



Season's Greetings



Good News



DECEMBER,
1974

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By the Northern California Council of Alcoholics Anonymous

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Golden Empire AA

The Second Annual Golden Empire AA Roundup is scheduled to be held on May 30, 31 and June 1, 1974 in Bakersfield. Bakersfield, as many may know, is the southernmost inland city of the Northern California Council of Alcoholics Anonymous, so that participants will be sure of many familiar (and unfamiliar) faces.

The Conference will be located at the Bakersfield Inn, Union Avenue at California. Registration is \$1.50, and a banquet will be held on Saturday night for \$7.50. It is suggested that early registration and banquet registrations be made early as seating is limited. Send remittances to:

Golden Empire AA Round-Up
P.O. Box 3489, Station A
Bakersfield, CA 93305

Sonoma Bash

The Arts and Crafts Building at the Sonoma County Fairgrounds, Santa Rosa, will be the scene of the Sonoma County Intergroup's New Year's Eve party.

A buffet supper, live music, hats and noisemakers, goodies and good fellowship will be the order of business starting at about 8 p.m., December 31, 1974, and ending at about 1:30 a.m., January 1, 1975.

The cost will not exceed \$4. per person and the tables will be set for eight.

Reservations, along with money, should be sent to Sonoma County Intergroup, P.O. Box 6852, Santa Rosa, CA 95406.

Santa Clara Plans

The Santa Clara County All Groups Meeting for December will be held Saturday, December 14, at the Alano Club, 1122 Fair Ave., San Jose, at 8:15 p.m.

General Service will host this meeting. Information concerning the procedures of General Service in the area will be outlined. Also there will be a speaker meeting. The meeting will be followed by a dance at the Club.

No information is yet available concerning the New Years Dance at the Club, or the breakfast following the dance. It is suggested that if you are interested in this affair you write the Santa Clara County Intergroup Central Office, 210 So. 1st St., Room 211, San Jose, CA 95113, or call them at (408) 297-3555, around the middle of the month.

East Bay Secretaries

"What a secretary does," will be the subject of a panel discussion to be held at the Willow Creek Elementary School, 1026 Mohr Lane, off Monument Blvd., in Concord. The date of the event is Saturday, January 25, from 1 to 5 p.m.

Everybody is invited, but secretaries, past, present, prospective and potential are especially invited to share, question and otherwise join in a rap session about what being a secretary means to all of us.

The afternoon is being sponsored by Contra Costa General Service and Central Service Committees. For further information, telephone (415) 939-5371.

NCC at Santa Cruz

The next Assembly of the Northern California Council of Alcoholics Anonymous will be held in Santa Cruz on March 14, 15 and 16, 1975 at the Memorial Auditorium located in the center of town. Those responsible for preparing programs for the Young Peoples' meeting, H & I and General Service, are requested to mail this information to Anne S., no later than December 12. Please address correspondence (and to preserve anonymity) to:

Santa Cruz Conference
2335 Chestnut Street
Redding, CA 96001
(916) 241-8441

The local Santa Cruz committee is headed by Jag G., and he and his many enthusiastic committee members are looking forward to making this conference a "stand-out."

NCC Election Results

The Bi-Annual Election Assembly of the Northern California Coastal Area of California General Service was held Saturday, November 9. The place was the cafeteria of the Alameda County Fair Grounds at Pleasanton.

The following officers were elected for the 1975-1976 term: Delegate (to the New York General Service Convention), George D. of Tiburon. Alternate Delegate, Bob H. of San Jose. Secretary, Dean K. of Oakland. Secretary, Paul V. A. of Santa Clara. Treasurer, Ivan B. of Corte Madera.

George D. was Alternate Delegate during the 1973-1974 term. He took

(Continued col. 1, page 2)

over that office after the death of Norm W., who was elected Alternate Delegate in 1973. Bob H., the Alternate Delegate, was Chairman during the last term. Paul V A., the Secretary, was last term's Treasurer.

Before the balloting, the outgoing Area Officers, D.C.M. Chairmen and District Committee Members gave brief reports of what had happened during their term in office.

Approximately 200 were in attendance. During the balloting, the total vote count was 159, approximately 47 percent of the GSR's registered with CNCA.

