



Good News



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By the Northern California Council of Alcoholics Anonymous

MAY
1964

Sacramento AA Office Hires a New Secretary

Alcoholics Anonymous in Sacramento has announced the hiring of John H., 54, formerly of Orange County, to fill its only paid position in the Sacramento Valley, that of Secretary of the Central Office of the Central California Fellowship of Alcoholics Anonymous.

Selected from a field of well qualified applicants, John H. has a rich background of service and experience in AA. He will be continuing the work he started when he joined AA in Cleveland, Ohio, twenty-two years ago.

Good Background

Since that time his work experience includes that of being an executive secretary to various organizations, and the Central Office Secretary for several Mid-West and East-Coast cities. His most recent position was secretary of the Orange County, California AA Central Office, which he was instrumental in establishing.

A graduate of Duquesne University, John H. is married and has 7 children, 5 of whom are grown.

In a statement to the press he said: "This opportunity in Sacramento is a challenge. What better place is there to have the best AA office, than in the Capitol of the largest state in the U. S., in order that AA too can look to Sacramento for leadership in helping the still suffering alcoholic."

Al-Anon Meetings

Al-Anon Meetings are held every Tuesday and Thursday at 8:30 p.m. at the Friendly Fellowship Center, 14451 San Pablo Avenue, San Pablo, Calif. All are welcome.

Dunsmuir "Tools Up" for June 6-7

Plans are nearing completion for the Summer Conference of the Northern California Council of Alcoholics Anonymous, taking place in Dunsmuir, Calif., Saturday and Sunday, June 6-7.

Complete Conference programs will shortly be mailed to Group Secretaries, Fellowship Offices, and clubs affiliated with AA, Art S. and Milt W. Conference co-chairman, said.

Reservations for motel and hotel accommodations should be addressed to Dunsmuir Reservation Bureau, P. O. Box 17, Dunsmuir.

The June issue of GOOD NEWS will carry the Conference agenda, a list of motel-hotel availabilities, and other up-to-the minute information concerning the June 6-7 Conference.

May Day Surprise Dance at SF Alano

The San Francisco Alano Club, 414 Grant Avenue, has scheduled a May Day Surprise Dance for Saturday, May 2, Bus D., program chairman, announced. Along with the prizes and surprises, the "Jumpin' Jacks" will provide swell dance tunes.

On Saturday, May 16, a Mid-Month Dance is slated with the "Jumpin' Jacks" doin' their stuff. Prizes and fun, at this one, too.

Saturday, May 30 is May AA Birthday Party, when all AA members who celebrate their AA birthday in the month of May are given a party. Coffee, cake, and good cheer for all.

Bus and his wife spent all of April in Mexico vacationing, he said.

SF All-Groups Will Celebrate 18th Birthday

Central All-Groups of S.F. Inter-County Fellowship celebrates its 18th Anniversary with a swinging program Friday, May 8, at the Building Service Center, 240 Golden Gate Avenue, San Francisco.

Festivities start with the opening of the doors at 7:00 p.m. The meeting, featuring four guest speakers from Marin County, four from Peninsula groups, and four from S.F. Inter-County Fellowship, commences at 8:30 p.m. There'll be dancing to the music of the "Jumpin' acks," buffet, cake, coffee, fun and fellowship. The meeting last one hour only.

Remainder of the May meetings include this stellar cast of speakers, Roger OD., program chairman announced:

Friday, May 1—Mildred and Cliff H., a husband and wife team from the Sunday Morning Breakfast Group, San Jose.

Friday, May 8—Anniversary Program.

Friday, May 15—Fred F., Tiburon, a member of Marin Breakfast Group; John K., San Carlos Beginners'.

Friday, May 22—Superior Judge Gerald Levin; Sigrid H., San Mateo Fellowship.

Friday, May 29—Jan S., Palo Alto; and Bill M., Los Angeles Fellowship.

Central All-Groups, known as "The Showcase" of S.F. Inter-County Fellowship is widely known for its comfortable accommodations: air-conditioning, padded seats, fine acoustics, PA system, and elevator service. Parking at reasonable rates may be had around the corner on Leavenworth Street.

