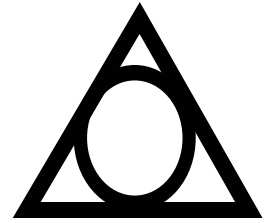


Ventura County Al-Anon

Intergroup Scoop



P.O. Box 6754, Ventura, California, 93006-6754
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January/February 2011 Edition

A Message from Your Service Board Chair

Hello everyone,

The last 2 months have been busy for me. I'm so grateful to be reminded of the Do's and Don'ts. One good thing about me is that I can take myself too damn seriously, and yet that can be a bad thing too! Luckily, when I remember more often I have that priceless gift of serenity the program speaks of especially on December 25th's reading in Hope for Today. The ones I've been putting into practice recently are:

Do Pray: I find myself praying throughout the day. I need visual reminders of my HP so I have rocks and pieces of literature in my purse, car, workplace, home, etc.

Do go to Al-anon meetings often: I go consistently to my Tuesday and Saturday meetings if I'm not being of service on those days. Otherwise I try to pick up an extra meeting or go to an open AA speaker meeting. I need this for maintenance. Sometimes I need to go to more meetings. For instance, on Thanksgiving weekend, I went to the Las Vegas Roundup. I played one day around town and the other I went to lots of meetings at the convention.

Do play, find recreation and hobbies: I need that to have balance. Sometimes it's going to live basketball games, traveling, going to plays, renting a movie and staying home, eating out on a crazy day (just did that last night). I find this helps me get my life in perspective and remember to have some fun.

Don't check up on the alcoholic: this pertains to a lot of people in my life who are and are not alcoholic. Keeping the focus on me and what I need to be doing or not doing seems to be enough work. My HP has a funny way having me find out about people without me having to call, such as walking down random streets and seeing someone I love. My HP is letting me know he's got it under control.

I'm so grateful for this program and how it's keeping me busy with service right now. It keeps my eyes on what is important. It's funny every time I need to type an agenda, respond to an email or phone call, go to a meeting - everything else in my life seems to be fine without my help!

Love in Service,
Laleña

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Your 2011 Service Board

Chairperson	Laleña H.
Co-Chair	Debbie M.
Secretary	Sheryl F.
Treasurer	Shirley M.
Spanish Liaison	Alicia
Public Info	Theresa
District 12 Rep	Mike M.
C. P. C.	Julie H.
Round Robin	Open
Institutions	Open
Web Site	Kari T.
alanon@ alanonventura.org	
Scoop Editor	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Irv H.
Alateen Rep	Open
Archivist	Si-Si M.

Experience, Strength & Hope

Scoop topic of "DOS & DON'TS"

Being fairly new to the Program, I decided to dive right in as I have wanted to start writing and submitting an article seemed appropo.

I've heard it said by a few that they are not fond of the "Do's and Don'ts". In reviewing the list, I think it is because many of them involve lifelong patterns of behavior we in program have developed and the following are some thoughts I have about them.

Right now in my recovery, I find the Do: "Take it easy – tension is harmful" is my mantra these days. I came from another area of California and had an extremely difficult career where the mantra seemed to be, "it's going to be difficult if not impossible". I experienced severe amounts of stress and my physical health suffered as even professional counseling did little to curb the feelings of frustration I endured. Having prayed about the decision and finally taken the step to give it over to my HP, I found everything falling into place. I found a room to rent from a woman who has turned out to be very easy going and find myself now in an area where there are many Al-Anon meetings and great recovery happening. This has allowed me to feel able to pursue what I came to realize are many of the Do's rather than the Don'ts. I am finding it easy to play and have found recreation in long walks. I'm signed up to participate in a step workshop that covers considerable material about the disease of alcoholism and anticipate this will give me additional information that will help to answer many of my lingering questions about the disease and its effect on my loved ones and on me. I've been blessed to be able to take some time off work and have attended almost daily Al-Anon meetings, really loving the feeling of belonging I have found in the rooms.