There was a buffet in the evening. The Assembly ended with a public AA meeting. Homer D. of San Leandro was Chairman. The speaker was Eric B. of Seattle, WA.

Especially to be commended for their hard work which made the Assembly a success are: Homer D. of San Leandro, Chairman of the Host Committee; Bob P. of Fremont, Floor Chairman; Jeannette H. of Pleasanton, Food Chairman.

The next Northern Coastal Area Assembly is scheduled for Saturday, March 22, 1975, at the Sun Valley Mall in Concord.

The Link, December 74

One of the hazards of being a columnist rather than a reporter is that of being usurped by the front page when something really newsworthy comes along, and that is just about what happened this month. not unexpected, however, and certainly not begrudged.

The Election Assembly lived up to its billing with room to spare. Although there were not as many groups represented as was hoped, the turnout was numerically up to the standards set by previous elections, and this year, a larger number of truly active GSR's were present, as opposed to the ad hoc electors in evidence at previous elections.

The beautiful suburban setting at the Alameda County Fairgrounds in Pleasanton, and the cool, crisp autumn day were a perfect background for the solidly packed day of AA business. The election pro-

cedure parallels, more or less, that of any democratic society except that it is far more difficult to make a choice. No candidate for any office has a motive beyond the desire to serve and, admonished as we are by the twelfth tradition to put principles before personalities, it boils down to choosing the candidate we think is best suited, at this particular time, for the job.

It should be added that this year's election was unusual in that, for the most part, each office holder from last term merely moved up a notch, and it is hoped that this will not set a precedent in our area. Norm W.'s death in October of 1973 left vacant the post of alternate delegate to which office, George D. was elected by the area committee. George, therefore, had served only one year as alternate. It is by no means mandatory, nor usually even desirable, for officers to work their way up. A good treasurer will not necessarily make a good secretary, each job having its unique prerequisites.

We were fortunate enough to have had a team of multitalented officers last term. By the end of this coming two-year term, there should be plenty of room for new blood, as there is a limit to the dedication we can expect of the present committee. The new talent necessary to this turnover in personnel will come from the body of GSR's and DCM's, which brings us back to Square One — if you don't have a General Service Representative, you are doing your group membership a disservice, and now is the time to elect one.

By RALPH L.,

Gnapa Gnight

The Napa Participation Group will host a New Year's Eve Party at their regular Tuesday evening meeting, December 31, at 8:00 p.m., at the Napa Alano Club, 1455 Pueblo Ave.

This event is sponsored by the Napa Intergroup. There will be speakers, good food and good AA.

The group asks you to join them in bringing in the new year, the first in the new Alano Club. Bring your friends, and bring a covered dish, if you can.

What GOOD NEWS Isn't

It's not too difficult to put a newspaper like *Good News* together, once we have enough news and schedule material in the hopper. Sometimes there are items which we cannot print because the time and date and place are not included in the piece, but usually we print an item if we have it.

There are a number of types of items which *Good News* does not print. Recently we received a press release from an Eastern publishing house which described a book (in glowing terms, we might add) on still another facet of alcoholics and alcoholism. The book, "Problem Drinkers Seeking Treatment," describes the woes and pitfalls of problem drinkers finding a way to treatment, and in some cases, not finding a way.

We in Alcoholics Anonymous know that there "is no easier, softer way," and although we do not have the only answer, we do seem to have found one which works and which continues to work. Perhaps one could muster up some kind of resentment about all those agencies and referral services throughout the network of the social and health services which are putting all of their hopes and experiences on pills, psychiatry and pap.

We at *Good News* also receive letters which just don't make any sense. As we are our own writers, editors, distributors, make-up editors and printers' devils, we must admit that we need some kind of secretary to help us with our correspondence of this order. We would like to be able to correspond with those writers whose letters do not make sense, to find out what they want us to print. Just as everyone at a meeting "is in the right place," we feel that every letter and scrap of information should be printed — but intelligibly.

Anyway, to those of you out in Shasta and Nevada Counties, we heartily invite you to send us any news about what's happening in your area; anniversaries, picnics, balls and social functions can be much more enjoyable with more of the Fellowship present to share in your festivities.

