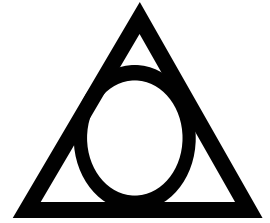


Ventura County Al-Anon

Intergroup Scoop

P.O. Box 6754, Ventura, California, 93006-6754
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July/August 2010 Edition



A Message from Your Service Board Chair

Contents

Hello Fellow Al-Anon Members:

I have had a whirlwind past couple of months in service. April 23-25, I went to Serenity by the Sea which had some great speakers! It also had a great Country Store, I kept finding all kinds of good deals, I had to keep making trips to my car! Thank you to everyone who worked so hard on that convention. On April 30-May 2, I went to the H & I conference. It was an amazing experience. I had never gone before and I am so glad I did. I liked the way they had the meetings scheduled a half hour in between each one. There were some that were mixed with professionals and an AA person giving a talk re: their experience, strength and hope re: that particular institution/hospital. The professionals were so respectful of AA and were interested in finding out how to do more. One of the panels I found interesting was the one re: correctional facilities. There were the wardens for women's facility and men's facility as well as their boss and an AA person. At the end of their talk, they had a Q and A session. There were many AA members who had questions and a few Al-Anon members. One offered to do a panel at that particular jail, another to leave literature with them to take back, and another sharing their experience as a family member. There were two Al-Anon meetings the luncheon and a panel which I did bring back CDs for the Archives. It was funny how at some of the meetings they didn't "pray out" out of respect for the professionals. So, it was kinda funny to hear "The meeting's over."

On May 8th, I went to the District 12 meeting to hear Sandy E. speak, which was amazing to hear all that she learned and participated at the World Service Conference, but I will leave it to Mike to share that. On May 15th, I went to the Area Assembly which had some great hot topics and information. I had to speak in front of 300 people. I just about froze, but then I remembered my HP and you were with me as I gave my report.

As far as Staying in My Own Square, that pertains to every area of my life! I am going through a big transition at work as I'm changing positions. With family and friends, giving them the dignity and respect to make or not make their own decisions as to what is best for them. My job is to take care of me. Wow, that's a big job when I start doing what I need to be doing from packing boxes, to picking up my dirty laundry, to speaking my truth if/when necessary.

Love in Service,
Laleña

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Your 2010 Service Board

Chairperson	Laleña H.
Co-Chair	Debbie M.
Secretary	Kari T.
Treasurer	Shirley M.
Spanish Liaison	Gabriela C.
Public Info	Jennifer G.
District 12 Rep	Mike M.
C. P. C.	Julie H.
Round Robin	Si-Si M.
Institutions	Maria.
Web Site	Judy D.
alanon@	
alanonventura.org	
Scoop Editor	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Open
Alateen Rep	Open
Archivist	Tina P.

Experience, Strength & Hope

From Our Members
on the topic of "Staying In Your Own Square"

Staying In My Own Square Prayer

My loved is sick, I want to help out.
God said "I've got it there's no need to pout".
My mind starts racing on ways to take charge,
Before I know it, obsession looms large.
Fear follows closely my negative thoughts,
Then I find myself completely distraught.
I pick up the phone, my sponsor I call.
She says "It sounds like you've hit the wall".
She gently reminds me about Step One,
Powerlessness – Thy will be done.
Together we pray the Serenity Prayer.
God is in charge and really does care,
It's only possible when I stay in my own square.

Karen R.