As well as realizing I am now experiencing many of the "Do's", I also now know I have been suffering from of the "Don'ts". I have spent the past few years "complaining" and definitely "Losing my temper". I have been thinking too much about the past and while I had not thought I was "checking up on the alcoholic", I have been subtly seeing if he had food and making inquiries about aspects of his life that I now realize have been my way of judging how he is doing in his disease and planning for how I will step in if things get beyond a certain point for

him. Through frequent meetings/fellowship with those in recovery and prayer; being open to meditation, discerning God's plan for me, and being open to change, I hope to see that this time next year or the next, I can honestly say that I have worked towards many more Do's than Don'ts.

Laura F., Ventura



The Do's and Don'ts were such a welcome sight to me when I was new. I did all the don'ts in the disease of alcoholism. I did them because I didn't know the difference. Being raised in the disease I learned at an early age how to try to dominate and control. I checked up on my dad at an early age. No one taught me how to do that, I learned how to do it all on my own.

So, marrying an alcoholic let me carry on the disease and that's when I learned to develop it. Wallowing in self pity was an art form for me. No one felt sorrier for me than I did.

The Do's gave me tools to do things differently especially the two that say Attend Al-Anon meetings often and Pray.

Attending the meetings is a way to continue to practice my recovery. The meetings help to remember the tools for living. It helps me with fellowship, helping others and learning that I am no different than all of the other members. It also is a way for me to make amends to my loved ones.

Prayer helps me practice that 11th Step. It keeps me close to my Higher Power and I continue to ask for His will for me.

The Do's and Don'ts are a wonderful way to stay on the right track and if I slip back to a don't, it turns me around and says; "Look at the do's".

Love you all,

Judy D.



Experience, Strength & Hope

It is often said ours is a program of progress and not perfection. We have been provided a myriad of tools to help us with our progress such as the Steps, Traditions, Concepts, the serenity prayer, slogans, literature, and the Do's and Don'ts. The last of these sometimes may get lost amongst the others. But for me it is as important as my daily readings, prayers, and meditations. I think of it as the mirror I use to view the progress of my recovery.

At the end of each day I try to remember to finish with a reading of the Do's and Don'ts as a way of checking in with my Higher Power. Have I been walking the path I need and want to? For me that is the Do's. By contrast where might I have slipped or need a course correction. For me that is the Don'ts.

Like the Steps or Traditions, the Do's and Don'ts need be taken as a whole. I cannot allow myself to selective pick and choose those I feel like applying to my life. However, like the Steps or Traditions there are those few that are our biggest aid of stumbling blocks.

For me the Do that sticks out most for me is, "Do play, find recreation and hobbies." It is so easy for many of us to slip back into old behaviors of self sacrifice when grappling with the disease of alcohol and the grip it holds on the life of our loved ones. We all know that common pain. However, that should not stop us from also knowing a common joy as well. As for the Don'ts it has to be the "Don't be a doormat" that speaks the loudest to me. To some it may seem clichéd, but I think of it as the rally cry to reclaiming one's own life the cornerstone of the program. We are as important as the alcoholics in our lives that we have sacrificed so much for in our lives. The Do's and Don'ts remind us to seize the day for us and do not be held back by the past!

Paul J., Camarillo



AI-Anon has a 24 hour Information Line staffed by volunteers. These numbers are yours to call or share with someone who may need them.

805/495-0270 and 805/656-7110



One of the hardest "do's" for me is to be honest with myself -- even though I'm great at performing psychic surgery on everyone else, whether they want it or not. So, here goes: What is my unvarnished truth today?

I know that I can experience true conscious contact with my Higher Power only if I let go of all my fears and attachments such that I make room for replacement urges -- like the willingness to make choices that are actually good for me. My fear blinds me to the truth of what is. I sit here right now at my computer, wondering if I have to default on all my debt, whether we'll be able to keep our condo or our cars, and wishing that I could simply "go out of business" the way a failing store does. Just get rid of all my stuff and cease to exist, since living requires the expenditure of money and energy that I simply don't have at the moment. However, being in this place turns my attention away from the fact that this is just the "right now." All of this angst could disappear or even just shift in another direction -- or at least my perspective on it could, very quickly. A phone call, an email -- anything can and often does bring a whole new experience to me. I know this intellectually, but not in my gut -- yet.