Peninsula All Groups

Mary Ellen U., member of the staff of the New York General Service Office, will be the speaker, December 14, at Peninsula All Groups. The host group will be Daly City. The place is St. Matthew's Episcopal Church Auditorium, El Camino Real and Baldwin Ave., San Mateo. The time is 8:30 p.m.; doors open at 7:30 p.m.

Other speakers and host groups for the month will be:

December 7 — Cleo C., Emerald Lake; Emerald Lake.

December 21 — Gene D., Myrtle-dale; Malamahood.

December 28 — Pat W., Newark; Miracle.

Coffee and Arms length AA before and after the meeting.

FROM PAGE 8

dependence problems in Australia. Moreover, information from North American suggests that, in the wake of public concern about the "hard" drug problem in that country (more serious than our "hard" drug problem) attention is now reverting to alcoholism as the number one drug problem.

"This high rating for alcoholism is based on the greater number of individuals involved and its serious potential for morbidity and far-reaching social consequences."

The Study Group says that treatment is preferred to punishment as a broad principle of community response to the drug problem and then states:

"Treatment facilities in Victoria for alcoholism and drug dependence are uncoordinated and grossly inadequate." It also says: "What is needed now is a programme designed to clarify the issues, alert the public and to implement a concerted attack on the problems of alcoholism and drug dependence."

The Group's major recommendations are for an Expert Board, that the government integrate its activities in this drug dependence area of public health and that the Australian Government make massive financial allocations for the implementation of policies and programmes at national, state and regional levels.

Contra Costa News

The Contra Costa Service Center Intergroup speaker meeting is held on the 3rd Saturday, at the Willow Creek School, 1029 Mohr Lane, Concord, at 8:30 p.m. The Al-Anon Service Committee sponsors a speaker meeting on the first Saturday, also with speakers from both AA and Al-Anon at the Williams Elementary School, 2895 East St., Concord.

Another speaker meeting is held on the first Saturday and is sponsored by the Diablo Group, 1550 Diablo Rd., Danville.

Post-Xmas Crunch Bunch

El Cerrito Fellowship, 11231 San Pablo Ave., El Cerrito, is having a post-Christmas and Pre-New Years Buffet, Saturday, December 28. The buffet will be at 6:00 p.m., followed by the meeting, at the usual time of 8:30 p.m. Speaker at this meeting will be Dr. Gil.

Following the meeting, there will be a birthday cake. Lots of coffee, Brim and tea.

Family Support

The following is an excerpt from a letter received from a widowed, recently-retired psychotherapist and full professor of psychology at an eastern college, by an AA family member in San Francisco.

"Thank you for your warm invitation to visit you at Xmas time.

"It is my turn to have our family Xmas reunion at my home. It will be a houseful, but that is better than an empty house at Xmas time.

"All of this along with some writing keeps me busy. But it is good to be busy. My retired friends with nothing to do are becoming depressed and alcoholic.

"Your letters show that you are busy also with all your AA projects. This is the kind of satisfying work that should make one feel useful and of service to others — the kind of reward doctors receive. And it prevents one's life from becoming egocentric."

30 Years in Roseville

Father Joe M. is coming to Roseville from Maryland to help the Tuesday Nite Group celebrate its 30th Anniversary on January 17. Many AA's who have seen his "Chalk Talk" on film are looking forward to hearing him in person.

The event is also in gratitude of founder Floyd B., who shared his first AA in the old streetcar barns in Sacramento more than 30 years ago and brought it to his hometown to share with others.

Floyd died in 1968 when there were only two groups in Roseville. The other group, on Monday, now the Roseville Fellowship, celebrated its 14th Anniversary last month. In 1968, there were only 2 meetings a week and now there are a dozen with 2 Al-Anon meetings.

The special anniversary celebration will be held at 8:00 p.m., on Friday, January 17 at Johnson Hall, Placer County Fair Grounds in Roseville.

Directions: Take IS80 (17 miles NE of Sacramento) then through Roseville. Follow State Route 65 signs to the Northe edge of town to the fairgrounds. Men will guide drivers to Johnson Hall with flashlights.

Calling All Secretaries

An informal get-together of secretaries (past, present, future), is planned for January 15 at the San Francisco Alano Club. A pre-meeting meeting will be held on the mezzanine there on December 4 at 7:30 to work out the details. Anyone interested is invited to attend either or both of these meetings. This is a good chance to iron out any problems encountered by group officers, and it also gives the relative newcomer an opportunity to see that these jobs are merely that, and not so esoteric after all.

