



Good News



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By the Northern California Council of Alcoholics Anonymous

JANUARY
1963

FOUR-HOUR CONFERENCE

20 Years of AA in San Quentin Commemorated

(By Don Nivens, staff writer, San Quentin News)

SAN QUENTIN—Twenty years of institutional Alcoholics Anonymous was observed within the walls of San Quentin Penitentiary on Saturday, December 8, as chapter representatives and members from all parts of California joined the regular inmate body in a stirring four-hour AA conference. More than 150 outside guests packed the hall to commemorate the 20-year milestone and pay tribute to the founder of San Quentin's AA, Clinton T. Duffy.

San Quentin's organization is the largest in the United States penal system, and was the first institution to introduce A.A. to its inmates.

Mr. Duffy, former San Quentin warden, was presented a scroll earlier this year honoring him as the "Father of Institutional Alcoholics Anonymous."

Varied Speakers

Following the invocation by Rev. Todd Ewald, Mr. R. B. Flippin, inside sponsor, welcomed the guests and led the Serenity Prayer recital. Inmate Ben G. read Chapter Five and the "Twelve Steps."

Associate Warden W. D. Achuff addressed the gathering briefly stating that the meeting "symbolized twenty years of accomplishment in the rehabilitation of those who cannot drink. The number of men A.A. has salvaged must run into the thousands . . . and there will be thousands more."

"Belonging to Alcoholics Anonymous is almost a mark of distinction," Warden Achuff continued. "Anyone can fight one battle. But an AA member must fight a continuous, daily battle . . . it is the mark of a man."

Frank C., steering committee member, and Gaylord H., former

(Continued on page 4)

Whee! Our Reporter, Cartoonist Wed In Mudflats Ceremony

It's bound to happen every time. And, a good thing, too.

When circumstances thrusts a talented man and woman in an environment calling for joint effort—or teamwork—to produce a product or effect a goal, oftentimes, romance blossoms; Cupid twangs her bow; the arrow unerringly seeks its mark—and Bingo, you have a wedding.

That's exactly what occurred when our able **GOOD NEWS** cartoonist, **Pete R.**, and our equally talented **Salinas - Watsonville** correspondent, **Bea T.**, found themselves harmoniously and productively working on projects where a clever pen and writing ability flow together.

At 7:30 p.m., Friday, December 14, at the Mudflats Group meeting place in Watsonville, Bea and Pete were united in Holy Matrimony. We weren't there. Particulars are sparse, but if our opinion of the Mudflats Group is sound, the joyful welkin rang clear and loud.

GOOD NEWS, its staff, its readers extend sincere wishes for serene wedded bliss together with a Happy New Year in '63—and all years to come.

K.C. Couple To Speak Jan. 4 At All-Groups Meet

Joyce and "Chuck" R., who've been browsing around the Bay Area since they arrived from Kansas City, and apparently waiting to "light" in some West Coast community that meets their fancy, will do a joint speaking stint in San Francisco, Friday, January 4.

They'll have the honor of "kicking off" the first program of the New Year, the Central All-Groups meeting of S. F. Inter-county Fellowship, at 240 Golden Gate Avenue, San Francisco.

Remainder of the month's program, is as follows:

FRIDAY, JAN. 11—Ed. Y., of S.F.

Fellowship shares the lectern with Judge Priscilla Haynes, a judge of the Justice Court, Manteca.

FRIDAY, JAN. 18—Cynthia W., Peninsula Group and Tom A., Sunnyvale Men's Group.

FRIDAY, JAN. 25—Jewel N., Alameda's Island Group and Benny K., also of the Island Group, Alameda.

The visitors from Kansas City are expected to be impressed with the "Showcase" meeting place of San Francisco Inter-County Fellowship. Superb acoustics, soft seats, air conditioning, elevator service, and parking (around the corner on Leavenworth Street) has caused out-of-towners to say, "one of the best AA meeting halls on the Coast."

New Groups

The Twelve Step Discussion Group—a new AA unit—meets Wednesdays at 8:15 p.m. in St. Dunstan's Hall, 600 El Camino Real, Millbrae, Calif. It's a closed meeting.

For non-alcoholics, a new Mill Valley Al-Anon meets in the Methodist Church of Mill Valley, Camino Alto and Sycamore, Mill Valley, on Thursday, at 8:15 p.m.

MARKED AA ACTIVITY NOTED IN NUMEROUS MARIN GROUPS

(By Fred W., Mill Valley Group)

A special joie de vivre continues to sweep through the groups meeting throughout the week in growing Marin County, attracting not only nearby residents but also numerous persons living in San Francisco.