In flusher days, I used to buy tons of stuff -- things that I didn't need but that made me feel "better" to have. Then I would hoard those things and not use them. That is how my mind is. I hoard my fears and my negative thoughts. The worst never seems to come to pass, and so far I have survived what has been dealt to me, yet I somehow can't release all these thoughts and feelings of impending doom because who will I be without them? What will I be without them? If I stop being afraid, stop being in that adrenaline rush mode that happens when I feel that I'm about to lose everything, then I'd have to face my *real* fear that I have nothing to offer, that my creative urges are stupid, that I have nothing to say, and that I am right to isolate from everyone else who manages to make meaning in their lives because I have no meaning in mine.

This is my truth today. Yet I am willing to be guided toward a truth that works better for me.

Dani F.

Ventura County AIS General Meeting
Minutes
October, 2010

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes read. Julie motioned to accept minutes, Dorothy 2nd. Passed.

SiSi read the traditions. Debbie read the concepts and warranties

Introductions were made around the room

Welcome to New ISRs!!

7th Tradition

Treasurers Report: Shirley

- Aug 20- Oct 20 report in binder if you want a copy. Balance is \$10,344.48

Chair: Lalena

- Please limit reports to 3 minutes to give time for discussion and time for new business, and to leave in a timely manner. Please remember to bring your bylaws and service manuals with you to each general AIS meeting. Please turn cell phones to vibrate or off and limit side conversations and crosstalk.
- Discussion on a motion (from blue bulletin Fullerton): Please keep it to about 2 minutes; if your opinion has already been shared; please keep hand down to avoid repetition. I will call you in order by hands raised. After 3 shares and we cannot come to a conclusion, item will be tabled.

Co-Chair: Debbie

- Gratitude Faire Nov. 6th. potluck style. Flyers on the back table. if you would like to help set up come early! there will be 10-12 speakers (the board)

Institutions: Maria

- everything is Fabulous!! Thursday Panel some family members came but mostly women from prototypes.
- This position is an awesome way to share recovery and connect with others

CPC: Julie

- got updated flats
- 1st mailing is off and out to doctor offices.

Scoop: Bob

- Thank you again to all that submitted a share.
- in this scoop is the VCAAC basket fundraiser to share
- Gratitude Faire flyer is in scoop
- Next topic "Do's and Don't's". Due December 3rd (always the 1st Friday of a general meeting month).
- Email shares to Bob his information is on page 1, 7 and 8!!
- If you are here for a meeting please pick up your scoop. If you are a visitor or guest we have enough scoops for you to have one if you want.

Public Information: Jennifer

- Directories are in the back 25 for \$5. Please look at them to be sure the information is correct for your meeting.
- If there are other changes that are needed please let her know.

Website: Judy

- Everything is up do date. doing good.
- Got an email from a visitor from Arizona and would like to speak at a meeting if anyone needs one.

Round Robin: SiSi

- RR in Thousand Oaks this sat. Flyer on back table. donation \$3. if your meeting wants a RR please let her know.
- If you like to throw parties or be a host then this position is right up your alley.

District 12: Cyndy

- info on Scoop page 5.
- So Cal WSO meeting in Fullerton carpool Nov. 20th
- writing workshop will be coming in the near future
- new service manual coming soon
- if your meeting is not receiving a forum then the address to your meeting or your contact person may be wrong. Check it out by calling WSO or contacting D12.
- Not sure what is happening with SOS
- There is a professional in T.O. that would like to have an Alateen meeting weekly. If you are a certified Alateen sponsor and would be interested please see Cyndy or Irv
- New Alateen meeting on Sat in ventura starting to form

New Business:

- Reading of bylaws Article IV, V, and VI
- Elections
 - Institutions- Open
 - Public Information- Theresa
 - Round Robin- Open
 - Spanish Liason- Open
 - Website- Open
 - Secretary-Sheryl
 - Alateen Coordinator- Irv (Julie motioned that Irv be AIS Alateen Coordinator until someone else steps up, Judith 2nd, passed)
 - Archives- SiSi
- Holiday Potluck-Dec. 16th 6:30 potluck. 7:30 meeting. everyone is invited. Flyer is on the back table.
- Meeting Contribution % change. 20% to D12, 10%WSO, 60% Vent Intergroup, 10% AFG. Cyndy motioned to change contributions, Julie 2nd. passed.
- Workshop Flyer discussions. Tradition 1,2,4,5,10, 12 were read. AI-Anon manual pages 106-107 read. much discussion was had. Topic Tabled until next meeting. Chair will contact WSO regarding this topic.

