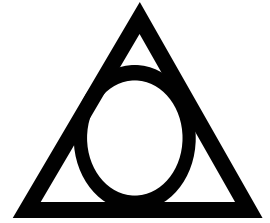


# Ventura County Al-Anon

# Intergroup Scoop

P.O. Box 6754, Ventura, California, 93006-6754  
Published by Ventura County Al-Anon / Alateen Family Groups

## March/April 2011 Edition

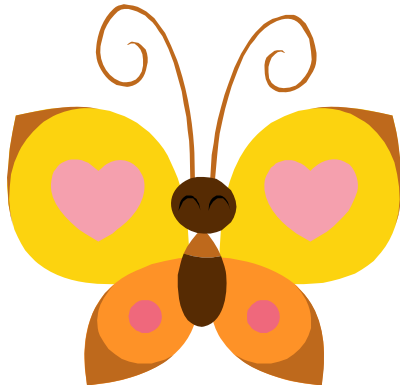


### A Message from Your Service Board Chair

Hello Al-Anon Family:

How did you know this is the exact topic I've been dealing with? It's been at work especially since I've had a big transition happen and I was given no supplies or tools to do the job as well as broken furniture, no furniture, and holes in the wall so I'm sure you can imagine my outrage. I was feeling a big disconnect from my HP the past 6 months. Luckily, my sponsor in her infinite wisdom advised me to do my 11th step and that has put me back on track. I'm so grateful for this program, and it's funny how once I let go of the anger how my HP has taken over and blessed me tremendously. He's on a roll right now! So thanks God and my Al-Anon Family for the tools and unconditional love.

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
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Scoop Editor . . . . .	Bob H.
hester72598@yahoo.com	
Alateen Coordinator	Irv H.
Alateen Rep	Open
Archivist	Si-Si M.



# Experience, Strength & Hope

Until Program, my temper had two settings: Bruce Banner and the Hulk. If you're familiar with the comic book or the cheesy eighties television series, you may recall that the former is a good-natured, mild man who lives on the down-low in an assortment of odd jobs because he is terrified of emotional upset. Why? Because when he gets mad, his eyes turn red, he busts out of his shirt, and he becomes an incoherent green behemoth who creates mayhem.

Okay, so I don't go up five shirt sizes when I'm enraged, although I can turn green when the underlying cause of my rage is envy. But anger overcomes me just as suddenly and strongly as it does Bruce Banner. And, like Bruce, I have lived a somewhat under-the-radar life where I haven't really lived up to my potential out of fear of my own emotional being. Because I couldn't handle the intense emotions that can accompany a dynamic professional life, I eventually chose to opt out of any serious career aspirations so that I could stay on an even keel. Time and again, my emotional responses to challenges were overwhelming and resulted in unwise words and actions. I lived in resentment and left a trail of loose ends and hurt feelings.

After nearly three years in Program and with the guidance of a very loving sponsor, I realize that, *maybe*, I can live and work among other people without losing my whole mind. That is, I can do work that is meaningful, and allow myself to feel all the things that go with that, without letting those feelings push me into an abyss. My sponsor and the tools of the Program help me understand that I don't *have* to take everything personally and go to that "Hulk" place: Instead of a one-way street toward impulsive action, anger can instead be a simple red flag that tells me it's time to just sit there, make a phone call, and reason things out with someone else.

Dani F.



It seems I've lived my whole life with anger as my silent companion. In my alcoholic home, the goal was to evade my parents' anger. Once it was turned your way, it was hard to escape it. Fortunately, I was not in a physically abusive home, but the lifelong pattern of sarcastic, calculating, demeaning, embarrassing, and even humiliating relationships was begun in that household.

I think it's common to think of anger as hot, but now I believe it's a cold, cold emotion. It may flare quickly, but the actions and words which follow are icy and meant to cut to the quick. Calculating and hard, it's the ultimate controlling behavior. In my marriage my husband used it to cut me down, perhaps so he felt less less-than, and I used it to retaliate and manipulate. So the dance continued.