One recent development was the transfer of the old Monday night San Anselmo group to the swank Town of Ross. (This group now gathers at 12 Lagunitas Road just off Sir Francis Drake Boulevard. The new location was given a sendoff by a talk by Jack I., San Francisco County Inter-County Fellowship secretary.

Tuesday nights the ex-drunks have their choice of the fundamentalist approach offered by the Book Group at King Cotton Drive-In in San Rafael or the somewhat more free-wheeling discussions at the Gratitude Group at the Guild Hall in Christ Church at 142 San Carlos Avenue, Sausalito.

There are three meetings on Wednesday night—at the Church of Our Saviour, 10 Old Mill, Mill Valley; St. Stephan's Church, Bayview at Golden Gate, Belvedere; and St. Francis Church, Fifth and Grant Streets, Novato.

Thursday nights the Courthouse Group is still holding forth on the second floor of the Courthouse in San Rafael; and some of the most vociferous men around are still flocking to the Marin Stag Group started by Dr. Earle M. at the American Legion Hall, 467 Miller Avenue, Mill Valley. On the same night the gals have their own Marin Women's Group at King Cotton in San Rafael.

Friday is the night that many people you saw at some other meeting earlier in the week gather at the Lutheran Church, 1012 Las Gallinas in Terra Linda. Recently a deputy district attorney, who also has a private practice, shepherded one of his clients to the Terra Linda group to prove he could be happy though sober.

Map Needed

Also Friday there is another meeting in Novato at the Fifth and Grant location—and for people in West Marin the newest group in the county at what's called Fireside Acres near the Point Reyes Station-

Inverness Junction.

Fireside Acres actually is a private house (so it's the kind of atmosphere in which Bill and the late Dr. Bob Smith started this whole thing), a block or so down the road towards Inverness after you turn left off the road heading north towards Point Reyes Station.

The turnoff is marked by Adolph Oko's real estate office. These directions were written by a guy who actually has BEEN there after getting guidance first from a saloon in Olema and a grocery to hell-and-gone towards Inverness.

Start early and carry a compass if you have one—but it's fun once you find it. On leaving the Olema deadfall, our explorer heard a woman patron (with a beer glass containing a pink liquid) remark: "That's where those ALCOHOLICS meet!"

Breakfast Unit

The Saturday night group has moved from its old location on Fifth Avenue in San Rafael to the new location of the Trinity Lutheran Church at Woodland and Lindaro Streets.

The San Francisco-Marin Breakfast Group, after moving from King Cotton to Bob's of Marin at Edgewater Inn in Corte Madera, is continuing to rejoice in still another new location; Sabella's Restaurant, 555 Redwood Highway, Mill Valley, along Highway 101.

Breakfast begins at 11:30 a.m. The meeting runs from 12:30 to 1:30 p.m. These gatherings in an attractive restaurant with plenty of room and good, quick service by the waitresses serve as the Big Meeting of Marin each week, usually led by an outstanding visiting speaker and followed by discussion from the tables.

AAs who regularly attend the Marin meetings tend to agree they find a more family-like, at times school-day, atmosphere not always noted in meetings held in large metropolitan areas.

Bunch of Drunks Put on Cuff For 8085 "Clackers"

According to Jack I., central office secretary, S.F. Inter-County Fellowship has yet to receive a bill from the Sheraton Palace Hotel for the banquet sponsored by the Fellowship on Saturday, October 27.

Has the world gone stark, staring mad?

Can anyone imagine a bunch of alkies getting credit for \$8,085? That's what the bill called for. Official tabulation shows that 1,078 persons planted their feet under the dining tables and guzzled chow at \$7.50 per copy. That's 8,085 clackers, Man. And, Jack hasn't received a bill from the hotel, yet.

More statistics: the 1962 banquet was the largest ever held by AA in San Francisco. At the Head Table were many important people from the ranks of clergy, medicine, business, and civic leaders. Some good publicity was obtained in the Sunday papers following the affair.

As Jack says, "With 90 percent of the problem drinkers of America in the 'alcoholics with assets' bracket, a story about AA's having a banquet in the largest dining room in town, at one of the best hotels, is bound to have good impact.

"There can hardly be any more conclusive, dramatic, concrete evidence of the effectiveness of the AA Program than that presented at one of these dinners.

"You have to see it. It baffles our powers of description."