Closed with the declaration

Meeting Adjourned 8:50

Love in Service!

Kari

Secretary

ATTENTION: ALL INFORMATION SERVICE REPRESENTATIVES

**Please provide the following information regarding your respective group and return it to
AI-Anon Family Groups, P. O. Box 6754, Ventura, CA 93006-6754, Attention, Intergroup Secretary.**

(Please Print)

Meeting Day: _____ Time: _____

Location: _____
Street Address City Zip Code

Information Service Representative:

Alternate Information Service Representative:

Name: _____

Name: _____

Address: _____

Address: _____

City _____ Zip _____

City _____ Zip _____

Phone No: _____

Phone No: _____

Group Representative:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

Secretary:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

Treasurer:

Name: _____

Address: _____ City _____ Zip _____

Phone No: _____

When meeting changes or officer changes take place, please inform the Intergroup Secretary. Thank you for your help.

**Ventura County Information Service (Intergroup) Treasurer's Report
August 20 to December 3, 2010**

Beginning Balance	\$10,912.46
Receipts:	
Gratitude Faire(Raffle/\$227,Entrance \$270,Alateen \$16)	513.00
Donation from AFG Convention	200.00
Monday Night Men's Stag Canoga Park (for Alateen)	75.00
Agoura Hills Fri. 6:30 P.M.	111.75
Camarillo Tuesday Night 7:15 P.M.	46.11
Ojai Tues. 8 A.M.	65.00
Ojai Thurs. 9 A.M.	60.00
Simi Valley Tues. 7:00 P.M.	50.00
T.O. Friday 6:30 P.M.	60.00
T.O. Saturday 10 A.M.	180.00
Ventura Monday 7 P.M.	120.00
Ventura Wed. 7 P.M.	90.00
Ventura Thurs.	18.50
Ventura Friday 12:30 P.M.	240.00
Westlake Wed. 12:45 P.M.	53.14
Westlake Thurs. 6:30 P.M.	100.00
7 th Tradition	306.70
Round Robin	66.00
Round Robin	79.00
Directories	198.66
Scoop Renewal	21.00
	<hr/>
	\$ 2,653.86
Expenses:	
Community Answering Service 9/1	99.00
Community Answering Service 10/1	99.00
Community Answering Service 11/1	99.00
Community Answering Service 12/1	99.00
Camarillo Self Storage 9/1	58.00
Camarillo Self Storage 10/1	58.00
Camarillo Self Storage 11/1	58.00
Camarillo Self Storage 12/1	58.00
Check Chargeback/Return	96.00
AT&T 8/20	36.00
AT&T 9/20	36.00
AT&T 10/20	36.00
AT&T 11/20	36.00
Verizon 8/27	25.90
Verizon 9/27	25.90
Verizon 10/27	25.90
Verizon 11/21	4.93
Verizon 11/27	25.90
Post Office Box	77.00
Scoop	73.20
Scoop	59.13
Directories	175.35
District 12 (Reimbursement for Travel)	40.00
Camarillo Health Care District (Deposit Gratitude Faire)	175.00
Expenses (Gratitude Faire)	167.53
Institutions	2.70
Treasurer Printing	15.60
Postage CPC Mailing	31.20
Plates	14.50
	<hr/>
	\$ 1,807.74
 Ending Balance	 \$11,758.78