When the pain of being in an unhealthy marriage became too much, I used anger to harden my heart, to keep a stiff upper lip and move on. It was my main defense. I must have been fearsome to deal with, and my nearly blinding anger cost quite me a few relationships during that transition. Anger separates us from ourselves, puts distance between us and others, and allows us to justify actions that are otherwise unjustifiable. When I am angry, it's easier to look at everything as black and white, right and wrong – with me always being right. But when I take that position, I find it's hard to find happiness or any kind of serenity.

For a long time fear kept me from looking at my anger; what it was about, why did I let it control me, how loving was I if I was using it to control others. But something wonderful happens in the rooms of Al-Anon. I saw others talk openly about anger and many other issues. I learned so much from the experience, strength and hope of others. I tapped into the program resources by reading and being involved in service. I found after a while that I could let down my defenses, bit by bit, and build relationships that helped me face my behavior, my choices.

Does that mean I no longer have moments of resentment, anger, and controlling behavior toward those I perceive wronging me? I wish! But with my growing awareness, my program friends, meetings, literature, and my sponsor, I am a gentler version of my old self and truly have a hopeful future.

- Elizabeth -

# Experience, Strength & Hope

GRR...That guy just cut me off and I'm mad! I can remember being cut off and following the person to intimidate them. In anger I would lose my serenity and focus all my attention on the other person or situation. I did this for years until I discovered it was a personally harmful distraction from my issues.

Anger is a necessary emotion. I tend to not express it or express it too much. I have experienced both repressing anger and over expressing it. Either form of dealing with too much anger is harmful to both my physical and mental health. My anger hurt me and hurt my relationships; especially the relationship with myself. My anger for others was an indicator of my repressed emotions and my anger toward me.

**Repressing Anger:** For years I chose not to feel or to express my emotions. This was a survival skill that helped me through childhood but stopped working in adulthood. By stuffing my emotions, I discovered that I had a storehouse of unexpressed anger that wanted to be expressed and often times would leak out in over reactions to others.

-What helped to deal with repressed anger was to express it. Since a lot of it had to do with the past, I had to go back to the past and express it with someone safe. This meant feeling the feelings and allowing myself to get mad. It wasn't easy but it freed me of my build up of anger.

**Expressing Anger Too Much:** I was angry because life wasn't fair; because others hurt me. My best defense was a strong offense. I thought the best way to keep from losing control and from being hurt was to be strong and not show fear. I had a lot of unexpressed anger and I was looking for someone to take it out on. I blamed others for how I felt and wanted to punish them.

-Long term anger is self destructive and it only makes things worse. Being a victim only prolonged my anger. When I took responsibility for my part it helped diminish my anger. I worked out the anger within myself by acceptance and self love.

**Anger is a natural emotion.** The physical effects of anger include increased heart rate, blood pressure, and increased levels of adrenaline. **Anger is a choice of behavior to deal with a threat.** (Wikipedia: Anger)

-What I ask myself : is this a real threat; do I need to go ballistic (lose my serenity)? Is my anger changing anything? It came with the price of losing my serenity, tension and separating me from others?

Anger is an emotion that is easier to express than hurt, sadness, shame, fear, vulnerability, anxiety, etc. I discovered that I could express my real emotions and not have to go to anger. Now, anger is the last resort and only when there is a dangerous threat. I realize that angry people attract angry people.

Anger is related to resentment and expectations. I found it's better to deal with my real issues. Resentment poisons my attitude and keeps me blaming others. My expectations bring on anger when others don't do what I want.

Anger can be a mask for a lot of things and that's why doing the Steps helped me to uncover the real issues and show me where I am powerless. I'm learning to keep my serenity. Recovery has helped me to not let my anger dictate my actions. When my anger is real I can express it appropriately but not have to rage. My relationships are being healed as I learn to own my part and make good choices.