Napa Fellowship

Napa Fellowship, meeting twice weekly on Tuesdays and Thursdays at 8:30 p.m., at 641 Randolph Street, Napa, Calif., has scheduled its January speakers, as follows:

Tuesday, January 1, New Year's Day—no speaker scheduled; Tuesday, January 8—Jim S., Pleasant Hills Group; Tuesday, January 15—John D., Alameda Group; Tuesday, January 29—Ed Y., San Francisco Inter-County Fellowship.

Reports indicate Napa Group is enjoying a steady membership growth.

General Service Panel One Elects 1963-64 Officers

(By Bill G., Chairman Delegate)

Coastal Panel One, NCC, conducted an assembly meeting, Saturday, December 8, at the Building Service Center, 240 Golden Gate Avenue, San Francisco. Representatives from groups affiliated with Panel One elected the following officers to serve the committee for 1963-64:

Bill G., San Francisco, won the post of Chairman Delegate, New York General Service Conference; Joe C., Santa Clara, was chosen Secretary, and Jim A., San Francisco, was selected Treasurer. Outgoing Chairman Delegate is Floyd S., Santa Clara; Zella De M. steps aside as Secretary, and Leo M., Fort Bragg, is the outgoing Treasurer.

We all join together in a humble thanks to these members who have served so well and for a long period of time. They will continue to be a part of the committee and their experience will aid others in this fine service.

A fine buffet was served from 12:00 noon until 1:00 p.m. and was followed with the election of officers, finishing at 4:00 p.m. Stan W. of Fairfax and Lloyd S. of Santa Clara were co-chairmen of this meeting.

To the many who helped with the refreshments, registration, and in general to make the day a pleasant one, we extend our many thanks.

At 8:30 p.m. at the same address, the General Service Committee sponsored an open AA meeting with the speaker being Norm A. from Los Angeles. Norm gave an inspiring talk with 175 in attendance. Jack H. of Santa Clara read the Fifth Chapter and Barbara I. of San Francisco read the Twelve Traditions.

In looking back over the past two years, we can see where much progress has been made but we also recognize the many things yet to be done. So may we suggest strong support from all District Committee Members and General Service Representatives. Let's serve strong together that we might keep in communication one group to another and with our General Service Office in New York. This will enable us to better carry the message World-Wide to the alcoholic who still

New Group Starts At Mary's Help

Some new groups have a zing, a spontaneity, an enthusiasm, that is often found lacking in so-called older groups.

This ingredient is very much in evidence at a new group started a couple of weeks ago at Mary's Help Hospital, 145 Guerrero Street, San Francisco.

So far, it is minus an official name, but it meets Monday evenings at 8:00 p.m. in the staff room of the hospital, located downstairs, immediately beneath the street-level lobby.

Started by the Reverend Francis Wadja (pronounced "Vida"), it got off to an impressive beginning with some 35 people in attendance. The second session had more in attendance. All indications point to continued growth since the new group seems to serve a dire need in this area of the Mission District.

Present meeting format: speaker-discussion. Meetings are open.

Group Started At Klamath Falls, Ore.

A new group has begun meeting regularly in Klamath Falls, Oregon. Known as the First Step House, it meets at 730 Plum Street. Pending information on which day of the week the group meets (which our correspondent did not provide) AA members passing through Klamath Falls may phone LU 2-9225 for this data. We'll have it next issue of GOOD NEWS.

suffers.

May I extend my personal thanks to the District Committee Members and General Service Representatives for their faith and confidence in selecting me as Chairman Delegate for the years 1963-64 to the New York General Service Conference. My prayer would be to serve my term to the best of my ability.

Surf Group Xmas Party Draws 150

Christmas carols, a buffet supper, and gallons of hot coffee highlighted the annual Christmas Party sponsored by the Surf Group, held Monday, December 17, at the Community Church social hall, 34th Avenue and Noriega Street, San Francisco.

Some 150 AA members and friends heard Floyd B., Roseville, give an inspiring talk. He was introduced by Florette P., Sausalito, serving as visiting chairman.

Women members of Surf Group did an excellent decorating job, and set up the buffet that was served after the meeting. Harold S., S.F. Inter-County Fellowship, provided the necessary words and music for the Yuletide caroling.

Topnotch Programs At Peninsula All Groups In January

St. Mathews Church Auditorium, Baldwin and El Camino Real, San Mateo, will be the scene of another series of fine programs during January, according to John F., program chairman. The programs are sponsored by various Peninsula groups that serve as Host Group, provide the chairman, and arrange for reading of Chapter Five, and Twelve Traditions. John said the following is slated for the upcoming month:

SATURDAY, JAN. 5—The speaker is Tom A., Palo Alto Group; San Carlos is the Host Group.