I am a grateful member of the AI Anon family groups. It has been about 2 1/2 years now. It never occurred to me, before AI Anon how much healthier it is to mind my own business. I know that growing up in the disease of Alcoholism, that I always wanted to control situations. Now, with the tools of my program, I have learned to stay focused on what I can control, and that is me and my own business. When I do not engage with the alcoholic, especially while they are drunk, I am treating myself with care. For instance, during a particular binge, my qualifier may become angry, abusive and even violent. This, I have learned from my Sponsor, and other AI Anon members, is unacceptable. I do not have to accept unacceptable behavior. If I do not give an opinion during those times, I am saving myself a great deal of pain. Plus, the alcoholic is only going to do what they do...and that is drink. I know now to have a plan B...to remove myself from the home physically. I go to an AI Anon meeting, or, the beach, or to a movie with a friend. In this way, I do not engage the person I love who only has a disease. I love my qualifier, and have to remember that it is the disease, and not the person. AI Anon has given me so much, including tools of how to live my life for the rest of my life. A life that I know I can have dignity and rights. This is an enormous relief and eases a lifelong burden. This is an example of how I stay in my own square.

Tammy Z. Oxnard, CA



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



I have the disease of wanting to help people even when they don't ask. The person doesn't even have to be an alcoholic. I have a grown up son that recently moved into a new house. In the past I was always buying him things to help him. I guess it was fun for me and heaven forbid he should have to wait until he had the money for it. Now he's 25. I was looking for a fork and noticed he didn't have a silverware tray. Of course, I thought I needed to buy that for him, but this time I didn't. He was also sharing with me that he wanted to get some house plants and herbs. For some reason my brain hears that as a sign that I need to go out and buy those for him as well. I specifically thought about buying him a rosemary plant.

Thank God I decided to "Stay in my Square". I heard a little voice in my head telling me to allow him to get those things for himself. The next time I went to his house, you'll never guess what he had. Yes, he had a silverware tray, and amazingly, a rosemary plant of all things! He also had some other herbs and house plants. He was so proud of all the plants as he showed them all to me. What I realized at that moment is that I would have stolen those moments of pride and satisfaction from him if I bought those things that he *can* and *will* eventually get for himself if I didn't "Mind My Own Business". I used to do that a lot when he was younger. I wouldn't allow him to be a man and earn things he wanted. Nice AI-Anonic that I am.

In the past when I moved into a new place, I loved going shopping for all the little things I needed. If someone had gone out and got it all for me, they would have deprived me of all the fun and satisfaction. I am so thankful to the program for teaching me self-respect, as well as to respect others by "Staying in my Square!"

Love,

Anonymous Ventura Member



Experience, Strength & Hope

Hi all: So, Detachment with Love this month. Thanks Bob for the topic.

Detachment for me is putting Him/Them/It/Her in God's hands and going forward. I have spent so much time in the past, fretting, wringing my hands, worrying about life and "stuff" that I'm powerless over. All to no avail. My worrying never got anyone sober and sure didn't help me spiritually or get me any closer to God. Today I have so many choices to get past that mental scar. We have literature, prayer, meetings, a loving sponsor, etc. Thank goodness for Al-Anon.

On a lighter note, I spent Sunday with 80 Al-Anon's at a Long Timer's Tea at the South Bay Roundup. It was such an honor to be a part of it all. And me, with my 26 years, 6 months, 29 days- was a newcomer compared to Beryl with 58 years. We were treated with respect, loved, given pretty tea cups with memorabilia and asked to share on our favorite step. I felt so privileged to be a part of it all. I was also with my sponsor, her sponsor and two women that I sponsor. It just doesn't get much better than that. There was a meeting in the car on the way and a meeting on the way home. So, what happens when we stick around for a few years(?!), Life happens. and I am grateful. I wasn't living life before Al-Anon, I was existing. Today, I get to live Life. Today, I count my blessings.

Thank you dear Al-Anons, I love you all and I love having you in my life and being in yours.

Judy D.



Staying in my own Square is right along the lines of Staying in your own Hoola Hoop and Minding your Business....these are thing I hear at my meetings. Now the one thing I heard and didn't understand when I was brand new was..... THAT'S NONE OF YOUR BUSINESS!! I thought wait just one minute it is my business....and I would tell you everything that WAS MY BUSINESS.....and it made perfect sense to me, needless to say it was a process but I began to understand. I have no problem getting into other peoples business. It can be as simple as listening to someone's conversation and giving an opinion. Even if they're not talking to me and I can always justify my reasoning. All I want to do is HELP.