Stockton Group to Host Speaker Meeting in Sacramento, May 16

By Joe L., Program Chairman,
3rd Saturday Public Speaker Meeting

Midtown Group of Stockton will be host for the Third Saturday Public Speaker Meeting, Saturday, May 16, at 8:00 p.m. in the Labor Center, 2525 Stockton Boulevard, Sacramento, Calif.

Guest AA speaker will be Dick W., Southern California. Non-alcoholic guest speaker will be Larry Kirk, executive secretary, Sacramento Tuberculosis Association.

Dick will be remembered for his talk at the Marysville Convention, March 1963. In sharing his story, Dick, a TV and cinema celebrity, shows a marked ability to laugh at himself and have others laugh with him.

Unique Speaker

Never does he knowingly permit his audience to misunderstand the gravity of the disease of alcoholism. Dick pays full tribute to AA. His understanding of its principles coupled with his unique delivery should warrant the attendance at this meeting of alcoholics working on personal recovery from the disease plus those seeking further understanding of alcoholism.

TB-Alcoholics

Larry Kirk has been a wonderful friend to alcoholics in the Sacramento area who are also suffering from a second "killer disease" — tuberculosis. He helped set up Alturas Village in Sacramento and has given of his time, energy, and counsel in aiding and abetting the welfare of alcoholic-TB patients.

DATE CHANGE!

These meetings during the past several months have been sponsored by the Third FRIDAY Public Speaker Meetings. Faced with the problem of finding a permanent meeting place large enough to hold this ever-increasing attendance (average for past four meetings, 315) the Labor Center, Sacramento, became available on the third SATURDAY of each month, for a long period. Hence the change from third Friday to third Saturday. Tell your friends, please.

Observation within Central Valley Fellowship, Sacramento is: these

monthly Open Public Speaker Meetings have contributed much to Unity within its circle. Each month, a group affiliated with Central California Fellowship assumes the role of Host Group. AA groups are now being identified by AA members, and the public gets a close look at alcoholics; a better knowledge of the program and the "tools" the alcoholic is using to achieve sobriety.

Refreshments for the May 16 meeting will be served by the Midtown Alanon Group, aided and abetted by Midtown Al-Ateen Group.

Concord Lists May Speakers

Concord Fellowship have scheduled an excellent roster of speakers for their Friday Speaker-Meetings in May. Here's the lineup:

Friday, May 1 - Art V., Hayward;
Friday, May 8 - John S., San Jose;
Friday, May 15 - Roy B., San Francisco;
Friday, May 22 - Millie B., San Francisco;
Friday, May 29 - Russ M., Sacramento.

Because it was a fine success, the Concord Groups have decided to make a regular thing of their Saturday evening feed. They will be held on the first Saturday of each month.

Dr. Earle Speaks

Dr. Earle M., Mill Valley Group, will be keynote speaker at the 18th Anniversary Celebration of Napa Fellowship.

The big affair takes place Tuesday, June 23. To provide adequate space the birthday party will be held at the Methodist Church Centennial Hall, Fourth and Randolph Streets, Napa, Calif.

Coalinga Group Gets Underway

There's a new group in Coalinga, Calif.

Presently, it boasts a membership of four AA members, two non-alcoholics, and one Alateen.

"So," said Bertha H., the group's secretary, "We are looking forward to a full year, AA-wise."

It meets every Tuesday at 8:00 p.m. in the Episcopal Church, corner of Coalinga Avenue and Monroe Street, Coalinga. The group has visited other meetings within a 100 mile radius, so, many groups have reciprocated by visiting the Coalinga Group.

Recently it held a barbecue and potluck dinner in Bertha's home. Groups and friends from miles around attended the affair — partially to eat good food, meet old friends, and exchange AA at arms-length — but mostly to pay homage to a brave little group that's fighting for a place in the sun, enjoying every minute of it.

Bertha is past New York delegate (1960 - 61) from Panel Two, General Service Committee.

She would like to see some old friends as they pass through Coalinga. She lives at 494 North 4th St.

Cost of a Slip

Boozy Beatrice says: Alky Alice paid \$50.00 for her last slip and now she's bitter because it shows.