SATURDAY, JAN. 12—Speaker is Ruth W., Sonoma Group; San Bruno is Host Group.

SATURDAY, JAN. 19—Speakers are Chuck and Joyce from Kansas City Group; Host Group is the Menlo Women's.

SATURDAY, JAN. 26—Speakers are Cal and Margaret K., S.F. Inter-County Fellowship; Host Group is Pacifica.

Meetings start at 8:30 p.m. The chairman suggests "you come early and enjoy good arms-length AA plus the best cup of coffee ever brewed."

If fifty million people say a foolish thing it is still a foolish thing.—Anatole France.

Secretary's Report Northern California Council of AA as of December 31, 1962

Vallejo Conference:

INCOME:

Registrations	\$ 877.50
Contributions (including \$50.00 from the NNCC of Alanons)	483.66
Coffee Bar Kitty	\$475.56
Deduct: Coffee Bar Expenses	292.37
Net from Coffee Bar	183.19

\$1544.35

DISBURSEMENTS:

Printing, postage	\$305.25
Rentals	160.00
Speakers' Expense	99.20
Orchestra	80.00
Misc. i.e. Sound, clean-up, flowers, etc.....	118.18

762.63

\$781.72

ACCOUNTING FOR FUNDS OF NORTHERN CALIFORNIA
COUNCIL OF AA

Balance, per report of July 7, 1962	\$1505.00
Additional from S.F. Conference (the NCC of Alanons)	70.00
Deduct: Expense—Typewriter repair	13.02

56.98

\$1561.98

Net surplus from Vallejo Conference	781.72
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\$2343.70

Council Disbursements:

AA World Wide Directory	1.96
S.F. Inter-County Fellowship (6 months)	150.00
Contribution buckets	6.12

158.08

Balance to account for	\$2185.62
Due from Northern Calif. Council of Alanons	50.00

Balance in bank, December 31, 1962	\$2135.62
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MORE ABOUT SAN QUENTIN

(continued from page one)

secretary of the local chapter, delivered ten-minute talks describing the role alcohol played in their eventual prison commitment.

Former Inmates

"Tom," an ex-convict from the east coast, a one time "union goon," spoke on his 18 years in various prisons before realizing "there was an easier way."

"I am living proof," he said, "that this program works."

A former San Quentin inmate, whose old prison number indicated the years since his confinement, credited his eventual success to AA, and the efforts of those in the organization.

At the half-way point in the lengthy meet, coffee and a variety of donuts were served cafeteria style to the huge audience. During this period of informal socializing, Frank Washington's combo supplied a marathon musical background for the dunkers. The combo also performed prior to the meeting.

The outside guests turned host for the refreshments, furnishing 100 dozen donuts and rolls. The Food Service Department donated the coffee.

'Chalk Talk'

Featured speaker of the conference was Dr. "Earle," physician,

surgeon and psychiatrist. Sprinkled with humor, but grimly serious, Dr. Earle presented a graphic "black-board lecture" on the physical aspects of alcoholism.

"An individual is born with the physical makeup to become an alcoholic," Dr. Earle related. "Some people can drink—or leave it alone—this is the so-called social drinker. But not an alcoholic."

"He has within him what we call an 'X-Factor.' That is, "X" plus alcohol equals an Alcoholic . . . much like a diabetic whose body cannot utilize sugar, the alcoholic, with his X-Factor, cannot tolerate alcohol.

Dr. Earle went on to list some of the characteristics of an alcoholic. "He is usually inherently tense," the doctor said, "and is prone to impulsive activity." As an added observation, Dr. Earle related that the alcoholic in many cases does not become obese, nor tend to baldness."

Tolerance

The surgeon, throughout his lecture, stressed the fact that an alcoholic's body-tolerance for alcohol is ever increasing. Hence, a "chain reaction" is triggered in the body where the more he drinks, the more alcohol he will need to obtain the same effects.

He then charted the stages of symptom which the disease of alcoholism produces in the body. Starting with "gulping drinks," the alcohol-addict progresses to "sneaking" drinks and experiencing blackouts. The second stage of the sickness is marked by "inappropriate" drunkenness, shakes and sweats, remorse, morning drinking and insomnia. The third, and sometimes fatal stage of the disease, is jail or hospitalization, sclerosis of the liver, and finally, death.