Still another secretary meeting to be held in Concord is scheduled for Saturday, January 25. Details are noted in "East Bay Secretaries," in this issue of Good News.

Carrying the Message

Santa Clara County has formed a new Public Information Committee, at a special meeting held at El Retiro, with George D., of Tiburon and Nancy C. of San Francisco in attendance. Elaine K. was elected Speakers' Bureau Chairman with George M. as Co-chairman. The new committee will also have a public relations chairman to handle releases to local newspapers, but emphasis at first will be in providing speakers for the schools.

The San Rafael Independent Journal ran the same story on the Marin Speakers' Bureau that had appeared earlier in the San Francisco Progress. The Progress re-ran the story in all editions on October 30.

So far, the results of this publicity have been insufficient to keep our Speakers' Bureau busy, and in trying to find out why, I discovered that there is a paid counselor in Marin with 57 school dates already set up. Also, we have been asked to serve on a panel with members of NCA and SPARC to cover eleven schools in the Sunset-Parkside District. Other organizations are very active in the same schools we covered last spring.

Because of poor response to the Progress publicity, we are now sending the same release to the Chronicle and Examiner, but, meanwhile, the December Convention plans are keeping many of the speakers busy.

The International Congress on Alcoholism will hold its convention in the San Francisco Hilton Hotel December 12-18. Three people will man each shift of 3 hours, hopefully with at least one bi-lingual AA member in attendance at each shift. Since this is an international convention, we are indeed fortunate to have members involved who speak French, Italian, Spanish, German, Swedish and Finnish!

NANCY C.

Hungover hubby to wife: "I'm bruised all over. What happened last night?"

Wife: "You said you'd been seeing two friends home and they dropped you twice."

Teeny-Boozers Rise

Chances are greater than ever that children may be slowly killing themselves with booze. These are warnings of experts in numerous medical agencies who say alcohol has regained its time-honored position as the number one drug threat to American youth.

Already, there are more than 450,000 problem drinkers among the nation's pre-teens and teenagers.

Alcoholics Anonymous now has 25 groups in this country alone aimed at abusers under the age of 13.

Alcohol is an important factor in six of every ten traffic deaths in the 16 to 24 age group, while arrests for drunken driving have tripled for boys under 18 and doubled for girls in the past decade.

Worse yet, the rise of liquor consumption hasn't come entirely at the expense of harder drugs. Youthful drinkers often take barbiturate pills with their booze as readily as their parents might gobble peanuts with their cocktails.

Strangely, this new era of drug abuse has been welcomed with relief by American adults. "At least," sigh the parents, "they're not sticking dope into their arms. I can understand booze."

The other drugs, or many of them, also make people introspective, whereas alcohol tends to make people reach out to other people, and we as a society tend to give high value to social activity.

It also is increasingly evident that young people, after the difficulties of the last few years, are moving in most respects closer to the value system and behavior of the older generation. And since alcohol is widely used by the older generation, it follows that it should be adopted by their children.

Abuse of alcohol by the adult generation tends to be passed down to young people.

Figures released by the National Commission on Marijuana and Drug Abuse show that by 1972, 56 percent of all Junior High School students had tried alcohol, along with almost three-fourths of the senior high students and more than 83 percent of the collegiates.

A more recent study in San Mateo

County, California, schools revealed more than 80 percent of high school freshmen (13 and 14 year-olds) had used the drug alcohol, one-fourth of them on 50 or more occasions. More than 90 percent of the seniors had sampled it — almost half of them more than 50 times.

Their favorite drinks seem to be beer and wine. The wines, usually are the cheap kinds with quaint names and heavy T.V. advertising, have increased their sales from three million bottles a year to 33 million in only three years.

Alone, they're little more than soda pop with a kick, but when taken with other easy-to-get drugs, like "downers" (barbiturates), they can be killers.

Parents fear heroin, but alcohol and barbiturates are even worse. It's easier to die of an overdose.

The kids pop a few pills, drink themselves into oblivion and then pop some more pills, too drunk to remember how many they've already taken.

Unfortunately, there are few ways of telling if the child is an alcoholic, unless, of course, he comes staggering home every night reeking of cheap wine.