**TUNE IN
K F R C
"THE PROBLEM
DRINKERS"
Every Sunday at
6:30 p.m.**

**610 on your radio dial
106.1 on your FM Band**
A public service program,
courtesy of Al Racco, mgr.,
Station KFRC in cooperation
with the S.F. office of
Alcoholics Anonymous

PARLIN FORK GROUP TO FROLIC

Who'd like a tasty dinner, served among the pine and redwood trees, and costing only 83 cents? Repeat 83 cents for dinner!

That's one of the items on the agenda of the Parlin Fork Group holding its first quarterly AA meeting at 2:00 p.m. Sunday, May 24, at Parlin Fork Conservation Camp No. 6.

The quarterly AA meeting starts at 2:00 p.m. and dinner will be served at 5:00 p.m. Reservations must be received at the Camp not later than Wednesday, May 20, and reservations should NOT include the 83 cents. It will be collected at the dinner table.

One other precaution: if anyone

planning to attend is a former inmate of ANY State or Federal institution, they must obtain written permission from Warden L. E. Wilson, California State Prison, San Quentin, California (94964) prior to coming, and they must have this written authorization in their possession when they arrive at Camp.

Write Vic H., secretary, Parlin Fork Group, Parlin Fork Conservation Camp No. 6 is approximately one mile north of state Highway 20, about 21 miles west of Willits. Turn off Highway 20 at the big redwood sign reading "Parlin Fork Conservation Camp." It will lead directly to Camp.

H&I BROAD-SIDES

By Walter McC., Chairman NCC Hospital and Institution Committee

Like an Alcoholic's Hangover, the memory of the Stockton Conference lingers on as I prepare this column for the May Issue of "Good News." "Good News" is a rather appropriate name for our newspaper when you stop to think of all that has happened to us since we found A.A. Almost everything that has happened to us is indeed good news.

Thursday, April 30, we had an Open House at San Quentin, in which a plaque was presented to the "Robert B. Flippin Memorial Group." Many of us took time out to review the fifteen years that Bob was active in the Old San Quentin Group as the Inside Sponsor.

It seems that the Penal Institutions are all having their anniversaries. Susanville is having their First Anniversary, May 9. They plan to invite 150 outside guests and I am looking forward to seeing many familiar faces from up around Redding and Reno. Bob Rodgers is the Outside Sponsor and he certainly is doing a good job. You've heard the expression "Well go to any length to carry the message, which is our primary purpose." Well, he drives eighty miles each way every Wednesday night from Reno to Susanville and the nice part of it is, he enjoys doing it.

Then on May 23, Folsom is celebrating its 21st Birthday and it's 11th Annual Conference. The Contact Chairman will receive invitations that states that each chairman will be invited to send in a list of ten guests that have participated in carrying the message during the past year. As in former years, each Contact Chairman is expected to have his guest furnish ten dozen doughnuts.

There will be a General H & I Meeting, Saturday, May 23 in Sacramento, starting at 10:00 A.M. with a Meeting of the Area Chairmen and an open meeting of Contact Chairman at 1 P.M. After the close of the meeting, the invited guests will take off for the conference at Folsom.

Then, June 21, Soledad is having their Annual Open House of Alcoholics Anonymous. This will be in Soledad. This is an affair that all members of H & I look forward to with pleasure.

In between all this the H & I Steering Committee members are making plans for the H & I Speakers Meeting at the NCC Conference to be held in Dunsmuir June 6 and 7.

This is the type of A.A. I like most of all. Lots of action, with lots of opportunity to "Carry the Message".

In the Merry Month of May - A Dividend

Poets have written countless odes, and deathless prose of the wonderful things that happen in the Merry, Merry Month of May.

But the guys down Peninsula way, point out that an extra Saturday occurs in May in '64 — ergo, the Peninsula All-Groups Meeting will declare a dividend — they'll have a five speaker-meetings instead of the usual four.

Don M., secretary, said "anyone of the five speakers that share their faith in this AA program could be that dividend." They come from San Francisco, Marin Contra Costa, and San Mateo Counties. The May program is, as follows:

SAT., MAY 2—Speaker is Jack H., Menlo Park Group. Hosting is the Pacifica Sunday Group.

SAT., MAY 9—Ken B., Concord Group is speaker. The Palo Alto Friday Group will do the hosting.