Over this list of failure, Dr. Earle chalked the letters, "AA," saying it is the only proven method to supplant certain disaster.

Dr. Earle's visual lecture was concluded with a thunderous round of applause.

Chaplain Byron E. Eshelman delivered the benediction and the meeting was closed with the Lord's Prayer.

Twenty years of day-at-a-time AA had been celebrated at San Quentin.

General Service Panel Two Report

(By Cliff J., Chairman Delegate)

Northern California Interior Panel Two of the General Seervice Committee held its first annual assembly-type meeting in the auditorium of the Labor Center, Sacramento, last November 10.

One of the highlights of the session was the appearance of Marguerite C., "The Lady from Texas" who held a capacity crowd of 500 enthralled with a powerful message of recovery through the program of AA.

One of the afternoon sessions was devoted to viewing a documentary film, "GSO," graphically showing the functions of the General Service on a world-wide basis.

Election

An important amendment in electoral procedures was ratified by Panel Two. Its main feature: in the future General Service officers will be selected from and by the membership of the committee that has just concluded its two-year tenure. Formerly officers were chosen by newly elected General Service Representatives who were less likely to know who were the better qualified candidates.

On December 1, at Redding, Rickey S., General Service committeemen, and his enthusiastic co-workers, hosted a combined GSO and AA meeting that was preceded by a pot-luck dinner. At this gathering, the documentary "GSO" film was shown. At the gathering, attended by 100 people, Neva G. from Indiana delivered a stirring message titled "How Long Does It Take." Visitors from as far away as Dunsuir, Mt. Shasta, Marysville, and Red Bluff braved a blustery storm to attend.

Congratulations

Panel Two congratulates Panel One on its selection of General Service leaders who were elected to serve for the next two years. It is certain that Bill G., Joe C., and Jim A., will carry forward the fine work done by their predecessors, Lloyd, Leo and the other members of the able committee. It is our further wish that we of Panel Two will continue the good inter-panel relations that exist and to work in harmonious cooperation with NCC leaders, in the name of mutual progress.

Frank Gets His Beloved AA Pin

"To me, AA is my religion. I would like to find where I can obtain an AA lapel pin and wear it openly and as proudly as a member of a fraternal order—or, indeed, with the devotion with which a priest carries his beads."

Many times, members of the Sunset Group, San Francisco, have heard their esteemed comember, Frank D., express himself thusly. Sunseters are fond and proud of Frank whom they consider the Elder Statesman of the group.

His seeking days are over! At an annual Christmas Party—an impromptu affair at which gifts costing no more than 50 cents are exchanged—Frank was presented with lovely gold AA lapel pin.

Three small diamonds—each diamond representing five years of AA—are set in. A fourth will be added when Frank reaches 20 yrs.

90 at Yule Meet

A Christmas Party held by Vallejo Fellowship on Saturday, December 15, drew 90 persons who came to hear Oscar P., to enjoy a buffet supper, and to participate in a lot of fun, games, dancing.

Central Office Sets Open House Week Jan. 7-14

Spacious, new quarters that will provide ample space for the next several years has been opened by San Francisco Inter-County Fellowship's Central Office at Suite 84, 166 Geary Street, S.F.

Actually, the change involved moving up one flight. The address is the same as it has been for the past several years. The new quarters on the 8th floor is a bright, cheerful site, centrally located, and at a moderate rental. Important, too, the building management does not object to some of the visitors with whom the Central Office does business.

New headquarters will be open for inspection during the week starting January 7, from 9:30 a.m. to 6:00 p.m., when "open house" will be observed.

Plenty of hot coffee and cake will be served and everyone is invited.

S.F. Alano Club

The San Francisco Alano Club, 414 Grant Avenue, in "The City by the Golden Gate," offers this funfare for the month of January:

Saturday, Jan. 19—First dance of the New Year with prizes, surprises, door prizes. Dancing to the music of the "Jumpin' Jacks."

Saturday, Jan. 26—AA Birthday Party and Dance. Coffee and cake.

Bored With AA?

"Maybe we'll be called old-fashioned or spoilsport, but we are honestly concerned about attitudes and light-hearted regard for the fundamental principles of the AA program, exhibited by quite a number of groups in the area.

"Our oldest groups will soon be observing their twenty-third anniversaries. Their founders were dedicated and zealous workers, deeply grateful for the amazing knowledge entrusted to them. The only requirements demanded of them was that they carry the message to other similarly afflicted people. This they did with incredible results. New groups were formed and some of these new groups soon became very popular and drew large crowds. While they paraded under the name of AA, the main attraction was not the "carrying of the message," but to promote the money-making projects the groups promoted.