["Nothing can bring you peace but yourself."](#) ~ [Ralph Waldo Emerson](#)



Ventura County AIS General Meeting  
Minutes  
December 16, 2010

Meeting called to order at 7:30 by Chair.

Chair started the meeting with the Serenity Prayer.

Minutes read. Si-Si motioned to accept minutes with corrections, Fran 2<sup>nd</sup>. Passed.

Welcome to New ISRs!!

Irv read the traditions. Lalena read the concepts and warranties

Introductions were made around the room

7<sup>th</sup> Tradition

Treasurers Report: Shirley

- Report in Scoop if you want to see it. Balance is \$11758.78
  - Question-why do we maintain such a high balance? Will discuss at next board meeting and report back.
  - Discussion about WSO appeal letter. Should we pass the envelope at the general meeting or contribute as group? Sheryl motioned to talk about it at the next board meeting and bring it back to the Feb. general meeting, Sherry 2<sup>nd</sup> passed

Chair: Lalena

- New Manuals- would like all meetings to use the new manuals instead of typed pages. You can purchase them online for \$5 if your group does not have one.

Co-Chair: Debbie

- Email read by Lalena- thank you for supporting the Gratitude Faire. It was different but GREAT! We made apx. \$500.

Institutions: Maria

- 2 new monthly panels in Simi Valley. First Friday of Jan will be for adults and First Monday of Feb will be for young adults. The format will rotate every other month. Contact Sherry C or Maria (institutions) if interested in participating.
- Jan 8<sup>th</sup> Friday panel volunteers needed at 7pm
- This position is still open there may be someone interested but it is not official.

Archives: Si-Si

- Has the key is going to find the storage space. Take back to your groups that District 12 has many tapes and CDs of speakers and if interested in borrowing them call Si-Si contact is on the back of the directories. Will be making a catalogue of all tapes and CDs.

Scoop: Bob

- Next topic "Anger". Due February 4<sup>th</sup> (always the 1<sup>st</sup> 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

- Thank you to Theresa for serving as PI for the next 2 years!
- 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
- Phone service has new directories. Just FYI this is the busiest time of the month for the phone service so if you are on the list to get calls just know you may be getting more than normal.

Website: Judy

- Everything is up do date. Saving changes so that new Website person can practice.
- Got an email from a visitor from Arizona and would like to speak at a meeting if anyone needs one.

Round Robin: SiSi

- Brought binder for the next person that wants to be RR Chair. It is a super cool job! Will help new RR chair with first 2 to get them going. We already have 2 meetings that want to host next year.

District 12: Mike

- There is a new service manual, if you don't have one at your meeting that means that the mailing address for your meeting is no longer active or the wrong person is getting your meetings mail. If you are unsure check it out with WSO.
- Have list of meetings that are no longer active. See Mike to be sure it is not yours.
- Went to So Cal WSO in Fullerton. Attended hot topic "what is a healthy meeting?" good information and have handout if you are interested.
- WSO assured Mike that they are working on a skit for D12 winning the Forum challenge.
- So Cal WSO Fullerton will be moving to Glendale, which is closer to us!!
- Upcoming events: SOS Fullerton Jan 15, 9-5. AFG Convention April 8-1- in Ontario

Alateen Coordinator: Irv

- Thank you for coming out to this meeting! You are the connection to the meetings and getting the word out!
- Stay tuned for more to come

Announcements:

- Ruby- VCAAC (gold flyer) sign ups for next year's committee. If you have any questions call Ruby or Cyndy P. First meeting Jan 9<sup>th</sup> (second Sunday of every month) at 2pm in Camarillo.
- Judy-Serenity by the Sea. April 15-17 info on web
- Cyndy- D12 writing workshop February 26<sup>th</sup>, 1-4 pm in Ventura- why you came to Al-Anon and why you stayed.
  - In scoop read "help wanted" section at your meetings.
  - Alateen meeting almost ready to go; all paperwork is in, just waiting for the ok! It will be on Thursday s 7:30-9 pm in Ventura
- Ronald-Wed 7:30 Alateen meeting struggling with low enrollment. Please put the word out to your meetings.