SAT., MAY 16—Stan W., Fairfax Group, will speak. Serving as hosts will be the Brisbane Sunday Group. Stan is secretary of the Northern California Council of AA, and an able speaker.

SAT., MAY 23—Neil C., San Francisco Inter-County Fellowship will speak; Redwood City Group is host. Neil is also a "silver-tongued" old-timer with much AA lore.

SAT., MAY 30—Ray D., Folsom Fellowship will speak; Hosts for the evening is the Palo Alto Wednesday Group.

Peninsula All-Groups meets every Saturday at 8:30 p.m. in the lovely auditorium of St. Matthews Episcopal Church, Baldwin Avenue and El Camino Real, San Mateo, Calif.

Coffee is served starting at 8 p.m. and lots of arm-length AA may be had before, and after every meeting.

Nerves of Steel

One AA member to another: "Nowadays it takes nerves of steel just to be a neurotic."

Young People in AA Holding 7th Int'l Conference in June

The Seventh International Conference of Young People in AA will be held Friday, Saturday and Sunday, June 12-14, in the Sheraton-Cadillac Hotel, Detroit, Mich.

Scheduled is a banquet, dance and entertainment on Saturday in the Grand Ballroom of the Sheraton-Cadillac. Constant coffee will be served in numerous Hospitality Rooms and finest accommodations are available.

For vacationers, Canada is only a five-minute trip away, the committee handling the three-day world conference pinpoint out.

Registration donation is \$3.00 and the banquet-dance tickets are \$5.50. Write Young People's Conference, P. O. Box 791, Windsor, Ontario.

Friendly San Pablo Fellowship's Party

The welkin will ring, and merriment prevail at the Fifth Anniversary meeting slated by the San Pablo Friendly Fellowship at the Fellowship Center, 14451 San Pablo Avenue, San Pablo, Friday, May 8, at 8:30 p.m.

Clinton Duffy, executive director, National Council on Alcoholism, will be keynote speaker.

A hearty and warm welcome is extended to all Bay Area AA's to attend the birthday festivities.

New Colusa Group

A brand new group has been founded in Colusa. It meets each Tuesday at 8:00 p.m., at the Episcopal Church, Fifth and Webster Streets, Colusa, Calif. It invites other groups in the area to help get them air borne.

Westwood-Lake Almanor Group Is Reactivated

A group, which for various and sundry reasons became inactive has now mushroomed into activity.

The Westwood - Lake Almanor Group, under the direction of Ronald Al and H.O.W. (probably stands for Honesty, Open-mindedness and Willingness) are open for business at P.O. Box 1053, Westwood Calif. The 'phone, night or day is 256-3283.

The new group has two new "babies," and the circumstances that forced the group to quit has been overcome and it is now the desire of the little band to get back into the worthwhile business of giving help to sick alcoholics, that seek it.

GOOD NEWS congratulates Westwood-Lake Almanor Group and wishes them Godspeed.

IMPORTANT NOTICE

From: Northern California General Service Committee

To: District Committee Members and
General Service Representatives
of Coastal Panel One and Interior Panel Two

It is very important that you register for your group at the following forthcoming event. If you cannot attend then please send an alternate

CONFERENCE — JUNE 6 & 7—DUNSMUIR, ALIFORNIA
(To be held at the California)

June 6 — 8:45 a.m. to 9:45 to 11:30 a.m.—Registration of G. S. R.s

9:45 a.m. to 11:30 a.m.—General Service Workshop

Chairman—AVICE A., San Francisco, California

Secretary — Panel No. 1 — will introduce our two Delegates to give brief reports on their recent attendance at the G. S. Conference April 21-26 in New York.

RICK S.—Central Valley, California—Interior Panel No. 2
(10 min.)

BILL G.—San Francisco, California—Coastal Panel No. 1
(10 min.)

Following these reports, the balance of this meeting will be turned into a sharing session with Bill G. as Moderator.

1:00 p.m. to 2:30 p.m.—General Service Open Meeting

Chairman—PAT S., Paradise, Calif.

Speaker—LIL C., Hayward, Calif.

Active for a long period of time in A.A. overseas areas, Europe, Venezuela, etc.

Speaker—GLEN C., San Jose, Calif.