"Each group is autonomous. But if its primary purpose is entertainment, social life, or gambling, it will surely deny many an applicant an answer to his alcoholic problem and, by inference, poison his mind against ever considering coming to AA for help again.

"Let's return to fundamentals and eliminate the side shown—to truly learn to live instead of just existing." (Central Bulletin—Cleveland)

He Never Blamed The Booze

He took a bottle up to bed,
 Drank whiskey hot all night;
 Drank cocktails in the morning,
 But never could get tight.
 He shivered in the evening,
 And always had the blues,
 Until he took a bowl or two—
 But he never blamed the Booze.

His joints were full of rheumatism,
 His appetite was slack;
 He had pains between the shoulders,
 Chills ran down his back.
 He suffered with insomnia,
 At night he couldn't snooze,
 He said it was the climate—
 But he never blamed the Booze.

His constitution was run down,
 At least that's what he said;
 His legs were swelled each morning,
 And he often had swelled head.
 He tackled beer, wine, whiskey,
 And if they didn't fuse
 He blamed it to dyspepsia—
 But he never blamed the Booze.

He said he couldn't sleep at night,
 And always had bad dreams;
 He claimed he always laid awake
 Till early sunlight beams,
 He thought it was malaria,
 Alas! 'twas but a ruse;
 He blamed it onto everything—
 But he never blamed the Booze.

His liver needed scraping,
 And his kidneys had the gout;
 He swallowed lots of bitters
 Till at last he cleaned them out,
 His legs were swelled with dropsy
 Till he had to cut his shoes,
 He blamed it to the doctor—
 But he never blamed the Booze.

His clothes were getting seedy,
 His nose was getting red,
 His children always hungry,
 Himself not too well fed.
 His family he neglected,
 His wife he did abuse;
 He blamed all her relations—
 But he never blamed the Booze.

Then he had the tremors,
 And he tackled rats and snakes;
 First he had the fever,
 Then he had the shakes;
 At last he had a funeral,

HIGHLIGHTS OF VALLEJO CONFERENCE ON TAPE

The Vallejo Conference, October 6 and 7, scored with some exceptional speakers, all of whom were recorded and are available through the tape library.

- 1 (A) **Saturday A.A. Lead-off — John M., Fremont**
 A rough recovery story well told.
- 2 (B) **General Service Panel**
 Co-chairmen—Lloyd S., Santa Clara
 Cliff J., Sacramento
 Guest Speakers—Jules J., G. S. Delegate, Los Angeles
 Clyde D., Los Angeles
 Question and Answer Panel—Stan W., Fairfax, Moderator
 An excellent tape which clearly explains the operations and functions of General Service and General Service Representatives. For those who like to keep informed.
- 3 (B) **Hospital and Institution**
 Guest Speaker—Dr. Al P., Veterans' Facility, Yountville.
 Speakers—Pat T., Alameda
 Bob Flippin, San Quentin
 Pat T. has an amazing story of recovery, clearly and simply told. A real message. Bob, as always, is a charming story teller.
- 4 (B) **Saturday Night Speaker—Anthony F., Los Angeles**
 Lawyer and professor. A clear, concise, thought-provoking story of the workings of A.A. To be played over and over again. Real meat for thought.
- 5 (B) **Sunday afternoon Speaker — Marion F.**
 Wife of Anthony F. A clever and witty story of a not-too-easy recovery told by a charming narrator. This pair (4 and 5) belong in your library.

Groups or individuals who wish to purchase or get additional tape information, write one of the following:

Dave Beach
 1828 Rosedale Avenue
 Oakland 1, California

Joe A. Melin
 615 Johanna
 Sunnyvale, California

William H. (Bill) Mitchell
 2103 Miller Avenue
 Modesto, California

TAPE PRICES

A Tapes — 60 minutes or less.....	\$4.00
B Tapes — 61 minutes to 120 minutes.....	5.50
C Tapes — 120 minutes to 180 minutes.....	7.00

Note: Two B tapes can be on one C tape

I'd Rather Be...

Then there was this drunk who would drink ANYTHING, except Vodka! No Vodka! Never drink Vodka! Someone asked him "Why?", and he said, "You can't smell Vodka, and I want people to know I'm drunk—instead of Stupid!"

