



Have you heard the Good News?

Good News



Est. 1948
Summer 2010

63rd Annual Summer Conference San Jose, Ca.

Isn't it wonderful that we are back visiting the San Jose area for our 63rd Annual Summer Conference? The dates are June 11, 12 13, 2010

The venue has changed to the McEnery Conference Center which adjoins the San Jose Hilton which is our host hotel. (A step up!)

Friday, June 11th 2010

2:00 PM Registration Opens

3:30 PM Early Bird Meeting

8:00 PM - Open Speaker Meeting - Fernando S. Concord

Saturday, June 12, 2010

9:30 AM Hospital & Institutions Panel Meeting

11:00 AM Workshop:

1:00 PM General Service Conference Report

3:30 PM Young People's Speaker Meeting —Thia B. Los Angeles

8:00 PM—Open Speaker Meeting - Steve L. Los Angeles

10:00 PM Dance Following meeting

Sunday, June 13, 2010

9:30 AM All A.A. Services Panel Meeting

11:00 AM Open Speaker Meeting—Diane C. Sausalito, Ca.

There will also be A Raffle Saturday night and Marathon Meetings throughout the entire conference.

The following hotels and motels are offering special rates for those attending the conference. To ensure your reservation, you must register at least 30 days in advance of the conference, and you need to mention that you are attending the NCCAA San Jose Conference in order to obtain these rates. This also ensures we receive room credit towards expenses.

The San Jose Hilton is our host hotel. The rates are \$105.00 for a single. \$105.00 for a double.

San Jose Hilton
300 Almaden Blvd.

San Jose, Ca. 95110

Ph: 408-287-2100

Other options:

Marriott (1 block from Parkside Hall) -The rates are \$99.00 for a single. \$99.00 for a double.

301 S. Market Street

San Jose, Ca. 95113

408-280-1300

Crown Plaza - The rates are \$89.00 for a single. \$89.00 for a double.

282 Almaden Blvd.

San Jose, Ca. 95113

1-800-227-6963

Take advantage of free parking weekdays after 6 PM and all day weekends in seven public parking lots and garages in downtown San Jose.

Please mention the NCCAA conference when you register at the hotel or motel of your choice.

Simple in Meaning, Plain in Language

Much has been written, much has been said about the Twelve Steps of AA. These tenets of our faith and practice were not worked out overnight and then presented to our members as an opportunist creed. Born of our early trials and many tribulations, they were and are the result of humble and sincere desire, sought in personal prayer for divine guidance.

As finally expressed and offered, they are simple in language, plain in meaning. They are also workable by any person having a sincere desire to obtain and keep sobriety. The results are the proof. Their simplicity and workability are such that no special interpretations, and certainly no reservations, have ever been necessary.

Dr. Bob

Have you visited your Web Site yet?

<http://www.ncc-aa.org>

You'll find:

- The History of NCCAA— Our :Purpose, Structure, & Function"
- Past Issues of the "Good News"
- A list of upcoming Speakers
- Flyers
- Future & Past Programs
- Information on our Archivist
- Guidelines for Hosting a Conference
- A Link to AA General Service
- And More

Excerpt from Alcoholism as a Manifestation of Allergy -W. D. Silkworth, New York, N.Y.

293 CENTRAL PARK WEST -MEDICAL RECORD MARCH 17, 1937

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(As promised this is the rest of the article from the last Newsletter.)

PHYSICAL SYMPTOMS OF ALCOHOLISM

The spree is characterized by certain definite physical symptoms in all such cases. The phenomenon of craving is prominent; there are complete loss of appetite, insomnia, dry skin and hypermotor activity. He has a feeling of anxiety which amounts to a nameless terror. He presents the picture of a person who has just finished a race but must have more stimulation to start again at once. Alcohol in itself does not produce these symptoms in the average individual any more than the daily use of alcohol produces a chronic alcoholic in the absence of constitutional allergy. But note that, in sharp contrast to the progress of these developments, he may not, in many cases, actually be taking any more liquor on the average than one of his associates who does not get into the same state as himself, in whom the phenomenon of craving is not present. His friends and family remark the alterations occurring in him. He himself, notices them and also what is apparent to everyone else, that a very little alcohol has an effect on him altogether out of proportion to the amount taken, and different from what he used to expect. It is not at all unusual, in fact it is the rule, for such a person to say, for example: "I drank for twenty years but it never affected me this way before." It is to be noted here that it does not take twenty years to form a habit. One case epitomized the whole clinical picture in these words: "I can make more money in a day than you can in a year. I can, and do, handle big things. I carry on transactions that keep two or three telephones on my desk busy all day. But I can't take a drink any more. What is the difference between you and me? A psychiatrist tells me it is in here (indicating his head); that I can't face reality." That particular person does nothing else. He lives in and faces reality all day.