Formerly of So. Calif. and a former Delegate from that area to the G. S. Conference. A fine Speaker

Don't Miss This Meeting!

We urge all GRSs to register for your group and if possible bring a friend.

This should be well attended because your Delegates in giving a report on the General Service Conference will need the support of every GSR to relay information back to the various groups.

So plan now to be with us in Dunsmuir.

Tipsy Elephants

From Johannesburg, South Africa, comes a report that loop-legged elephants, 1750 of 'em, are staggering through Kruger National Park, "disgracefully drunk."

The pie-eyed pachyderms are getting drunk-as-skunks from eating the yellow fruit of the marula trees. The annual binge has about two weeks to run its course. Only one human has been hospitalized. Got stepped on.



GS Committee Turns Out 100% At Redding Meet

Some 50 General Service Representatives and Committeemen attended a meeting sponsored by District 211 of Interior Panel Two, at Redding, Calif., Sunday, April 5.

The gathering was noteworthy for several reasons: one of them being a 100% turn-out of District 211 members.

The meeting was preceded by a pot-luck dinner, served by Redding Group. It was called primarily to clarify some areas of doubt concerning the functions and duties of General Services in AA.

Rickey S., Redding, General Service delegate from Panel Two to New York, was chairman. He called upon Cris C., Redding, district chairman, Hospital and Institution Committee. Cris gave a run-down on work being done by AA at prison camps, honor forms, hospitals.

Art S., Dunsmuir, committeeman for District 211, gave a thumbnail description of the duties of General Service representatives; a brief history of AA, and especially the era when the Third Legacy came into being and the importance of groups, and those who run them—the members.

Others who reported their activities in General Service were Bill G., Mount Shasta; Milt W., Dunsmuir; Ben S., Yreka; Glen B., Burney; and Fred S., Redding.

Jack Y., one of the original members of Redding Group, had shown a certain indifference to General Service work until he attended the Stockton Conference and heard Cliff W., Whittier, describe the importance of GS work.

At the Redding dinner-meeting he asked permission of the chairman to express his views. Said he:

"I cannot begin to express my regret for all the fine things I've missed during these years by my apathy towards the General Services rendered by Alcoholics Anonymous."

PANEL 1 SETS DUNSMUIR PLANS

By Avice A, Secretary, Coastal Panel One
General Service Committee

Bill G., San Francisco, Chairman-Delegate of Coastal Panel No. 1 and Rick S., Central Valley, Chairman-Delegate of Interior Panel No. 2, attended the General Service Conference which was held in New York City, April 21-26.

Buck M., Chairman of Area I of Coastal Panel No. 1, has scheduled a special General Service meeting for Saturday, May 9, from 8:00 p.m. to 10:00 p.m. This meeting will be held at the Del Monte Elementary School, Del Monte and Casa Verde Avenue, Monterey, Calif. The program will be as follows:

8:00 to 8:25 p.m. the G.S.O. film strip;

8:25 to 9:00 p.m. Conference Report by Bill G.;

9:00 to 9:15 p.m. Coffee Break;

9:15 to 10:00 a.m. AA talk by Glen C. of San Jose, formerly So. Calif. and a former Delegate from that area to the G. S. Conference.

This should prove to be a very constructive evening so may we urge all G. S. Rs. from Area I, and others who wish to attend, to be on hand for this all important meeting. This will be an open meeting so please invite your friends to come.

In Area 8 Chairman Jem D. has scheduled a meeting for Eureka to be held Saturday, May 23rd. A report will be given by Bill G. and other details of this meeting will be worked out soon.

Stockton Review

Now a word about the Stockton Conference which was held March 21 and 22: The committees of Panel 1 and Panel 2 combined to share in a workshop from 10 to 11:30 a.m. on the 21st. The discussion centered around the questions which were to appear on the agenda of the G.S. Conference. There was an overflow crowd for this meeting which was conducted by Cliff J., former Delegate from Panel 2, assisted by four panel members. These were Nina S. from San Francisco and Barbara A. from Richmond from Panel 1 and the two members from Panel 2 were Pauline H. of Modesto and Jack McL. of Chico. This proved to be a lively discussion with participation from the audience.