One of the ways you can become aware that the child is an alcoholic or is abusing alcohol — young people imitate and identify with adults. And if the adults he looks up to are abusing alcohol, then the youngster may emulate their action.

If there is drinking in the home, the child may express an interest and a desire to share. My advice is not to share an interest in this desire with children.

Kids who are getting in trouble with alcohol are those who are having trouble in other areas of their lives. Alcohol abuse and alcohol problems are very visible symptoms of a cry for help!

—John McL., Big Four Fellowship,
San Luis Obispo, CA
The Rainbow

Motorcycle cop: "Okay, Buddy, pull over. I've never seen such crazy driving. Are you drunk?"

Driver: "Of course I'm drunk. Do you think I'm a stunt driver?"

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In Sullivan, Missouri, on October 23, Ester Walker, beloved ex-manager of the Marin Alano Club, 1972-1973, devoted friend and sponsor of many Marinites, died. Floral arrangements were sent by the "Women's Group" and by the "Marin Alano Club." A further memorial will be sent to the San Francisco Central Office in her name for those who wish to contribute.

Subcommittee on Alcoholism

The Subcommittee on Alcoholism of the (California) Senate Health and Welfare Committee tentatively plans to hold four hearings as follows:

1. Sacramento (State Capitol)
Week of January 13
 2. San Diego
Friday, January 31
 3. Los Angeles
Friday, February 7
 4. San Jose
Friday, February 21
- Location to be announced.

The Sacramento meeting invited the public. Plans and proposals for new alcoholism legislation will be

presented. The hearings (No. 2, 3 and 4) concern:

a. The alcoholism funding delivery system including problems related to the Short-Doyle system, Cost Reporting-Data Collection system, planning, delays in funding, etc.

b. The need and proposals for effective alcoholism prevention programs.

c. The need and any proposals for effective public inebriate programs.

For anyone wishing to testify before the Subcommittee, please write to Peter Herman, Consultant, Subcommittee on Alcoholism, P.O. Box 906, San Mateo, CA 94403.

By the time most men have money to burn, the pilot light has gone out!

Monterey Peninsula Schedule

The Monterey Bay Area Inter-group of AA announces that its annual Christmas Banquet will be held Friday, December 20, at the Rancho Canada, Carmel Valley Road, Carmel.

A ham dinner, with all the trimmings, will be served at 7:00 p.m. After dinner, at 8:30 p.m., there will be a birthday speaker meeting, with Gene D. of Calistoga as the speaker. A dance with live music will follow the meeting.

For reservations — and get them in early — write the Central Office at P.O. Box 1974, Monterey, CA 93940, or call (408) 373-3713.

Monterey Fellowship is planning Christmas and New Years "Alkathons". These are continuous meetings. They will start on Christmas Eve Day and New Years Day at twelve noon, and will run until twelve noon on Christmas and New Years Day. The place will be St. James Church, corner of Franklin and High Sts., Monterey. There will be a meeting room and a comfortable lounge, with coffee and goodies, for arms-length, when not in the meeting room.

Salinas is also planning Christmas and New Years "Alkathons". Write or call the Central Office in Monterey for details.

Sonoma Spiritual Weekend

December 6, 7 and 8 are marked as a spiritual progress weekend retreat designed especially for married alcoholics and their spouses (although singles are cordially invited). The weekend will be located at Angela Center, 535 Angela Drive, Santa Rosa, CA 95401.

For information, telephone Sister Clare at (707) 545-8422. The retreat-master will be Father John, S.J. who will be assisted by Sister Dolores and Sister Clare. Cost for the weekend is \$60. per couple, \$30. for singles and accommodations include 5 meals and 2 nights lodging.

Nevada News

Here are three Nevada State Prison Christmas Meetings: December 13, 6:30 p.m., Medium Security. December 16, 7:00 p.m., Sagebrush Hens. December 20, 7:30 p.m., Gateway Group Maximum Security.

All members on the prison approved security list can attend any or all functions. AA members who are not approved, but who desire to attend, can secure a one-time clearance by calling one of these numbers — Bill B., (702) 882-1464 or Bob D., (702) 882-6870.

Food will be served. It is requested that anyone attending bring a dish. To coordinate the various dishes, call either of the above numbers.