Hi there,

My name is Lalena and I am the AIS (Al-Anon Information Service) chair. At our last two general meetings we have had individuals who are in charge of workshops (see attached flyer) come to say that their flyers are Al-Anon approved because they are for Al-Anon by Al-Anon members. When we delved a little deeper, it sounds like the majority of the workshops are Conference Approved until it comes to a workbook that they have made up themselves and some of them use music by Al-Anon members using Al-Anon lyrics. Then they asked how to become Conference Approved and if they could make a donation to our AIS group? However, are they an outside entity since it's not a meeting donation? We're all a little confused after the meeting. How should we as AIS/ intergroup proceed so that it is not perceived as personal attack on their workshop? We have said that their workshops are fine as long as they are not distributing these flyers at meetings (from Service Manual). Then they feel singled out, like someone is picking on them. However it seems that we need a more uniform procedure since it keeps coming up and it seems to go beyond the autonomy of the group when it is affecting Al-Anon as a whole. They were sure to let us know that it didn't have the word "retreat" in it. So, can you please help us to have a more clear approach on how to address the issue? How do we know if a flyer is Al-Anon approved? (it seems like the ones that are approved are flyers directly from AIS, District 12, WSO, SCWS, and local conventions). However the arguments come up that we are not AA and why do we announce conventions? But we do that because of Tradition 6 (cooperating with AA) right?? We voted as a group to got to WSO and proceed from there.

Thank you for your time,
Lalena

Dear Lalena,

Thank you for your questions—we are happy to respond.

The questions raise the issue of how to differentiate between what is an "Al-Anon/Alateen event" and what is an outside activity where Al-Anon members are the primary participants. There are many worthwhile activities in which members participate to enhance their recovery; however, they are not all "Al-Anon events"; many are outside events organized and attended by Al-Anon members. They may use only Al-Anon Conference Approved Literature; however, if they are not connected to the Al-Anon service structure, they are not considered to be "official" Al-Anon events. (Note that the term "Conference Approved" refers to our literature. There are no "Conference Approved Events.") Generally the only events that are announced at Al-Anon meetings are those put on by or in collaboration with a service arm, such as a district, AIS, or Area.

It is each Al-Anon service arm that determines which events are official Al-Anon events. This would include A.A. events that invite Al-Anon to participate. If a service arm sanctions the Al-Anon/Alateen participation, that makes such events Al-Anon events which can be announced at meetings. There is a difference between an Al-Anon or A.A.-sponsored event and an event conducted by Al-Anon and A.A. members which is not affiliated with either fellowship.

The following questions may help you determine if an event is an Al-Anon event:

- * Does the Area, AIS, or District support the event?
- * Is there accountability for funds received?
- * What is done with any remaining funds after expenses are paid?
- * Who is liable if something happens?

If members want their event to be a part of the Al-Anon structure, the members need to bring the matter to the appropriate Al-Anon service arm. For instance, if it is a local event, discuss it with the District Representative, and ask them to bring it forward to the district meeting. If it is an Area-wide event, the District Representative may refer the matter to the Area World Service Committee to bring forward to the Area Assembly for discussion and a group conscience decision.

Our shared experience suggests that the second part of Tradition Four is sometimes disregarded when groups want to claim "autonomy." The Tradition states: "Each group should be autonomous, except in matters affecting another group or Al-Anon or A.A. as a whole." A group's announcement of an event that is not an Al-Anon event would not be in keeping with Al-Anon principles and policies as it could imply affiliation with an outside enterprise and could divert the group from its primary purpose. The policy referring to "Outside the Fellowship" is stated on page 116-117 in the *2010-2013 Al-Anon/Alateen Service Manual*: *"The Al-Anon/Alateen name cannot properly be used to identify or publicize retreats or activities sponsored by others. This applies when most or even all of the participants are members of Al-Anon/Alateen. Otherwise there could be a misunderstanding of Al-Anon's purpose and function. In order to avoid any appearance of Al-Anon/Alateen affiliation, it is important to keep promotion of such events outside of Al-Anon/Alateen meetings and meeting locations. Our experience suggests that confusion arises when such events are announced in Area newsletters, Al-Anon/Alateen local bulletins and at group meetings."*

(The *Al-Anon/Alateen Service Manual* [P24/27] is posted on the Members' Web site: www.al-anon.alateen.org/members under the "Group Services" tab. The password to enter the Members' site is any variation of your group name followed by AFG, e.g. Easy Does It AFG or mondayafg.)