These changes mark the early stages of true alcoholism, and the beginning of a chain of symptoms that show a remarkable constancy. They occur in comparatively rapid sequence during a period of from four to six months in the course of what had been ordinary drinking habits for perhaps many years previously. At this point, even during periods of partial or complete sobriety, he develops a state of anxiety amounting to a vague fear, then depression and lack of concentration, with gradually growing indifference or complete apathy toward his former interests. Unreliability, changes in personality, loss of appetite, insomnia and tachycardia follow. He is under such tension in the effort to control himself that he has to have a drink in order to hold himself together. At the same time, and we have observed few exceptions to this, these individuals will tell you that they not only have no liking for liquor but dread to take it; and, to anyone who has watched such a person, it is obvious that this is true. But he believes he must have it, even though he realizes that, in his particular case, a single drink will plunge him into such a condition that a prolonged spree will be the inevitable result. After the first drink, and only then, does he experience the physical phenomenon of craving.

I can not emphasize too strongly the point that this man does not go on a spree from pure devilry or desire. He often has important engagements or appointments or decisions to make the following day, to which he has given serious consideration. The situation cannot be duplicated in what we may call the "normal" or nonalcoholic drinker, who is accustomed to his few drinks a day, year in and year out, and never goes on a spree.

When a man gets into this state, it is a remarkable and noteworthy fact that he needs only a comparatively small amount to keep him more or less interested in affairs. All he wants, and must have, is a drink every so often. It is as if these small pushes were enough, in contrast to the ordinary "drunk" who finishes the bottle at one sitting, becomes intoxicated and goes on his way again, apparently none the worse, after the drug has been eliminated.

These small pushes that propel the true alcoholic through his day, are one phase of a vicious cycle, apparently, culminating in complete debauch, after which the cycle begins again.

Excerpt from Alcoholism as a Manifestation of Allergy (continued)

ALCOHOLISM A TRUE ALLERGIC STATE

The inevitable conclusion is that true alcoholism is an allergic state, the result of gradually increasing sensitization by alcohol over a more or less extended period of time. The constancy of the symptoms and progress is too fixed to permit any other explanation. Some are allergic from birth, but the condition usually develops later in life. The development and course of these cases are quite comparable with the history of hay fever patients in many respects. One may enjoy absolute freedom for many years from any susceptibility to pollen. Year after year, however, there gradually develops a sensitivity to it in certain individuals, culminating at last in paroxysms of hay fever that persist indefinitely when the condition is fully established.

It is noteworthy also, that such patients may be deprived of liquor altogether for a long period, a year or longer for example, and become apparently normal. They are still allergic, however, and a single drink will develop the full symptomatology again.

There is another class of allergics who exhibit periodicity. At certain regular intervals, predictable in a given case almost to a day, varying from a few months to a year, these patients desire liquor. After a prolonged spree, they are apparently normal during the succeeding interval. These alternating cycles have a tendency to shorten the intervals between debauches, and these patients, also, deny any craving. Certainly it seems absurd to think that a man should have a craving only on certain fixed dates. Rather, we must take into consideration the fact that a manic depressive cycle is normal to all individuals. The ordinary person "down in the dumps" cheers up on a drink or several drinks, if that mode appeals to him, gets into a merry, or mellow, mood, takes a cold shower in the morning and is done with it. The manic-depressive type who is allergic, however, goes on a spree and must carry it, willy-nilly, to a finish that may require a week or more, until a complete nerve and mental demoralization brings it to a termination through sheer exhaustion and inability to stand anymore abuse for the time being. We also have the constitutional psychopaths who become allergic to alcohol, and are emotionally unstable and inadequate. The prognosis in these cases is most unfavorable.

PHYSICAL AND PSYCHOLOGICAL TREATMENT

The physical treatment of these patients has heretofore been unsatisfactory. But if we recognize the condition as a species of anaphylaxis occurring in persons constitutionally susceptible to sensitization by alcohol, the problem resolves itself into two factors. First, the revitalizing and normalizing of cells, and second, the energizing of the normalized cells into producing their own defensive mechanism. As long ago as 1916, Professor Bechhold of Leipzig University, in his textbook on Colloids in Biology and Medicine, said: "Some day, chronic alcoholism may possibly receive a physicochemical explanation from the change in the condition of the body colloids." On the mental side, from our point of view, the situation is a practical one and must be met through the medium of intelligence and not emotion. Nothing is to be gained by substituting one emotion for another. The patient cannot use alcohol at all for physiological reasons. He must understand and accept the situation as a law of nature operating inexorably. Once he has fully and intelligently grasped the facts of the matter he will shape his policy accordingly.