The men's prisons especially appreciate the attendance of women AA members.

The Nevada State Prison is in Carson City, Nevada.

Other December events in Nevada are:

December 4 — Elko Christmas Party.

December 15 — Veterans Hospital Christmas Party.

December 21 — Driars Club Christmas Party.

"Has your son's college education proved of any value?"

"Yes, indeed. It cured his mother's bragging about him."

Daly City's 12th

The magic number is twelve! The Daly City Group wishes to announce their twelfth anniversary.

The group's anniversary meeting will be held on Wednesday, January 8, 1975, at 80 Wellington St., Daly City, at 8:30 p.m.

The meeting will begin with an invocation by Father Mullen, pastor of Our Lady of Perpetual Help Church. Robbie D. of Panhandle Group will chair the meeting. Orin M. of Oakland will be the speaker.

Coffee will be served from 7:30 p.m. There will be a lavish buffet following the meeting. There is plenty of parking behind the parish hall.

The group asks you to come and help them celebrate their anniversary.

Surf Noel Bash

With the suggestion of "Get into the mood for Christmas," the Surf Group meeting to be held on Tuesday, December 17 will feature coffee at 7:30, a meeting at 8:30, followed by a buffet.

Featured as speaker for the evening will be Dr. Gill A., of Mill Valley, and the evening will be chaired by Jim W. of the Surf Group. Location of the meeting is the Christ Lutheran Church, 20th Avenue at Quintara in San Francisco.

Wife to henpecked husband: "Why are you looking at our marriage license so intently?"

Henpecked husband: "I was hoping it had an expiration date!"

Forest Hills Anniv'y

The Forest Hills Group will celebrate its 13th anniversary on Tuesday, Dec. 10, at 8:30 p.m. The speaker will be Bus D. The place is the George Christopher Recreation Center, 5260 Diamond Heights Blvd., San Francisco.

There will be refreshments and lots of coffee. There is plenty of parking in the Safeway parking lot next door.

SF Cirrhosis Deaths

The SF Department of Health recently issued a report on death rates from cirrhosis of the liver, many related to excessive ingestion of alcohol.

The nation-wide rate for 1972 and 1973 was 15.7 people per 100,000 population, making it the ninth cause of death nationally. The death rate for California was 21.6 per 100,000 and it ranked as the sixth major death cause.

The San Francisco rate was 73.4 more than three times the state rate and more than four times the national rate.

Cirrhosis was the fourth leading cause of death in both 1972 and 1973.

DCM Elections

At its regular monthly meeting, Wednesday, November 13, San Francisco Districts of General Service elected new officers for the 1975-76 term. They were: John F., Park Presidio, is the new D.C.M. secretary. Louis F. of Friendly Circle is the new secretary.

Deaf Group Meets

San Francisco has a new group, **Good News** learned from Jack G., San Francisco Area D.C.M. Chairman. It is known as the San Francisco Deaf Group.

This will be an open group. It will meet at the Hearing Society of San Francisco, 1428 Bush St., San Francisco, Tuesday evenings at 8:30 p.m. It is hoped that this group will attract those with the problem of deafness, members of their families, and those closely associated with them.

The first meeting was held Tuesday, November 12, at the Center. Although there were no deaf at this meeting, there were three people there from local social service agencies.

This group will fill a definite need. It will be the first group directing itself to the deaf alcoholic in the West.

Friday Central All Groups

Mary Ellen U., member of the staff of the New York General Service Office, will be the speaker, December 13, at San Francisco Intercounty Fellowship Friday Night All Groups, Unitarian Church, Franklin and Geary Streets, San Francisco, at 8:30 p.m. The host group will be Belvedere-Tiburon.

Other speakers and host groups for the month will be:

December 6 — Leo H., First Step Group; San Bruno Monday.

December 20 — Chester W., San Francisco Fellowship; Lincoln Park.

December 27 — No meeting at all. The church building will be closed.

Coffee will be served before and after the meeting. Everyone is welcome.

SF Alano Junque Sale

Donations are being accepted for a rummage and White Elephant sale scheduled to be held Saturday, February 1 from 12 to 5 p.m., and Sunday, February 2 from 2 to 6 p.m. at the SF Alano Club, 414 Grant Ave.