As to whether such an outside event can make a contribution to an Al-Anon service arm, this is a grey area. The event itself is an "outside entity." However, conceivably individual members who participated in the event could make a donation. This would be similar to Al-Anon/Alateen members holding a car wash or garage sale and donating the funds to a district. The funds collected and donated would not come from the event, but from the individual members.

There are many events in which Al-Anon members participate that are worthy events, and we wish them well. It is in the spirit of all the Traditions that we limit announcement of events in our Al-Anon meetings to those which are put on or sponsored by Al-Anon service arms.

Hope that helps! Let us know if we can provide further information.

Love in service,

Mary Lou, WSO

SOS

TEAM



Together Empowering Al-Anon Members
Juntos fortalecemos a
los miembros de Al-Anon

Saturday,

January 15, 2011

9:00 am – 5:00 pm

**Fullerton Senior Service Center
340 W. Commonwealth Ave, Fullerton**

**The World Service Office joins the
Southern California Area for a high-
powered Sharing of Service day**

8:00 - 9:00 am Registration

9:00 - 10:00 am World Service TEAM Task Force Members
share their personal experiences, strengths, and hopes.

10:00 - 10:30 am How the Al-Anon Family Groups are
related to AFG, Inc., the organization.

10:30 - 10:45 am BREAK

10:45 - 11:15 am Trustee Search.

11:15 am - 12:15 pm Giving – Our Spiritual Link to Gratitude:
Al-Anon world services in action .

12:15 - 1:15 am Lunch catered at the TEAM SOS Event

1:15 – 2:15 pm Public Outreach—Hospitals, Treatment Centers,
Correctional Facilities and Professionals.

2:15 – 3:15 pm Reaching an Informed Group Conscience –
The Use of Knowledge-Based Decision-Making.

3:15 - 3:30 pm BREAK

3:30 – 4:30 pm WSO Trial Ownership of Property.

4:30 - 5:00 pm Wrap up and Closing Remarks.

For more information:
Tim Paulson
timpaulson@economist.com or
Kathy Goblirsch
K_goblirsch@yahoo.com

Pre-Registration



Name _____

Additional Name(s) _____

Address _____

City, State, Zip _____

Registration (includes lunch!!) _____ Checks payable to SCWS.

Before 12/1/10 \$13, Alateens \$8, After 12/1/10 \$15, Alateens \$10

(Do not mail after 1/9/11)

Mail to: Heidi Tults, SCWS, Post Office Box 350, North Hollywood, CA 91603

CAMARILLO MEN'S STAG POT LUCK & ANNIVERSARY PARTY

JANUARY 24TH: CAMARILLO HEALTH CARE DISTRICT
OFFICE



****Bring your favorite dish to share with 10 people**

****Drinks and Anniversary Cake will be provided**

Pot Luck: 6:00-7:00 PM

Meeting Starts: 7:00 PM

Questions: Contact Gary G

Ask It Basket/ Help Wanted

Ask It Basket

Question: Do we have Ad Hoc committees to resolve group problems?

So funny that I got this question and when I went to the Assembly in November, the hot topic I went to was regarding healthy meetings. They referenced the 2010-2013 service manual on pages 50-51. They also referred to the Al-Anon guidelines: Taking a Group Inventory (G-8) pamphlet which says that "Taking a periodic group inventory helps to keep your group healthy and invigorated. Members can use the inventory to discuss new service opportunities and address major or minor concerns before the group's unity is disrupted. Listed below are methods for taking a group inventory along with an inventory list". This piece of literature can be ordered through the literature distribution center in Los Angeles as well as Virginia Beach.



Question: Is it possible to make access to "Alateen Talks easier online (WSO-Issue) Most the of online links dead end. WSO helped me via telephone but what can we do to change it...make it actually work. They agreed something easier should exist.

To access Alateen Talks online, go to the Alanon WSO website at www.al-alon.alateen.org; click on the "site map," and look under Alateen where you can find "Alateen Talks;" click there and you will see Alateen Talks online as a pdf file. Hope this helps.



Why do some meetings close with The Lord's Prayer? Isn't this a Christian prayer?