AA in Venezuela

The open G. S. meeting was held from 1:00 to 2:30 p.m. in the main auditorium at which time Mary

Jane S. of Torrance, Calif., and Cliff W. of Whittier shared their experiences. Mary Jane gave an account of her service with AA in Venezuela where she spent a number of years and stressed the help she received from the G. S. O. in New York. Her talk was well received by all. Cliff W., a former Trustee of the G. S. Board and the first to serve from the West Coast, gave an inspiring talk centered around the early days of AA and some of the struggles encountered by earlier members. Finally Cliff said the G. S. Conference was formed in 1951, at which time delegates from around the country went to New York for the first time to discuss together matters affecting the fellowship as a whole.

Vital Links

Since that time a Conference has been held yearly in New York to continue this vital link between our groups and our world-wide service center, in order that the fellowship might be guided by all its members through the voice of the G. S. Conference.

We wish to express our thanks to all who assisted to make the G. S. program in Stockton a huge success with some 400 in attendance. We now look forward to the Dunsmuir Conference to be held June 6 and 7. A fine program has been arranged, which can probably be found listed elsewhere in this copy of GOOD NEWS.

Napa Fellowship

Florette P., Gratitude Group, Sausalito, will be guest speaker at a meeting sponsored by Napa Fellowship, Tuesday, June 2, at 8:30 p.m. at 1200 Jefferson Street, Napa, Calif.

Rutgers Center of Alcoholic Studies Defines its Function

NEW BRUNSWICK — It's not the Center for Alcoholism. It's not the Center of Alcohol Problems. It's not even the Rutgers Alcoholic Center.

Mail addressed to all three has reached the Rutgers Center of Alcohol Studies. But using the correct name does more than just make the mailman's job easier; it more accurately describes the nature and functions of the Center.

The State University unit which will today dedicate its new, \$719,000 building is not limited to a concern with the misuse of alcohol. There are very few facets of human behavior—from how a child is raised to how the elderly fill their empty hours — which do not affect, or are not affected by, the use of alcohol

PHENOMENON

In its more than 40-year history, the Center has developed a philosophy about both alcohol and its own role. It regards the use of alcohol as an important phenomenon through which human behavior may eventually be better understood. It thinks of itself as a research organization whose primary goal is understanding and explaining human behavior, not reforming it.

"It is not just coincidence that we have always been part of a university rather than part of a hospital or social action group," explains Dr. Selden Bacon, director of the Center.

PREVENTION

"While we hope our work will aid in both the treatment and prevention of alcohol problems, our program is aimed at the wider goal of learning more about why humans act as they do. Alcohol is the lens through which we focus our attention on behavior."

The Center had its beginnings as the Laboratory of Applied Physiology at Yale University shortly after World War I. About 1927, the Laboratory became increasingly interested in the potentialities of alcohol as a vehicle for studying physiologic processes.

The published papers on its work resulted in a flood of requests for information, since objective re-

search on alcohol had almost disappeared before and during Prohibition.

OFFICIAL NAME

By 1939 it had become clear that physiology and biochemistry could not by themselves answer the countless questions about alcohol. So a physician, a physiologist, a biometrician, a sociologist and a law professor were added to the staff, and the Center of Alcohol Studies was officially so named. The late Dr. E. M. Jellinek, a biometrician and psychiatrically-oriented health researcher, became its first director.

CHANGES OCCUR

In the 1940's according to Dr. Bacon, the psychiatric approach to the problems of alcoholism became the vogue in the U.S. In the 1950's alcohol as it is related to traffic accidents came to the forefront of public attention. In the coming decade, he predicts, the alcohol control field — the effort to use legal regulation to control the use of alcohol — is going to come up for re-examination.

The Center has provided useful insights and verified data for groups concerned with these problems and for others concerned with alcohol education for youth, occupational placement for chronic drunkenness offenders or religious interpretations of drinking.

COMMUNICATION

It is primarily concerned, however, with increasing knowledge and understanding about man and society through studying the complex phenomena relating to alcohol. How to organize and communicate these findings to other researchers, to teachers, to special interest groups as well as to the general public, is

AA Fellowship in The Central Valley Is Growing Fast

The Central California Fellowship, established in 1957, is composed of representatives from more than 40 AA groups in the Valley, which are served by the Central Office at 4544 - 14th Ave., Sacramento.