And the eourtners had the blues;
 And the epitaph carved for him
 was—

**"HE NEVER BLAMED THE
BOOZE."**

(Reprinted with permission of
 The Gay Aradians)

Vallejo 1st Step House Celebrates

An "Open House" will be held on Tuesday, January 8, at 7:00 p.m., by the First Step House, Vallejo, Don T., secretary, announces.

A regular AA meeting will be held at the usual hour of 8:00 p.m. but the "Open House" which includes a buffet dinner will proceed the regular meeting.

First Step House meetings are held at 519 Virginia Street.



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“Nervous Month” Meeting Held By Marin Al-Anons

On December 3, the Marin County Al-Anon Family Groups decided to hold an unannounced gathering (except by word-of-mouth) simply because December is a notoriously “nervous month” for so many non-alcoholics. The time was also considered “right” for a get-acquainted meeting.

Held at the First Presbyterian Church, San Rafael, Calif., the committee arranged for about 50 expected members and guests. Amazingly, closer to 80 showed up, some AA’s, some new faces.

Father-Son Team

Chairman of the session was Kathy S., a charter member of the group, who read the Preamble. Ripple E. recited the Twelve Steps.

First speaker of eight on the program was Dewey D., who equated the parental position in Al-Anon activities, making his point effectively by reviewing his son’s success as an AA member.

Judy P. related her experience as the daughter of a now recovered alcoholic; her handling of the First Step and how it works in relation to the victim of alcoholism—and herself—thus emphasizing that “the young can be sometimes very wise.”

New Vistas

Ann B., well known in AA circles, related her experience in sending family members to Al-Anon, only to find herself hitting the bottom in a family situation. Resorting to Al-Anon, at long last, she found new serenity—new vistas—in practicing the double program.

Stan W., and wife, Dorothy, pre-

H&I BROADSIDES

GOOD NEWS? You Bet

This writer is going to keep comments to a minimum regarding the twentieth anniversary meeting at San Quentin on the evening of December 8, 1962. Why? There is an article appearing in this issue that will give you the answer. We do want to thank Warden Fred Dickson, Associate Warden W. D. Achuff, Bob Flippin, the Steering Committee, and all of the people both inside and out that contributed so much to making this meeting a real success. The speakers, please refer to line three above. It is an amazing thing when in excess of four hundred people are so attentive that we could have almost heard a pin drop. Again, many thanks to many people.

H. & I. Goes To Stockton

Through the good offices of Bill S., area chairman for area number four, we will have our next Northern California H & I meeting at:

Clark Hotel, Empire Room
Sutter and Market Streets
Stockton, California
Sunday, January 20, 1963
10:00 A.M. to 3:00 P.M.

We will make every effort to have the 1963 schedules ready for distribution at this meeting. Lunch break will be from approximately noon to 1:00 p.m. We would like to repeat, whether you are active on the committee, think you would like this type of twelve step work, have ever visited a prison or hospital, or would just like to take a trip on this particular Sunday, you are more than welcome.

You will note in the foregoing that we mention “Bill S.” as chairman for area number four. Perhaps we had better explain. “Walter McC.” having served approximately two years in this capacity resigned this office on Sunday, December 2, 1962, and the area committee unanimously elected “Bill” to succeed Walter. The committee then unanimously elected Walter to the office of “Regional Chairman” responsible for areas number four, eight, and nine. Welcome Bill and many thanks to Walter for a job well done.

We regret being compelled to report that no further visits to the California State Prison at Folsom will be permitted until we are so advised by the office of the Warden. There is no secret that conditions in this facility are considered in a nervous state due to recent events. All contact chairmen will be advised by Bill S. on developments.

Whatta' Ya' Do To Get Action?

We have been requesting for a period of over three years that area chairmen, contact chairmen, speakers, and visitors, send to the general chairman any and all information on local and/or current events. Drop a postcard, write a note, call up, or any way you can get the information to us. This will surely make for a more interesting “GOOD NEWS” item. I mention the (three years plus) to let you know that we realize that things just don’t happen overnight. Let’s make it a point to make 1963 a much more interesting year GOOD NEWS-WISE. Okay?

We’ll see you on, or before, January 20, 1963. Hear?

sented a delightful panorama of their joint affiliation with AA and Al-Anon extending over 12 “good” years.

Male View

John C. and fellow member, George, from Santa Clara Men’s Al-Anon, effectively presented the male version of Al-Anon, and Elva W., was an eye-opener to Al-Anon members who erroneously believed that one must have a problem drink-

er in the fold in order to enjoy full Al-Anon acceptance.