Our new service manual on page 22 states: "It is suggested that groups close in a manner that is agreeable to the group conscience. Many groups say the Al-Anon Declaration after their closing."

The Serenity Prayer is conference approved as is the prayer on the "Just for Today" bookmark.



HELP!!! WE NEED A CERTIFIED ALATEEN SPONSOR FOR A THOUSAND OAKS MEETING.

If interested, please contact Cyndy P. or Irv H.



Every other Wednesday morning 9:00 to 10:00 A.M. members of Al-Anon participate in a group led by the Drug and Alcohol Counselor at Hillmont Hospital. We need a few more volunteers to take some of the Wednesday mornings. For more information, please contact Shirley M.



What's going on in our District 12?

The Dos and Don'ts are very important in my position. Especially "Do be kind to yourself; tension is harmful." I can take on lot of responsible and beat my self up over the littlest things that go wrong. So instead of being a commitment hog and doing it all thank you very much. I have asked for help from God and from other AI-Anons. I am starting to enjoy this position. I like myself much better especially when people are helping out. I don't have to do this alone.

Now for the boring part of my report; Bla..Bla..Bla..BLa. I know that is what I used to hear when the GR or the ISR gave their reports. Not anymore, so for those who actually like reading this stuff, hear are some interesting tidbits.

SCWS Alt. Delegate has stepped down. AT this point we don't have a replacement but we do have someone whom will be the Interim until the next election in May. Oh yea the SCWS assembly in Fullerton is moving to Glendale. We will have a beautiful facility that is fairly new. It will possibly be in Glendale in May 2011. More will be revealed.

That leads to the next tidbit. The Forum Challenge that District 12 won is being discussed. The Delegate and the Chair of SCWS assured me that they are working on something. More will be reveled on that.

The 15-year trial period of WSO owning property will come to an end in 2011. The World Service Conference will be voting weather to end the trial and keep the property, Sell the property or continue the trial. All the Delegates of North America will be discussing and voting in April at the WSC. Find more info at www.al-anon.alateen.org/members.

AI-Anon will celebrate 60 years in 2011! I don't know anything more exciting than that. Who knows maybe District and Intergroup will do something to celebrate in 2011. More will be revealed.

Do be kind to yourself; tension is harmful

Mike M
DR of District 12

Sharing of Service Workshop

Saturday, January 15, 2011
9 a.m. to 5 p.m.
340 Commonwealth Avenue
Fullerton, CA

Want to go? District 12 carpools at three locations.

7:00 am Ventura Carrows on Seaward Ave.

7:30 am Camarillo Park & Ride on Las Posas Road.

8:00 am Thousand Oaks Park & Ride off Rancho Rd.

So come and join the fun.



Websites to check-out for unlimited resources:

Southern California World Service AI-Anon/ Alateen

<http://scws-al-anon.org/>

AI-Anon/ Alateen World Service Office

<http://www.al-anon.alateen.org/>



Get in the Car! (a.k.a. Calendar of Events)

Plan to attend, Grab a friend, and Get in the Car!

January 8, 2011: District 12 Meeting.
St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

January 15, 2011: Sharing of Service Workshop, Fullerton Senior Center, 340 W. Commonwealth Ave, Fullerton, 10 a.m. to 4 p.m. (see flyer insert)

Carpool information:

Ventura 7 a.m. Seaward Carrows
Camarillo 7:30 a.m. Las Posas Rd., Park & Ride
Thousand Oaks 8 a.m. Rancho Rd., Park & Ride

January 20, 2011: Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

January 24, 2011: Monday Night Camarillo Men's Stag 3rd Year Anniversary Party and Potluck. Camarillo Health Care District, 3639 East Las Posas Road #124, Camarillo. Dinner from 6:00 to 7:00 p.m. Meeting from 7:00 to 8:15 p.m. All are welcome, ladies and gentlemen. (see flyer insert)

February 17, 2011: Ventura County Intergroup General Meeting, 7:30 p.m., First Baptist Church, 1501 Temple Avenue, Camarillo