Proceeds from the event are to be administered by the Activities Committee. In November, this committee was instrumental in supplying the club with a new pool table.

Donations are needed as soon as possible. Members and non-members are urged to bring items to the club daily between 11 a.m. and 11 p.m.

Sign in restaurant: "T-bone steak — 25 cents" and underneath, in very fine print: "With meat — \$5.00."

SF Al-Anon Intergroup

The author of "Alcoholism: A Merry-Go-Round Named Denial," Joseph L. Kellerman, will be the guest speaker at the Al-Anon Intergroup meeting at St. Mary's Cathedral, Geary and Gough Streets, S.F., on Saturday, December 14 at 8 p.m. Rev. Kellermann is director of the Charlotte (North Carolina) Council on Alcoholism.

H & I BroadSides

My name is Sam B. I am a recovering alcoholic. Part of my program of recovery is taking the responsibility of trying to carry the message to the person who is locked up. But for the grace of God that person could be me. When drinking, I had several blackouts, in which I could have done any of the things that would have gotten me locked up for a long time.

I tried to get my first sponsor to take me to a hospital after my first meeting. He would not, because in those days one had to be committed for a minimum of thirty days.

Now that I am recovering, it is gratifying to me to be able to go into hospitals and institutions, attempting to carry the message of AA.

When I first came around H & I Committee, I remember Bill C. of Livermore saying that he could probably stay sober just by going to meetings, but going to meetings on the "inside" really added to his

sobriety.

In The A.A. Way of Life, Bill W. says that "constructive workouts" are one of the better means of self-survey and of developing patience. This is a very short summary of why I enjoy working on the Hospital and Institution Committee.

Jerry G., the General Chairman of the Hospital and Institution Committee of Northern California, asked me, as Chairman of Area 5, to write a short article on my area.

Area 5 of the H & I Committee covers most of Alameda County. Although the possibilities in the area are great, we only carry the message of AA only to facilities where we are asked.

At present, we are going only into Highland Hospital; Gladman Hospital; Work Furlough, on E. 12th St., Oakland; and Veterans' Hospital in Livermore.

We also try to help the other areas by covering meetings in San Quentin, Folsom and Soledad on coordinated dates.

At Highland Hospital we hold five meetings a week. Working with a schedule where each person is responsible for a meeting every other week requires a minimum of twenty people. Although Jimmy B. is doing an excellent job, he needs more help from people in the fellowship. For anybody who would like to get in touch with him, Jimmy's phone number is 655-3102. Trying to coordinate all those meetings without enough help is a rough job.

At Work Furlough, we have been trying to hold discussion meetings, without much success. Now we are going to try speaker meetings. If anybody would like to speak to a small group, we would like to hear from you. Please contact Phil W. at 536-2600.

Also, we would like to invite you to our monthly meeting at 370 - 40th St., San Leandro, at 8:15 p.m., on the first Wednesday of each month. Come and see us, so we can become better acquainted. And don't forget to bring those pink cans for the literature fund.

By SAM B., Chairman, Area 5
Hospital and Institution Committee

Doce Pasos Que Sugieren Los Alcoholicos Anonimos

1. Admitimos que eramos impotentes ante el alcohol, que nuestras vidas se habian vuelto ingobernables.
2. Llegamos al convencimiento de que solo un Poder superior a nosotros mismos podria devolvernos el sano juicio.
3. Decidimos poner nuestra voluntad y nuestras vidas al cuidado de Dios, tal como nosotros Lo concebimos.
4. Sin ningun temor hicimos un inventario moral de nosotros mismos.
5. Admitimos ante Dios, ante nosotros mismos y ante otro ser humano la naturaleza exacta de nuestras faltas.
6. Estuvimos dispuestos a dejar que Dios eliminase todos estos defectos de caracter.
7. Humildemente Le pedimos que nos librase de nuestros defectos.
8. Hicimos una lista de todas aquellas personas a quienes habiamos ofendido y estuvimos dispuestos a reparar el dano que les causamos.
9. Reparamos directamente a cuantosnos fue posible el dano que les habiamos causado, salvo en aquellos casos en que el hacerlo perjudicaria a ellos mismos o a otros.
10. Continuamos haciendo nuestro inventario personal y cuando nos equivocabamos lo admitiamos inmediatamente.
11. Buscamos a traves de la oracion y la meditacion mejorar nuestro contacto consciente con Dios tal como Lo concebimos, pidiendole solamente que nos dejase conocer Su voluntad para con nosotros y nos diese la fortaleza para aceptarla.
12. Habiendo experimentado un despertar esperitual como resultado de estos pasos, tratamos de llevar este mensaje a los alcoholicos y de practicar estos principios en todos nuestros actos.