The office acts as a clearing house and service center for these groups. The office and staff by tradition are financially supported by its membership, and asks for no outside support, nor accepts same.

The office takes calls and answers inquiries from those interested in AA as far north as Red Bluff and as far south as Stockton as well as the Sacramento Area. Main purpose of the office is to make it as easy as possible for the still suffering alcoholic to make contact with AA when he or she wants to. The phone in Sacramento is GL 2-5065.

Cordova Group

Harold W. has been elected secretary of the Tuesday Night Session of the Cordova Group, and George O'C. has been named Cordova Group's delegate. Cordova is affiliated with Central California Fellowship, Sacramento.

another basic concern of this research organization.

In 1962, the Center moved from Yale University to a new home at New Jersey's State University. When Smithers Hall opens today as the first permanent building ever constructed solely for the purpose of alcohol research, it will signal the beginning of a new era of expanded research, documentation, education and publication by the Center's 40-man staff.

The building, financed by a U.S. Public Health Service grants and gifts from R. Brinkley Smithers of Locust Valley, N.Y., and the Smithers Foundation, will become the home of studies aimed at explaining human behavior through examination of alcohol use.

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Two Groups Now Meet in Fairfield

Fairfield-Suisun Friday Night Group made its recent debut, making it the second AA unit now meeting in Fairfield.

Twin Cities Group still meets every Monday at 8:00 p.m. in the Suisun District Fire House, Delaware and Jackson Streets, Fairfield. The new group will also meet in the Fire House on Fridays, at 8:00 p.m.

The first and third Friday meetings are closed; the second and fourth Fridays are open to families and friends, John K., secretary, said.

The secretaries' mail should be addressed to P. O. Box 380, Fairfield, Calif.

New Format for 1964 Directory

The new 1964 World Directory which were mailed last month shows 1617 new AA groups — 1062 in the United States and Canada, 398 overseas, 88 in prisons, and 69 in hospitals, according to the February issue of the AA Exchange Bulletin.

However, 503 have been "inactivated." Some, because no word has been received from them all year, and mail was returned not answered. So the "net" number of new groups listed will be 1114. The Directory will also show eight new clubs, nine new intergroups, and 139 more Loners and Internationalists.

Format of the new Directory will save money; make it flatter, lighter for traveling AA's.

Deadline for receiving Group Information Cards for this Directory was last December 16.

Study Group Gets Started in Oakland

Dedicated to the proposition that "through an exchange of ideas and suggestions, we hope to re-establish within ourselves, and others, Bill W's theme of Communication and Education", a new group is underway in the Eastbay.

It's the Thursday Study Group, now meeting in First Methodist Church, 24th and Broadway, third floor, Oakland, Calif. Coffee is served at 7:45 p.m. and the meeting starts at 8:00 p.m.

George P., secretary, said Nic, Hughie, Bennie and a few others have formed the group with these aims and purposes:

"The Thursday Study Group exists for the purpose of exploring every phase of our fellowship program of love and service in order that we, as individuals, may fulfill the trust given us in our own recovery."

New Service Center In Alameda County

Alcoholics Anonymous in Southern Alameda County is proud of its new Service Center, established April 1, at 1079 B Street, Hayward, Calif.

Purpose of the Center is helping the sick alcoholic more quickly and efficiently than in the past.

This is being accomplished by a direct answering service that takes calls from persons desiring help for themselves or for others, seven days each week from noon until 4:30 p.m. Until a volunteer opens the Center at noon, all calls are accepted by a paid answering service.

It provides AA literature, and channels 12 Step calls to persons that can give the SOS immediate attention. It provides a very great need in Southern Alameda County, old-timers and newcomers on the AA Program over.

The noon-4:30 p.m. phone is 538-2100. Until noon, phone 538-1541.



Cowboys, Lumberjacks, Ad Men Top US Drinkers—All Day Long

BALTIMORE — When it comes to alcoholism in the United States, cowboys, lumberjacks and advertising executives are a breed apart.

Dr. Marvin A. Block, chairman of the American Medical Association's committee on alcoholism and narcotics, said they are all the "delta type" of alcoholics who drink steadily all day long.

Block said delta alcoholism is rare in the U.S., except among those categories.