I now understand that when my adult children have problems I don't have to get involved or give an opinion I can just love them. I can reason things out with a sponsor and decide whether or not if I want to get involved. I had to learn what's mine and what's there's.

It's all about my motive....and believe me I still can struggle with staying in my own square. Saying No to my Children is very hard for me. There's a saying "My plate is very full" and I use to think that all the time, because I'm so visual I have to look at my hand and pretend it's a plate then I get to look at what's on this plate....most of the time everything on that plate isn't mine. It's the people I love and their problems. It sounds pretty silly but I got to tell you after I do that I get to let go and let God take care of them and I get to look at what's mine. It actually frees me up time wise and then I get to take care of myself...Wow! What a good idea!

I am so grateful to this wonderful program and I love that I don't have to do any of this alone... Thank you all for being there.

Cyndy P.



Just Don't Tellem I Sent You

After almost 8 years in the program, I have learned a few things, though none of them came quickly or easily. I wouldn't say that I work the program slow or fast, but kind of halfast. The line, in his or her own time and pace was actually written for me 40 or 50 years before I got here, smart people.

Staying in my own square is something that I can do most of the time now, I've learned that what other people think of me is none of my business and that if they treat me badly that's on them but if I react badly to the way they treat me it's on me. I got here because I love an alcoholic; in fact I love more than one. I can even stay out of the way when they treat and react poorly to each other. I've learned that it's ok to feel anger and pain they are mine I own that, but if I do react poorly then I must also own that.

Recently my wife decided to make a go at the restaurant business and the place she bought was in need of quite a bit of work to meet current codes. I was exited for her and having spent many years in construction instantly thought I could help her with this. Wrong, it turns out she wanted no part of my help and I wont lie I was hurt. Here's where the program kicks in. I take a deep breath allow myself those feelings and detach with love wishing nothing but success for her. There was no way I could have done all that without Alanon. So, if you find yourself in Simi looking for a place to lunch, eat at Sonys, Just don't tellem I sent you.

Anton C., Simi Valley

Experience, Strength & Hope

Before coming to Al-Anon, minding my own business was not something I considered important. If I did not know what was going on, I thought I was not going to be able to manage my life. I needed to be in control because other people in my life didn't know how to make good decisions. Al-Anon has shown me that I never was in control and that was hard to swallow. It actually made me angry to admit that my idea of control was an illusion. Today I know I only have the right to my own business. I am not anybody else's God. Al-Anon has given me the new attitude of being responsible for only me.

Larry V.



STAYING IN MY OWN SQUARE! What does that mean? When I first got to these rooms I had absolutely no clue what this meant. I was of the opinion that if you were doing something I thought was stupid I had the right to tell you so, and then, I would proceed to tell you how to do it properly. No wonder nobody seemed to be listening to me!

Today I also use the hula hoop theory. It is basically the same thing, but since I am sort of a visual person it helps me to see the size of my territory. I can throw down a hula hoop, preferably the child size, step into it and realize that everything on the outside of that little ring is not much of my business. If I didn't use this analogy, then you see, I could make my own square as big as I wanted! My square would soon be as big as the universe and along with that, my life would be totally unmanageable one more time.

There are people out there that try to climb into my square and cozy up. When that happens I find myself, sometimes, interacting with them in unhealthy ways. When this occurs I find that I can use my square as a boundary for both of us. The good thing is, I don't have a square that has 10 foot walls and a lid, perfect, for isolating. I have a simple little system for recognizing my own boundaries and healthy boundaries, for those people that I need to deal with on a daily basis. It can still be hard, but it is so much easier when I realize that I don't have to have all the answers. Hmmmm, who would have thought!

Love in Service,
Debbie M.



Last year, I agreed to help my mother move. I left it open ended, thinking as the dutiful daughter, it was my job. I "volunteered" my partner to move the heavy furniture but he said "I'll move the boxes and furniture - I won't load things on the truck that aren't packed up." I was a bit miffed by his "negative attitude" because I'd be put in the middle them, trying to make sure everyone wasn't getting upset.