Good News needs a Spanish-speaking, Spanish-writing correspondent. Please send us any news in Spanish (we are able to proofread) to 166 Geary Blvd., S.F., Ca 94108.

Drinking, At 90, But Not Driving

Santa Cruz Police responded to a call Wednesday from a local man who thought his friend might be seriously ill. The caller said he had gone to his friend's home and could see through a window that the man was lying face down on the floor. Unable to gain entrance to the house, he called police.

Officers went to the scene, forced open a door and helped the man to his bed.

He explained later that it was his 90th birthday and he had gotten drunk because he was worried about having to get his driver's license renewed the following day.

DEADLINE

THE 15th

Alcoholism Main Problem in Drug Report

(The following excerpts is from an article appearing in *The News*, the monthly journal of Alcoholics Anonymous Intergroup, Victoria, Australia, August, 1974)

A report on addictive drugs in Victoria was released in book form by the Victorian Foundation on Alcoholism and Drug Dependence. It carries some recommendations in regard to the treatment of alcoholics and people dependent on other drugs.

A Study Group included medical men, pharmacologists, social workers, legal and police representatives and others who are experts in various fields of drug dependence. Several AA members were in the group by virtue of their connection, as private individuals, with VFADD.

Meeting once about every three weeks for two years, the Group was given information by more than 25 leading figures in the dependency field or in public health including doctors, pharmacologists, sociologists, police officers, members of the judiciary, social workers, educators and Members of Parliament.

While recognizing that there are no grounds for complacency in regard to the abuse of the so-called

SAN FRANCISCO ALANO CLUB Chinatown Gate

414 GRANT AVENUE, near Bush Street

ENTERTAINMENT CALENDAR
DANCES—PARTIES—GAMES—PRIZES—FRIVOLITY
FUN—FELLOWSHIP

SATURDAY, DECEMBER 7 —

NEW SOUND — DON BELL & COMBO — 9 p.m. to 12 p.m.
Donation \$1.50 — Come and bring a friend — join in the fun.

SATURDAY, DECEMBER 14 —

YOUNG PEOPLES' ROCK DANCE TO MUSIC OF ELVIS DUCK
— 10 p.m. to 1 a.m. — Buffet 9 p.m. to 10:30 p.m. — Donation \$2.50.

SATURDAY, DECEMBER 21 —

NEW SOUND — DON BELL & COMBO — 9 p.m. to 12 p.m.
Donation \$1.50 — Come and bring a friend — join in the fun.

WEDNESDAY, DECEMBER 25 — CHRISTMAS DAY —

Meeting 12:30 - 1:30
Buffet 2:00 - 5:00

SATURDAY, DECEMBER 28 —

BIRTHDAY DANCE — to music on tapes. No donation, this is on the house. Have a birthday in December, or know someone who does? Come & share with us!

TUESDAY, DECEMBER 31 — NEW YEARS DANCE AND BUFFET —

9 p.m. to 1 a.m. — Donation \$4.50 — Party favors, etc. — Come ring the New Year in with friends.

The Alano Club is open from 11 a.m. to 11 p.m. Sunday through Thursday. Closing time on Friday and Saturday is 12 midnight.

A.A. meetings every day of the week.

The Club restaurant features good food, tasty snacks, sundaes, etc. at reasonable prices.

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"hard" drugs, the Study Group finds that alcohol is the "most frequently misused psychoactive drug in the community."

In its conclusions and recommendations the report says: "Available prevalence statistics for Australia suggest that dependence on alcohol and other drugs is a serious enough problem to be treated as a public health and social issue of major proportions. Community attention to this in the past has been spasmodic, ambivalent and, taking an objective view, sadly ineffective."

After referring to the recent "almost morbid" community preoccupation with the "hard" drugs, the report says: "Alcoholism has always been the most serious of the

(Continued Col. 1, page 6)