributes nothing toward the rehabilitation of the alcoholic. A.A. therapy is still needed to bring about the personality change that means liberation from the obsession to drink and freedom from the horrors of alcoholism. It was also stressed that H & I Coordinators and Contact Chairmen should work closely with authorities.

Barbara S. of Santa Rosa had been scheduled to chair the institution workshop, but her doctor had said no and Joe D. of Modesto took over. Some unkind member remarked that Barbara would have been a prettier chairman, but we must all admit that Joe chaired a good meeting. Of course, the principal topic was the tightening of security regulations at all institutions. At least one even going so far as to require finger prints and mug shots for prior clearance. Some one warned that a member should never be taken in just to visit an inmate; also that all messages to and from inmates must be cleared by the officer in charge. The meeting reaffirmed the stand taken by H & I some time ago against taking women into men's institutions except for special meetings such as anniversaries.

What a beautiful conference in Fresno. The weather was on our side and those who would deny our higher power was everywhere, must surely have had their eyes, ears and hearts closed.

The happy climax was the wedding of Martin & Helen (of Oakland & San Jose) immediately following the Sunday afternoon meeting. They were married by our speaker, Rev. Bob.

## THE LINK

(General Service, Northern California Coastal Area)  
our own contributions". A phrase we're all familiar with. But there may be a channel of contributions which your Group has been overlooking — to your General Service Area Committee. We're fairly familiar with contributions to Central Offices and to General Service Office (New York). Also requiring funding, however, are expenses of the Delegate on his annual trek to the General Service Conference, expenses of Committee officers (postage, telephone, etc.), and communication with Districts required at the Area Committee level. Suggested contributions are \$1 per member per year, or \$5 per year per Group. Some funds are accrued at General Service Assemblies and the General Service registrations at the Northern California Council Conferences. However the Group contribution is an important source of income for Area Committee expenses. Is your Group participating in this service?

—oOo—

Now available through literature order (1) "A Student's Guide to Alcoholics Anonymous" (5¢ per copy); (2) The Grapevine reprint of Bill W's "Let's be Friendly with our Friends" (5¢ per copy); (3) a new Wallet Card "What Does Anonymity Mean to A.A.?" (\$6 per 100). Ask your GSR to obtain these new publications for your Group, or order direct from World Services, Inc., P.O. Box 459, Grand Central Station, New York 10017.

—oOo—

A.A. World Services, Inc. has authorized Bob T., a free-lance writer with a broad and varied background, to do a biography on Bill W. Bob is a member of the Fellowship and an old friend of Bill and Lois. Of course his appointment has Lois' complete approval.

—oOo—

A.A. World Services, Inc. also recently declined a request from Narcotics Anonymous to adapt or  
(continued on page 8)

## TELESERVICE

If you are interested in Teleservice and 12 Step work, you are invited to attend the Teleservice Committee meeting Sunday, October 10, 2 p.m., at the Alano Club, 414 Grant Avenue, San Francisco.

The committee needs your help to help the people who are asking for help. Please attend. Shirley G., chairman, Teleservice Committee.

### FRINGE BENEFIT

"Meet the Alcoholic," the Inter-County Fellowship's weekly Monday night live radio program on KQED-FM at 8 p.m., will be rebroadcast the next day Tuesday, at 1 p.m., Leo L., program director, announces.

## CONTROL?

Control over liquor doesn't collapse all at once. It collapses gradually.

Here are some of the cracks in the wall — BEFORE TOTAL COLLAPSE OCCURS:

1. The individual begins to drink in order to meet challenging situations. **He Relies on Bottled Courage\***

2. At a social gathering he feels inwardly tied in knots, ill at ease, unable to make contact with others, **Until He's Started Drinking!**

3. He begins to drink to the point of regret. Time after time, he feels like a heel for something he said or did under the influence.

4. His drinking begins to **Make Problems**. To escape from these problems, **He Drinks!**

4. He drinks at strange times, not only for conviviality when he's happy, but also all **Alone When He Is Sad!**

5. He stops bragging about **HOW MUCH** he can drink and starts **LYING** about how much he **Does Drink**.

6. He gets panicky at the thought of being **Without Liquor!**

Dear Friend:

The moment which marks the passing of a cherished friend is not an easy one to face, but the time has now come to tell you that our A.A. family lost one of its most beloved members with the passing of Hazel Rice early this morning.

All of those who knew her have felt the influence of her loving presence and we are grateful. So let's try to think in terms of gratitude for her life with us for these many years and for her example of love and service that will remain with us and help us to continue to live our A.A. way of life to the very best of our ability.

She will live in our memory as a rare and beautiful spirit.

With love to you all,

Your friends at G.S.O.

(Hazel Rice served for many years in the office of the General Service Board of Alcoholics Anonymous, Inc., in New York.)

Following are some often restated propositions about alcohol:

\* Alcohol is the commonest drug of dependency in any community; alcohol is the commonest drug of dependency in any state; alcohol is the commonest drug of dependency in this country; alcohol is the commonest drug of dependency in the world.

\* Beverage alcohol is used socially with safety by the overwhelming majority if its users.

\* The young alcohol abuser usually shows only an abnormal drinking pattern, not its long term consequences.

\* Many young alcohol abusers never live long enough to manifest chronic alcoholism.

\* The funding of programs of prevention, research and treatment of alcoholism is inadequate at Federal, State and local levels.

\* Public apathy will be most effectively countered by inspired leadership.

\* The economic cost of alcoholism is unknown, but it is clearly astronomical; the cost in terms of

## THE LINK

(continued from page 7)

translate certain chapters from the Big Book and other material from our pamphlets on the grounds that although the A.A. program is available to all, our A.A. literature is not.

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**ASILOMAR ASSEMBLY** — Plans continue for the 1972 Spring General Service Assembly to be held at Asilomar, Pacific Grove. Jack G., General Chairman, has received confirmation on 354 beds. All communications not may be sent to: Asilomar Assembly, P.O. Box 31192, San Francisco 94131. Watch for further announcements.

—oOo—

Attention GSR's in Lake, Sonoma and Contra Costa Counties! Election of a new District Committee Member Chairman for the District 60's will take place Saturday, October 9, 1971, at 11:00 a.m. at the Alano Club, 522 Marin, Vallejo. This is to replace the current DCM Chairman, Ken M., who has been forced to resign. Suggested qualifications for nomination are two years continuous sobriety, and nominations should be selected from current General Service Representatives.

—oOo—

Final plans are taking shape for the General Service Fall Assembly to be held at San Mateo November 20, 1971. George G., Phoenix, Pacific Region Trustee, and Allen McG., Southern California, have confirmed they will be on hand as speakers. The recreational and social portion of the Assembly is under the guidance of Jim A., San Francisco, Merle G., Burlingame, Jane B. and Helen K., Alameda, and include the usual delectable buffet, dancing to live music, and a 10:45 p.m. participation meeting led by Merle G. Complete details of this Assembly next month.

unrealized human potential for achievement and human happiness is even greater.

—from "The Glass Noose," NCA, Kansas City, Mo.