The meeting was highly successful, according to Helen R., secretary, who said “. . . to us, it was a real demonstration of the variety of experiences in any Al-Anon group, and seems in retrospect to have been an almost perfect condensation of perhaps, eight regular meetings in one. And it didn’t go one minute overtime.”

Vallejo Speakers

The following speakers will appear at Vallejo Fellowship meetings during January and the first half of February:

SATURDAY, JAN. 5 — Joe T., St. Helena Group.

SATURDAY, JAN. 12 — Ann H., Sacramento Central California Fellowship.

SATURDAY, JAN. 19—Dr. Bill R., San Bruno Group.

SATURDAY, JAN. 26 — Paula B., Santa Rosa Group.

SATURDAY, FEB. 2 — Harold M., Broderick.

SATURDAY, FEB. 9 — Joe M., San Francisco Inter-County Fellowship.

All meetings start at 8:30 p.m. and are held at 820 Marin Street (side entrance), Vallejo.

Al-Anons meet on Thursday, same time, same address.

A PRAYER

LORD, Thou knowest better than I know myself that I am growing older and will some day be old.

Keep me from getting talkative, and particularly from the fatal habit of thinking that I must say something on every subject and on every occasion.

Release me from the craving to try to straighten out everybody's affairs.

Keep my mind free from the recital of endless details—give me the wings to get to the point.

I ask for grace enough to listen to the tales of other's pains. Help me to endure them with patience.

But seal my lips on my own aches and pains—they are increasing and my love of rehearsing them is becoming sweeter as the years go by.

Teach me the glorious lesson that occasionally it is possible that I may be mistaken.

Keep me reasonably sweet; I do not want to be a saint—some of them are so hard to live with—but a sour old person is one of the crowning works of the devil.

Keep me thoughtful but not moody, helpful but not bossy. With my vast store of wisdom, it seems a pity not to use it all—but Thou knowest, Lord, that I want a few friends at the end.

Anonymous

Night Owls And Other Late Cats Sought By Our Al

Musicians and others who work shifts ending in the early morning hours are reminded that there's a group especially timed for them at 2:30 a.m. every Saturday morning at 1464 Valencia Street, San Francisco.

"The After Hours Group starts the New Year dedicated anew to snagging all possible visiting celebrities for leading our weekly early a.m. discussions," reports Al H., leader of the group.

Al is a gent who came back from a life of soddenness, put in several years as a bartender and saloonkeeper and then achieved his dream of making his living as an entertainer.

He keeps his eyes peeled for visiting show people who are staunch AA members and rounds them up for the After Hours meetings. His wide friendships across the country bring in some interesting meeting leaders.

Group Changes

The meeting time of the Women's Lighted Group has changed to 8:00 p.m. instead of 8:15 p.m. Group's meeting place is 1364 Valencia Street, San Francisco.

Hereafter, the Santa Rosa Breakfast Group will meet at the Flamingo Hotel, Santa Rosa. Breakfast (optional) from 11:00 a.m. to noon, followed by a speaker-meeting, noon to 1:00 p.m.

Avenue Al-Anons Meeting Jan. 16

Father Alfred Boedekker, O.F.M., pastor of St. Boniface Church, will take time out from running a busy parish including the operation of St. Anthony's Dining Room, "the Miracle of Jones Street" to give blessing to the Avenue Al-Anon Group when it holds its Fourth Anniversary, Wednesday, January 16, at 8:30 p.m. at 133 Golden Gate Avenue, San Francisco.

Highlight of the meeting will be six husband-and-wife teams—members of AA or Al-Anon—who will relate in living the joint AA and Al-Anon program.

Murrel S., program chairman, said a buffet supper with lots of coffee, and trimmings, will be served.

Walter Harbold Dies

"The Father of AA in Santa Rosa" died on Saturday, December 8.

He was Walter Harbold, initiator of the first AA meeting held in Santa Rosa. This memorable date was October 10, 1945. During these past 17 years, Walter Harbold performed a magnificent service for the benefit of the sick alcoholic that needs help.

He kept the Santa Rosa Group alive and flourishing, taking active part in every phase of AA operation right up to the time of his last illness.

Members of Santa Rosa AA are mourning Walter's death and commiserating with Mrs. Harbold, who survives.

START PLANNING NOW!!

MARYSVILLE — MARCH 2nd and 3rd

NORTHERN CALIFORNIA COUNCIL

A.A. CONFERENCE