The day of the move came, and of course, she had not completed her packing. To his credit, my partner did what he said. He only packed the stuff that was ready. I stayed behind and worked like crazy, staying up all night and straining an already sore back. On the third day, I was really cranky. Couldn't she see her lack of planning was ticking me off?! At one point she asked if he and I got into a fight, as if THAT was the reason for my red laser beam eyes of death. "No, that's not it," I smiled through grinding teeth. Then she added "I'm not sure how long I want to stay at this new place..." I was so angry after she said that, I don't even remember the rest of that day.

Skipping ahead six months, my mother called to say she was moving again. After six more months of Al-Anon, I thought I'd try something new. I didn't offer to help. She dropped hints, but I didn't pick up the bait. Just as my resolve was weakening, my Higher Power sent message - a very nice lady from Chicago rear-end me. My first thought while sitting with the pain of whiplash was "Hooray! Now I don't have to help Mom move!" Then I thought, why did it take a car wreck to come to that conclusion?

My mom would keep dropping hints and share her latest moving drama, but I didn't cave - until the night before she was to move out. I decided I'd give her three hours. I did. And when it was time for me to leave, even though she had a lot more work to do, I gave her a hug and said I love you. She choked back tears and said "I wish you weren't going." I drove home and felt so guilty, even though my back was stiff and hurting. What if I was wrong? What if I was being too selfish What if she hurts herself? What if she dies?!

The next day, I didn't hear from her until 1pm. She let me know she didn't sleep, but she got it all done and was ready to drive her and her cat 400 miles to her friend's house. I'm still amazed to this day that she didn't end up under a falling bookshelf or falling asleep at the wheel. She got it all done without my help. And I didn't resent her and she didn't resent me. I gave her the dignity to figure it out on her own. And this time when she was done, she said "Man, I never want to move again!"

-Mychele

What's going on in our District 12?

District 12 Meeting

Wow what an incredible meeting we had in May! Our Delegate of Southern California World Service came to our District meeting. Our Delegate, Sandie E. shared her experience strength and hope. She shared what it's like being a Delegate and going to the World Service Conference (WSC) in Virginia. The Conference is four days long and packed with meeting after meeting. She shared her story of how she came into Al-Anon. She was truly incredible and District 12 is so fortunate to have her.

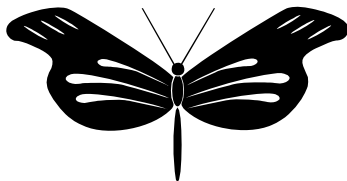
What does our Delegate do for us? Our Delegate is voted in as our *voice* and *vote* to the World Service Conference. She carries our voice to the WSC to be shared with other Delegates from all over North America. What does all this mean? Here is the bigger picture. Delegates from all over North America send their elected officer to one place to meet. That is an incredible informed group conscience from all over. What the heck do they talk about? Anything that may affect Al-Anon as a whole, in order to *keep* Al-Anon as a whole. All the "Delegates" carry our voice. So wouldn't it be neat if all Al-Anon members could meet in one place? Big problem, there are too many of us and not everyone would be heard. That is why we send one person to be *our* voice.

The next exciting news of District 12 is that we will be putting on a workshop on "Sponsorship" in July. There will be a skit, a speaker, and breakout sessions. So if you ever wondered about getting a sponsor, being a sponsor, or don't even know what a sponsor is, come to our workshop! The Workshop will be on July 24, either at St. Columbus Church or at the Camarillo Health District. Look for the flyer at your meeting or check Intergroup's website.

There was something else I needed to tell you. I can't remember what it was! Oh well, it must not have been that important. Oh yeah! The Forum magazine subscription contest! Well...you will just have to read about it somewhere in the "Scoop". Good luck finding it.

Our next District 12 meeting is July 10, 2010. Hope to see you all there.

Mike M., District Representative, District 12



UPDATE ON 2010 SERENITY BY THE SEA ROUND-UP

Just a note from your Al-Anon Serenity by the Sea Basket Committee,

What a creative bunch we are. The baskets, all 24 of them, were beautiful! There was such a wide variety of specialties and something for everyone!