April 8 – 10, 2011: 35th Annual Southern California Al-Anon Family Groups Convention (AFG) Doubletree Hotel Ontario Airport 222 North Vineyard Avenue, Ontario
www.afgconvention.org

April 15 -17, 2011: 26th Annual Ventura County "Serenity by the Sea" – AA Roundup with Al-Anon and Alateen participation. Oxnard Performing Arts Center, 800 Hobson Way, Oxnard.
www.venturacountyaroundup.org



HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

January 2011

Danny G – '05 (6 yrs)
Myles – '09 (1 yr)
Mitchell - '09 (1 yr)
Trent - '09 (1 yr)
AnnMarie - '09 (1 yr)
Sara - '09 (1 yr)
Elise - '09 (1 yr)
Alix - '09 (1 yr)
Alekszander - '09 (1 yr)

February 2011

Bobby E –'00 (11 yrs)
Keith M –'96 (15 yrs)
Lisa F –'95 (16 yrs)

Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

January 2011

Bette C - '97 (14 yrs)
Barbara C '86 (25 yrs)
Cindy P – '04 (7 yrs)
Debbie A - '99 (12 yrs)
Donna L – '01 (10 yrs)
Elizabeth I – '07 (4 years)
Jill W – '81 (30 years)
Lois R –'85 (26 years)
Lynne - '01 (10 yrs)
Michael John -'00 (11 yrs)
Mary M – '02 (9 yrs)
Mike N -'02-(9 yrs)
Mike P '02 (9 yrs)
Rafaella M – '01 (10 yrs)
Sherry C - '83 (28 yrs)
Si-Si M - '02 (9 yrs)
Steph D - '98 (13 yrs)
Stephanie C –'99 (12 yrs)
Susan D – '96 (15 yrs)
Susie S - '00 (11 yrs)
Terry F - '94 (17 yrs)

February 2011

Adnana – '03 (8 yrs)
Cory F – '95 (16 yrs)
Nellie S –'97 (14 yrs)
Ronald - '02 (9 yrs)
Terry K – '03 (8 yrs)

Ventura County Speaker List

FAMILY SPEAKERS

Annette S-G
Annie
Barbara C.
Barbara W.
Betty Ann Z.
Brigitte P.
Christine S.
Cyndy P.
Debbie M.
Debbie S.
Diana C.
Diana M.
Donna N.
Evelyn G.
Foster H.
Gordon F.
Grace A.
Jan L.
Jeff B.
Jerry W.
Jo Anne K.
Jodi G.
Judy D.
Julie H.
Kathy W.
Katie W.
Karen K.
Karen R.
Kay D.
Laura G,
Laura S.
Lea R.
Liz G.
Linda A.
Lisa W.
Lois R.
Lori M.
Lucille M.
Michelle I.
Mareen Z.
Marty B.

Maxine Mc
Mike M.
Mike N.
Nitta S.
Pat W.
Pamela F.
Pamela R.
Paula Y.
Peter G.
Rafaela M.
Rick S.
Rosalie S.
Rosemarie
Sandy L.
Sherry C.
Shirley M.
Si-Si M.
Susan G.
Terry F.
Tim J.
Tim T.
Tom M.
Tracy L.

Annette & Gary S-G
Barbara & Jim C.
Barbara & John W.
Betty Ann & Bob Z.
Bob & Laleña H.
Cory & Tess F.
Linda A. & Emery B.
Pat & Rudy L.
Ruby O. & Mike M.



ALATEEN

We have no Alateen speakers on this list right now. If you're interested in being of service, you'll find a loving, gentle audience waiting to hear your story of experience, strength and hope.

**Want to be on this list?
Want to be off this list?
Want to update your info?**

**Contact the Scoop Editor:
Email:
(hester72598@yahoo.com)**

Bob H. ~.~

**VC Intergroup Scoop
P.O. Box 6754
Ventura, CA 93006-6754**

Next Scoop Topic is ANGER
How do you deal with your anger? How does program help?
Please share on this topic.

The Deadline for the
March/ April 2011 edition
is **Friday, February 4, 2011.**

PLEASE E-MAIL YOUR SHARINGS TO: hester72598@yahoo.com

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