Old Business: See agenda

- Chair read response from WSO regarding "flyers". The response is posted in the scoop as well.

New Business:

- Elections
- Read bylaws Art IV sections 1-5 and Article V section 1
  - Institutions- Open
  - Public Information- Theresa
  - Round Robin- Open
  - Spanish Liaison- Alicia
  - Website- Kari
  - Secretary-Sheryl
  - Alateen Coordinator- Irv
  - Archives- SiSi
- Please take the remaining openings to your meetings

Closed with the declaration

Meeting Adjourned 8:41

Love in Service!

Kari

Secretary





Hi There,

I am the AI-Anon Information Services Chair for Ventura County (intergroup), and I was approached by member re: literature. Do you know if there is a piece of literature that discusses "AI-Anon's Bill of Rights?" I know we have a hard time tracking that all meetings use conference approved literature since there are other publications such as the forum, scoop, and AI-anon Faces Alcoholism out there. In the service manual and a pamphlet discusses using conference approved literature. Does the autonomy of the group override the decision to have non conference approved literature or does the service manual override that? Would you suggest the person find out where the literature is from, then discuss what conference approved literature is at the next business meeting and why it is so essential on keeping AI-Anon from being diluted with other 12 step programs or outside therapies?

Thank you for your time,  
Lalena

---

Dear Lalena,

Greetings from your World Service Office. Thanks for your questions regarding a piece of Conference Approved Literature called "AI-Anon's Bill of Rights," and the use of Conference Approved Literature at meetings. Please excuse my delay in writing, as I was out of town on business.

It is hard to determine the origins of the handout you refer to without seeing it, but we have nothing in our literature that is labeled by this name. Back in the 1980s, there was a personal story by Dottie Mc. from Missouri in *The Forum* titled "My Bill of Rights." It began, "When I came into the AI-Anon program I had a very clear-cut idea of what my rights and responsibilities were."

But there is also a piece, often titled "Personal Bill of Rights," that has floated around recovery circles for years. It is a long numbered list. It seems more likely that this is the piece you are referring to. This is not Conference Approved Literature.

You also asked if the autonomy of the group overrides the World Service Conference's decision since our very first Conferences in the early 1960s to use Conference Approved Literature exclusively at meetings. Tradition Four includes an exception to each group being autonomous—it states "except in matters affecting another group or AI-Anon or AA as a whole." The exclusive use of CAL in AI-Anon meetings supports many of our Traditions, including Tradition One: "Our common welfare should come first; personal progress for the greatest number depends upon unity."

Our policies are interpretations of our basic spiritual guides, the Twelve Traditions and Twelve Concepts. The "Digest of AI-Anon and Alateen Policies" section of the *Service Manual* is intended to help members follow these guides. Although it is not a "rule book," it does reflect the wisdom and guidance of our largest representative group conscience. We all still remain "obedient to the unenforceable."

It states the following on page 92 of the *2006-2009 AI-Anon/Alateen Service Manual*:

To keep AI-Anon's message in focus, it is suggested that only AI-Anon /Alateen Conference Approved Literature and AI-Anon/Alateen service tools be displayed, distributed, and used at AI-Anon and Alateen meetings, conferences and conventions. These items reflect an informed group conscience.

This year's World Service Conference voted unanimously to clarify that wording. In the next edition of the *Manual*, it will read as follows:

To keep Al-Anon's message in focus and encourage unity, only Al-Anon/Alateen Conference Approved Literature (CAL) and Al-Anon/Alateen service tools are displayed, distributed, and used at Al-Anon and Alateen meetings, including meetings at conferences and conventions. These items reflect the informed group conscience of the Al-Anon Family Groups as expressed by its World Service Conference since 1961.