It is true, of course, that psychologically much assistance can be given. Wrong methods of thinking can be corrected. Extroversion rather than introversion can be encouraged; but fundamentally this individual must stand on his own platform, come what will - social and financial

AA Quotes

Quit Horsing Around (by Bill W.)

"You can't make a horse drink water if he still prefers beer or is too crazy to know what he does want. Set a pail of water beside him, tell him how good it is and why, and leave him alone.

Quote of the Month (by Paul de Kruif)

"AAs to me aren't ordinary human beings, because they've all been so near dead it seems spooky they're still alive and healthy.

Letter From The Editor:

Actually this is just an introduction from your editor for a letter that I received from someone else. I wonder sometimes when I am putting this Newsletter together how many people actually read it once it hits their doorstep. I wonder sometimes how much, if any of an impact I make on someone else's life in my humble attempt to be of service. Most of the time we don't really get an answer to such quandaries but every once in a while we do. This is one of those times. I received this letter addressed to the "Good News." I thought it was a new subscription or renewal as I often receive them in the mail. Instead, inside was a heart warming reminder of why we do what we do in Alcoholics Anonymous and more specifically the impact that these NCCAA conferences can have on someone's life. She sent a brief cover letter which follows:

To the Editor of Good News:

Enclosed is a brief story of my experience of attending the NCCAA conference Spring 2010 in San Ramon, Calif.

Thank You,

Ann W. L.O.L.T. (Home Group)

Fresno, Ca.

Sobriety Date 12-3-09

"In & Out of AA programs for 32 1/2 years from the S>F> Bay Area to San Diego, Calif."

This is the actual letter:

After Several years in and out of AA my first conference was March 12th, 13th, and 14th 2010, an NCCAA conference in San Ramon, Ca.

I was very fearful and anxious, afraid I wouldn't fit and be an embarrassment.

To see so many people with the same goal to stay sober and find a better way of living, the amount of years of sobriety from all walks of life was a memorable and awesome experience. It gives me hope that I too can achieve good sobriety and a better way of life.

The meetings left me speechless. I laughed, cried, related and learned. The information tables had so much available for me (literature, pamphlets, AA History, and flyers of upcoming events.) All offered by folks with smiling faces. There was high energy and electricity throughout, as well as a feeling of calm and serenity. I was like a kid in a candy store. All the emotions I felt reinforced " I am exactly where I need to be!!"

I was able to walk up to people I had never met and have a conversation with little or no fear. The conference gave me a new confidence in myself and helped me to start rebuilding my self esteem.

Who knew I could go to a conference, learn, cry, laugh, dance and smile til my cheeks ached. And I did it SOBER!! I believe I may become a conference junkie, if that God's will.

This I now know and feel: "God has brought me home to my new family in AA! "

Thank You to you all

Anna W

L.O.L.T in Fresno, Ca

Sobriety 12-3-2009

What Do We Expect of Old-timers?

"ALL that he is or hopes to be, that man owes to AA, yet he hasn't even the gratitude to come to meetings any more."

Thus, paraphrasing Lincoln, sat in newly sober judgment one of the eager beavers of our group, a rider of the Pink Cloud.

The old-timer of whom he spoke had many years of sobriety behind him. He had served our group in every capacity, from coffee jockey to program chairman and back again. He had done his full stint of Twelfth Step jobs. Only recently, having in tow a hyper-devout worshipper at the shrine of Bacchus, I went to him on a Sunday to get a check cashed for my moist friend so that I could get him into a hospital. It was done without hesitation.

About three years ago, while our zealous young novice was still tossing the pot and the pretzels, the old-timer gradually became interested in other directions, all the while maintaining his sobriety and his observance of the AA principles upon which it rested. He took a leading part in a boys' organization. The tempo of his activity in his church stepped up. I learned of at least one recent and successful Twelfth Step job he did that our group never heard about.

No, he does not come to meetings now. Yet he is sober, serene, and helpful to his fellow man, in AA and out.

What more do we expect of him?

It was never intended, I am sure, that, as time went on, we should limit the periphery of our interests to the confines of the group and its activity. Let us hold fast, by all means, to the practices and principles which saved us from the abyss, but it seems to me that the ultimate goal for us is a return to and integration with society, and participation in such constructive civic, social, and religious activities as most strongly appeal to us.

AA is, and--God willing--always will be a very present help in trouble, the foundation upon which our sobriety is based and a part of the divine blueprint by which our lives may be reconditioned. But there is nothing in the AA philosophy, as I understand it, which would put such blinkers on our eyes as would blind us to all else, or restrict us exclusively and indefinitely to its activities.

Each man must be his own judge of what it is best for him to do. Each one must decide when and whether it is either desirable or safe to decrease his attendance at meetings. And I am convinced, too, that any protracted absence from meetings would be a dangerous practice indeed for those whose mastoid areas are still damp. . . .