This is how he described the typical day of a two-fisted advertising man:

He has a few drinks on the train and then a quick one before going to the office. He drinks his lunch — three or four martinis. In the afternoon he goes down for a pack of cigarettes and has a quick one.

"After work he has a drink or two with the boys, then a few on the train and then a couple of cocktails with his wife.

"He may have wine with his dinner, then, of course, a few highballs after dinner and a nightcap."

Block said the most prevalent alcoholism in the U.S. is the gamma type. This he described as compulsive drinking, with actual physical

dependence on alcohol.

Other types he catalogued as **alpha**: Drinking to bolster one's courage; **beta**: He man drinking, and **epsilon**: "Binge drinking."

Azure Acres Set For Panel Meet

Six topnotch speakers will feature a panel-type meeting, held under the auspices of the Azure Acres — Sebastopol Group, Tuesday, May 5, at 8:30 p.m., at 2264 Greenhill Road, Sebastopol, Calif.

Paul G. Marin Newcomers' Group, Mill Valley, will be moderator of the panel composed of Gill A., Serenity House, San Francisco; Dr. Richard C. Barnett, M.D., Sebastopol; Clinton Duffy, executive director, S.F. Council on Alcoholism; Rippe E., Mill Valley Alanon Group; Charlie R., Peninsula All-Groups; and Reverend Sandercock, Episcopal Diocese of San Francisco.

Hubby & Wife Team At Avenue Alanon

Stan and Val G., he, a member of the Mission AA Group, she, a member of the Mission Alanons, will be the featured speakers at the Avenue Alanon meeting, Wednesday, May 20, at 8:30 p.m.

Murrel S., program chairman, said the husband-wife were new on the program but had a delightful story to tell to other newcomers and "old hands" as well.

Avenue Alanon Group meets every Wednesday night in the auditorium of St. Boniface Church, 133 Golden Gate Avenue in downtown San Francisco.

Alanons, AA's, and their friends are welcome to attend, the program chairman, said.

Alateens Invited

The San Pablo Friendly Fellowship invites all Alateens in the Bay Area to visit the Friendly Fellowship Center on Wednesday at 8:30 p.m. Margaret K. will greet you, the secretary said.

Alhambra Address

A new meeting place has been selected by the Alhambra Group, Sacramento. Henceforth it meets on Wednesdays at 8:00 p.m., in the Church of the Guadalupe, 711 T Street, Sacramento.

Fair Oaks Beginners

Amos S., secretary, Fair Oaks Beginner's Group, said a beginner's session is held every Monday at 8:00 p.m., in Faith Lutheran Church, corner San Juan Avenue and Fair Oaks Blvd., Sacramento.

Answering Service

Peninsula All-Groups has added an answering service for the benefit of the groups belonging to the Peninsula Fellowship. Don M., secretary, predicted that the new service will be a valuable aid for beginners, both young and old.

15 ANCIENT RULES OR NEW DRINKERS

The Imperial Cook Book of the Mongol Dynasty gives these 15 rules for drinking . . . on the New Years and after:

1. Get intoxicated, but don't get helplessly drunk. Drunkenness causes lifelong ill health.
2. Don't lie in a draft when drunk — this brings on fits.
3. Don't lie in the sun when drunk — this way lies madness.
4. Don't lie in the dew when drunk — rheumatism will result.
5. Never force yourself to eat, and never get angry when you are under the influence of drink, or you will break out in boils. Washing the face in cold water has the same effect.
6. Don't drink on an empty stomach or you will certainly be sick.
7. Never take sweet things with wine.
8. Don't eat pork with wine as this will cause convulsions.
9. Don't bathe when you are affected by wine; it is bad for the eyes.
10. Don't ride or jump about or exert yourself in any way when drunk or you will injure your bones and sinews and undermine your strength.
11. When you recover from a bout of drink, pause before beginning again; in this way you will avoid adding harm to harm.
12. When drinking don't talk too much. When you know you have done so, it is best to vomit it up at once.
13. When drunk don't get so excited that you scare your soul out of your body for good.
14. If you suffer from bad eyes, avoid drinking or eating to excess.
15. If you see in your wine the reflection of a person not in your range of vision, don't drink it.