While the new wording does not change the policy, it recognizes how the fellowship's acceptance of Conference Approved Literature has grown since 1961, when the idea of CAL was approved at Al-Anon's first Conference. Our Al-Anon Membership Surveys have shown in recent years that 98 percent of Al-Anon groups use only Al-Anon Conference Approved Literature. This year's Conference agreed that the wording in the "Digest" should reflect the current situation, neither as a plea nor a demand, but as a statement of fact.

Please allow me to give you some historical perspective as to why this is our policy.

Conference Approved Literature came about from discussions held in 1961 at Al-Anon's very first World Service Conference. At the time, we had very little material of our own. Many local groups and service structures were writing and distributing their own literature, which varied widely in quality and content. Other groups were using more and more outside literature, much of which did not reflect Al-Anon philosophy. These pieces were sometimes religious in tone, or one person's opinion of what to do to "fix" the alcoholic. As a result, great disparity existed from meeting to meeting.

At that first Conference, our cofounder, Lois W., described why she felt we needed a process for Conference approval:

You see, this whole idea of the Conference is to continue Al-Anon into the future, in usefulness and in unity. The matter of unity is why we should have Conference Approved Literature, so that sometime one part of the country doesn't get a particular slant and go off on its own way while another section goes another way—all under the name of Al-Anon.

The first few Conferences developed a process to give conceptual approval for the development of Al-Anon literature that would be an accurate reflection of our program, and it was the will of the Conference to recommend exclusive use of CAL in Al-Anon meetings.

Al-Anon is a fellowship composed of people from incredibly diverse backgrounds. Imagine the conflict that could result within a group if even a few members were each to champion a different piece of outside literature.

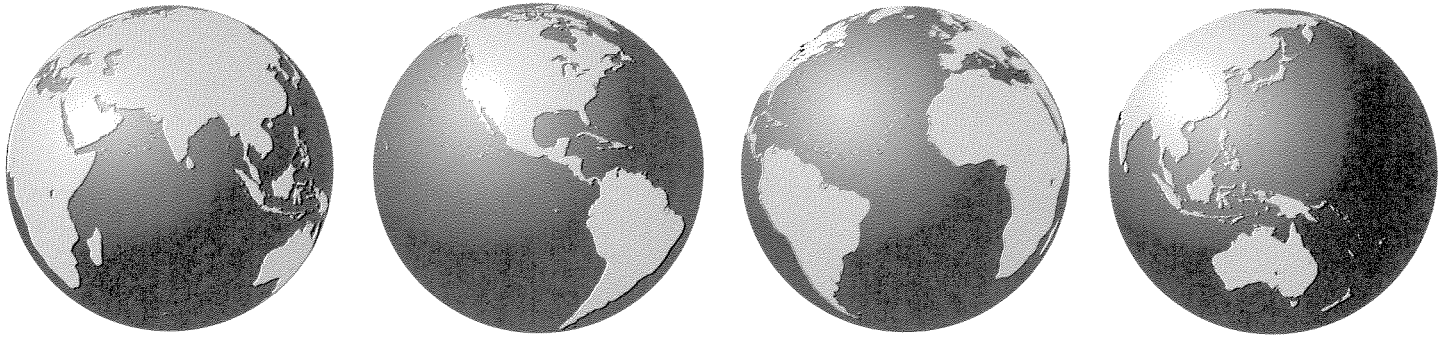
Al-Anon takes no stand of approval or disapproval of any outside material, and as part of their personal recovery, Al-Anon members are always free to read any materials they choose outside of an Al-Anon meeting. Using only Conference Approved Literature at meetings keeps the focus of the meeting on the Al-Anon approach. Our meeting time is too limited and precious to devote to outside views and opinions.

Thank you again for taking time to share your questions with us. I hope this information is helpful. For further information, please read our free pamphlet, *Why Conference Approved Literature* (P-35). Best wishes for continued peace and serenity in the Al-Anon program.

Yours in Service,

Tom, WSO

# CELEBRATING



# WORLDWIDE UNITY

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Al-Anon Family Groups

## **Save the Date!**

### **2013 Al-Anon**

### **International Convention**

July 5-7, 2013

**Vancouver, British Columbia, Canada**

Registration and housing information will be  
available in the fall of 2012.