It was a great fund raiser with a total coming in of over \$1,600.00!!! Raffle tickets sold like hot cakes the entire time right up to the frenzied moment of drawing the winners.

Thank you so much to each meeting or your time and contribution. It was a fun service commitment for us...because of each of you.

See ya next year...

Terry B.
Suzie O.
Georgia P.



Country Store Update

Thanks to all of you for your individual donations of cool stuff to this year's Country Store. Because of your generosity, the Country Store raised \$1,000.00 for Al-Anon and Alateen!



SAVE THE DATE

Next year's 26th Annual Serenity by th Sea Round-up will be April 15-17, 2011.

Ventura County AIS General Meeting
Minutes
April 2010

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes were presented but not read. Dierdra motioned to accept minutes, Barry 2nd. Passed.

Judy read the traditions. Dorothy read the concepts and warranties

Chair: Laleña

- Read excerpt on Agenda (5a).
- Shared that she will be going to H&I Conference in a couple of weeks.

Co-Chair: Debbie

- Round up next weekend for Serenity by the Sea.
- Take back to your meetings that we need donations for the country store and baskets for fundraising.

Institutions: Maria

- Reaching out to Prototypes in Oxnard but has not heard back yet.
- Needs volunteers for Monday panel in Oxnard at the lighthouse shelter—2 people raised their hands to help!

Archives: Tina

- Will be at Serenity by the Sea.
- Started burning CDs for the first time and it is cool!!
- Will be purchasing speaker CDs from Serenity so that they will be available to borrow.

Scoop: Bob

- Thank you to all that submitted a share.
- Next topic "Staying in Your Own Square". Due June 4th (always the 1st Friday of a general meeting month).
- Email shares to Bob his information is on page 1, 7 and on the back!!
- 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.
- Changes have been made.
- If there are other changes that are needed, please let her know.

Website: Judy

- Everything is up do date.
- In process of fixing a few links to Serenity.

Round Robin: Si-Si

- No new RRs at this time.
- If your meeting would like to host one please let her know.
- Contact information is on the back of the directory.

District 12: Mike

- At last AIS meeting it was brought up to take to district whether or not to allow VCAAC etc. to store archives in the storage space. They voted against letting others store archives in the storage space.
- How many or you are Alateen Sponsors? 4 people raised their hands. All Alateen sponsors need to recertify if you do not get this to Lea by May 31st you will be marked as inactive for 1 year. (Cyndy emailed this info. to all sponsors so if you did not get an email either you are not on the list or she does not have an email address for you)
- Delegate..Who is your delegate? What do they do? She will be at the next district meeting to share what she does.
- The next district meeting is on May 8th from 11-12 at St. Columbus Church in Camarillo. It is a potluck so bring a dish to share and come early for fellowship!!

Spanish Liaison: Gabriella

- If you have questions please see her.
- Is currently taking info. from AIS to Oxnard meetings.

Announcements:

- Country Store for Serenity by the Sea still needs donations. Bring them to the convention.
- Baskets for Serenity will go with Debbie tonight or bring them to convention.
- Mike (DR) don't forget about the Forum subscription challenge. We could win, we have 103 so far.

Old Business:

- Open Positions- treasurer and Alateen Coordinator
 - Treasurer- Shirley has stated she is willing to take position. Dierdra motioned that Shirley be treasurer, Dena 2nd. Passed
 - Alateen- no nominations –still open

New Business:

- Please help clean up (put away chairs and tables), If you are willing to come 15 minutes early to set up that would be great!

Closed with the declaration

Meeting Adjourned 8:00

Love in Service!

Kari

Secretary



Forum Subscription Challenge

The Forum subscription challenge is over. The winner was announced at the Southern California World Service Assembly in May. There were a lot of Districts that turned in numbers. Wow, there were some high numbers! Here is what some of the Districts brought in. District 57 brought in 75, District 29 had 120. Then there was District 33 that brought in 129 subscriptions! Fierce competition for this challenge! There was even a District that claimed 546, but they lied and only had 46. After that, someone said 6000, which made everyone laugh! So where do we stand in this challenge? Well...I'll get to that soon enough.