For me--and by the grace of God I am in my eighth year--more than two weeks without a meeting, or without some association with my kindred of the jug, is to pour boiling water on the ice immediately underfoot. Granted, I may not reach for the ruckus juice at the end of that two weeks, but my thinking will surely have strayed from AA and the drunk that I was, like the Whiffenpoof lamb which pursued the devices and desires of its own little black heart. Stay away too long and I, too, may plaintively be bawling "Baa, baa, baa!"

And as for that old-timer, he's sober. He's vigilant. He's useful. He's happy.

Any questions? *Pax vobiscum!* - *Anonymous*

May 1955 Vol. 11 No. 12 AA Grapevine Magazine

UPCOMING CONFERENCES

Modesto Fall Conference October 8,9,10 2010
Friday 8:00 PM (to be announced)
Saturday 3:30 PM Dominica Sacramento, Ca.
Saturday 8:00 PM Rosie T. Lakewood
Sunday 11:00 AM Paul W. Los Angeles, Ca.

Foster City March 11, 12, 13, 2011
(Speakers to be announced)

Stockton June 10, 11, 12, 2011
(Speakers to be announced)

Santa Rosa October 28, 29, 30, 2011
(Speakers to be announced)

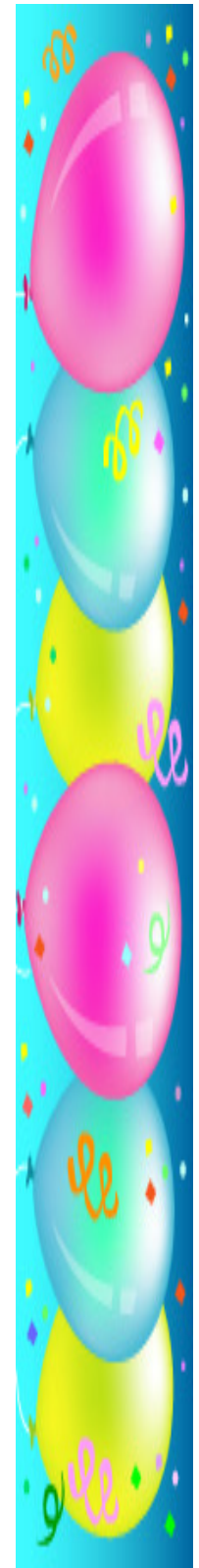
San Ramon March 16, 17, 18, 2012
(Speakers to be announced)

Sacramento October 4, 5, 6, 2012
(Speakers to Be Announced)

Sobriety Birthdays



HAPPY BIRTHDAY!



Allison O Santa Clara, Ca. 6/11/2005
Ann Q. San Jose, Ca. 7/21/2001
Barb P. Red Bluff, Ca. 8/4/1989
Barbara B. Capitola, Ca. 6/8/1984
Berry M. Danville, Ca. 8/26/1986
Bill R. Santa Clara, Ca. 8/1/1981
Bob A. Stockton, Ca. 8/14/1984
Clare McCann Burlingame, Ca.
7/21/1980
Colleen M. Foster City, Ca. 7/4/1987
Dale M. Salida, Ca. 8/13/2006
David S. Pleasanton, Ca. 6/13/2006
Diane O. Cupertino, Ca. 8/30/74
Edward A. Gold River, Ca. 6/29/83
Kent D. Concord, Ca. 8/8/88 (could
you have a cooler sobriety date?)
Harry I. Dublin, Ca. 6/5/1954
Jack G. San Leandro, Ca. 6/3/1961
Jason P. Turlock, Ca. 8/7/1999
Jeff G. Turlock, Ca. 8/1/1996
Jeff S. Paradise, Ca. 7/14/2004

Joann L. Petaluma, Ca. 6/12/2002
Jose D. Santa Cruz, Ca. 7/17/2000
Julie S. Santa Clara, Ca. 8/27/2001
Laura L. 6/10/1987
Linda G. Rohnert Park, Ca.
7/23/1997
Lisa G. Redwood City, Ca.
8/23/1983
Marguerite F. Walnut Creek, Ca.
6/6/1973
Marji H. San Jose, Ca. 7/9/2001
Megan G. Vacaville, Ca. 6/3/2002
Michelle P. Santa Clara, Ca.
6/8/2004
Norlene Austin Lodi, Ca. 8/23/1988
Norma A. Galt, Ca. 8/23/88
Randall S. Palm Desert, Ca.
8/26/1982
S.A. G. Lafayette, Ca. 7/7/2008
Sandy H. San Carlos, Ca. 6/21/2001
Tim R. Fresno, Ca. 7/23/92

NCCAA
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Address Correction Requested

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