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Please note: There is a possibility that the World Service Office  
will hold a Day of Service in Vancouver on July 4th  
before the Convention begins on the 5th.

SERENITY BY THE SEA  
2011



DISCOVER THE TREASURE!

⇒⇒⇒ You Can Help!!! ⇐⇐⇐

Sponsor a Marathon Meeting at this year's

**Serenity by the Sea!**

**April 15-17, 2011**

at the Oxnard Performing Arts Center

This year's theme is

**Begin Anew for YOU!**

***LEADING A MARATHON  
MEETING IS A BREEZE!***

*All leaders will be given:*

- *Meeting topic*
- *Suggested step-by-step format*
  - *CAL related to the topic*
  - *Stickers for all who share*

**AND**

*a special thank you created just for YOU!*

Are you willing to be of service? ***Carry the message***  
to the newcomer looking for hope!

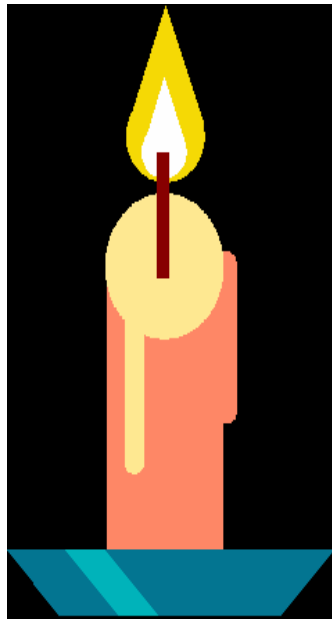
Call Mychele or **Donna** and pick a time and topic – it's that easy!  
Only 14 Meetings left and going fast!

Mychele D, Chair,  
Donna, Co-Chair,

[mycheledee@aol.com](mailto:mycheledee@aol.com)  
[donnaknd@hotmail.com](mailto:donnaknd@hotmail.com)

Thank you for letting us be of Service!

SIMI VALLEY 7PM  
FRIDAY NIGHT  
CANDLE LIGHT  
MEETING



OUR LIGHT IS  
WE NEED  
PLEASE COME  
YOUR EXPERINCE, STRENGTH AND HOPE  
TO KEEP OUR MEETING GOING!!

GOING OUT.....  
SUPPORT

AND SHARE

# What's going on in our District 12?

Go to the Writing Workshop on February the 26<sup>th</sup>. District 12 has been working hard in bringing you this workshop. We do have a wonderful speaker Jayme C. our chair from SCWS! And of course a play to entertain you! So please join us and bring your experience strength and hope and a pencil. Actually we will provide the writing utensils and paper.

At our last District meeting we skimmed thru the new Al-Anon Alateen service manual and enjoyed the new changes and I hope your meetings are enjoying them as well. Take note the larger font size on the Steps, Traditions, and Concepts. Also added *Understanding Alcoholism*, *Understanding Ourselves*, and the *Three Obstacles to Success in Al-Anon!*

The SOS TEAM event down in Fullerton was spectacular! Four people from the WSO came and shared their story and educated us about the difference of WSO the organization and Al-Anon Family Groups the fellowship. The bottom line is that these people that serve us at the WSO are keeping the best interest of the fellowship. Also keep in mind that these are Al-Anon members serving at WSO level and not being paid to do this. Thanks for being of service to the Al-Anon Family Groups.

Coming up in the near future will be our prize for winning the Forum subscription challenge. I have inside information that the SCWS board is working on something special. I can hardly wait!