What do we get if actually won? The winner gets a comedy show put on by the Southern California World Service Board. I was told the board members have talent and to have high expectations of their performance. OK, OK, so how did we do in this challenge? District 12 brought in 139 subscriptions. We in fact won this challenge! That's right you read that correctly, *we won!* The board will be coming to our town to put on a show for us! Thanks to all that participated in this challenge.

But wait....there's more. What you may not know is that the Forum Magazine was actually in danger of becoming extinct. At the last World Service Conference, our Delegate, Sandie E was informed that California had saved the Forum magazine. That's right, the State of California's increase in subscriptions saved the magazine! It's absolutely incredible what we can do when we come together.

Go District 12!

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.

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

July/ August 2010 Edition

Page 6

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

June 25 - 27, 2010: 2010 SCAC: Southern California Alateen Conference, University of Redlands, Redlands, CA www.scac.ws/

July 1 - 4, 2010: 75th A.A. International Convention with Al-anon and Alateen participation, San Antonio, TX.

July 10, 2010: District 12 Meeting. St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

July 15, 2010: Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

July 30 - August 1, 2010: 18th Annual Santa Paula Pig Roast at Lake Casitas. For info call Annie 805 984-2786, Cathy L. 805 488-6042

August 19, 2010: Ventura County AIS General Meeting, First Baptist Church, 1501 Temple Avenue, Camarillo, 7:30 p.m. to 9 p.m.

September 3 - 5, 2010: 32rd Ventura County AA Convention with Al-Anon and Alateen participation, Westlake Hyatt, Westlake, CA. www.vcaac.org

September 24 - 25, 2010: 59th Annual Southern California AA Convention with Al-Anon and Alateen participation, Town and Country Resort and Convention Center, San Diego, CA. www.aasocal.com

October 15 - 7, 2010: Santa Clarita Valley AA Convention with Al-Anon and Alateen participation, Hyatt Valencia & Santa Clarita Conference Center, Valencia. www.scvaaconvention.org

November 5 - 7, 2010: 26th Antelope Valley AA Convention with Al-Anon and Alateen participation.



HAPPY BIRTHDAY!

Dear Alateens

July 2010

Chris W - '03 (7 yrs)

Elizabeth - '03 (7 yrs)

Dorothy - '03 (7 yrs)

August 2010

Marley P - '94 (16 yrs)



Happy Birthday!

Dear Al-Anons

July 2010

Adele - '03 (7 yrs)

Anton C - '93 (17 yrs)

Debbie B - '92 (18 yrs)

Deirdre D. - '99 (11 yrs)

Helen B '02 - (8 yrs)

John W - '02 (8 yrs)

Karen B '01 - (9 yrs)

Kathy W - '94 (16 yrs)

Pam W - '98 (12 yrs)

Sherrice W - '02 (8 yrs)

Susan G - '88 (22 yrs)

August 2010

Adie C - '88 (22 yrs)

Angie '03 - (7 yrs)

Barbara O - '84 (26 yrs)

Chris L - '88 (22 yrs)

Jemma W - '98 (12 yrs)

Jill W - '98 (12 yrs)

Laura S - '92 (18 yrs)

Michelle I - '95 (15 yrs)

Robin '03 - (7 yrs)

Sandy C '99 (11 yrs)

Sandy L - '95 (15 yrs)

Tracy L - '88 (22 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 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.

Want to be on this list?
Want to be off this list?
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Contact the Scoop Editor:
Email:
(hester72598@yahoo.com)

Bob H. ~.~



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.

**VC Intergroup Scoop
P.O. Box 6754
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Next Scoop Topic is SLOGANS

Which slogans is your favorite? Which slogans do you struggle with?
Which slogans saved your life? Please share on this topic.

The Deadline for the
September/ October edition
is **Friday, August 6, 2010.**

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

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