Thanks for letting me be of service

Let Go and Let God

Mike M.  
District Representative of District 12



## Ask-It-Basket [From November 2010 District 12 Meeting]

### Question 1 What is required to start a new meeting?

“Any two or more relatives or friends of alcoholics who meet to solve their common problems may call themselves an Al-Anon group, provided they have no other affiliation as a group.” From Service manual 2006-2009 page 31 under “How to Start a Group”

### Question 2 Who pays for the GR’s Manual? The GR or their meeting? And what happens when the GR’s term is up?

“Group Representative” *“familiarizes themselves with the current copy of the Al-Anon/ Alateen Service Manual and encourages its use among group members”* Service manual 2006-2009 page 44

“The GR attends the Assembly, bringing this Handbook.” Service Manual 2006-2009 page 133 under “When the GR Has Been Elected”

“Each group provides its GR with sufficient funds to fulfill the GR duties including participation in the Assembly.” Service manual 2006-2009 top of page 134

From this I hope a meeting can decide in an informed group conscience of what to do in buying a service manual for their GR. What to do when the GR’s term is up? Whether to pass it on to the new GR or buy another service manual.



## NEW ALATEEN MEETING

Ventura Thursday Night 7:30 to 9:00 pm  
Office upstairs "Mind Over Math"  
2350 E. Main St.  
Ventura, CA 93001  
Ages 12-20

For more info call Jerry "Bear" W. or Helen Z.



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

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

**February 26, 2011:** District 12 Writing Workshop, 1 p.m. to 4 p.m., Trinity Lutheran Church, 196 N. Ashwood Ave., Ventura. \$5 suggested donation. Contact Cyndy P. at [twotrees53@hotmail.com](mailto:twotrees53@hotmail.com)

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

**March 17, 2011:** Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

**April 8 - 10, 2011:** 35<sup>th</sup> Annual Southern California Al-Anon Family Groups Convention (AFG) Doubletree Hotel Ontario Airport 222 North Vineyard Avenue, Ontario [www.afgconvention.org](http://www.afgconvention.org)

**April 15 - 17, 2011:** 26<sup>th</sup> 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](http://www.venturacountyaroundup.org)

**April 21, 2011:** Ventura County Intergroup General Meeting, 7:30 p.m., First Baptist Church, 1501 Temple Avenue, Camarillo

**September 2 - 4, 2011:** Ventura County AA Convention with Al-Anon and Alateen Participation. Westlake Hyatt, Westlake. Click here for website. <http://www.vcaac.org/>

### SAVE THE DATE

**July 5 – 7, 2013:** Al-Anon International Convention, Vancouver, British Columbia, Canada. Registration and housing information available in fall of 2012. See flyer insert.

## HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

### April 2011

Emma B – '04 (7 yrs)  
Monica H – '03 (8 yrs)  
Taylor W – '96 (15 yrs)

## Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

### March 2011

Belia – '97 (14 yrs)  
Bev – '00 (11 yrs)  
Grace F. – '03 (7 yrs)  
Ila Jean '89 (22 yrs)  
Jan L. – '88 (23 yrs)  
Joy J. – '95 (16 yrs)  
Judy R. – '03 (8 yrs)  
Lavana O. – '98 (13 yrs)  
Linda A. – '75 (36 yrs)  
Linda M. – '04 (7 yrs)  
Linda O. – '00 (11 yrs)  
Lisa B – '99 (12 yrs)  
Lourdes – '02 (9 yrs)  
Martha A. '95 – (16 yrs)  
Nancy V. – '99 (12 yrs)  
Stephanie P. – '05 (6 yrs)  
Ron K. – '89 (22 yrs)  
Daniel O. – '91 (20 yrs)

### April 2011

Bob – '86 (25 yrs)  
Cecil B. – '88 (23 yrs)  
Cheri O. – '92 (9 yrs)  
Debbie – '93 (8 yrs)  
Dolores W. – '60 (51 yrs)  
Gloria C. '02 (9 yrs)  
Kay D. – '76 (35 yrs)  
Linda R. – '03 (8 yrs)  
Mary I. – '01 (10 yrs)  
Marlene – '86 (25 yrs)  
Nitta S. – '85 (26 yrs)  
Rick S. – '96 (15 yrs)  
Shirley. – '79 (32 yrs)  
Tony R. – '94 (17 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.  
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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.*

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