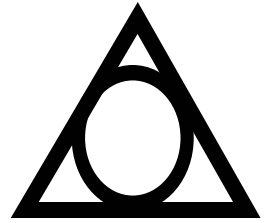


# Ventura County Al-Anon

# Intergroup Scoop

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

## May/June 2011 Edition



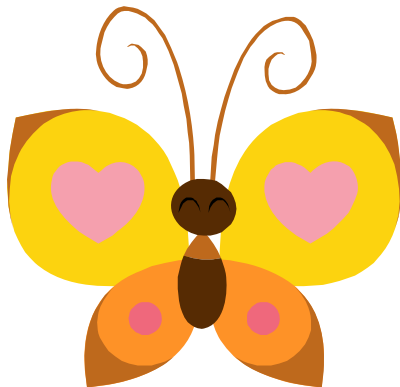
### A Message from Your Service Board Chair

Hello Al-Anon Family:

Gossip, gossip, gossip! It seems to prevail everywhere in my life. It is hard not to join in when I'm not liking the person that day. Sometimes though I realize that gossip isn't when I'm trying to reason out how to behave with that person in a different way. If the purpose is to be a better person rather than assassinating the person's character than that is okay. I'm still a work in progress. How does this scoop topic always have to do with what I'm dealing with most at the given time? My HP is amazing. I love you all,

I love you all,

Laleña



### Contents

<b>A Message from the Chair . . . . .</b>	<b>Page 1</b>
<b>Experience, Strength &amp; Hope (on topic of Gossip)</b>	<b>Page 2-4</b>
<b>What's going on in our District 12? . . . . .</b>	<b>Page 5</b>
<b>Calendar of Events ("Get in the Car!") . . . . .</b>	<b>Page 6</b>
<b>Speaker List . . . . .</b>	<b>Page 7</b>
<b>Minutes of the AIS General Meeting . . . . .</b>	<b>Insert</b>
<b>Group Contribution Form . . . . .</b>	<b>Insert</b>
<b>Group Registration Form . . . . .</b>	<b>Insert</b>
<b>Southern California AA Convention Flyer</b>	<b>Insert</b>



### Your 2011 Service Board

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

# Experience, Strength & Hope

## Scoop topic of "GOSSIP"

Before Al-Anon I am afraid that I have to admit that gossip was a part of my life and my personality. Guess I didn't really think much about it. I mean, what are you going to talk about if it isn't some good gossip right? The old me didn't give much thought to the accuracy of the content or the hurt that it could cause someone. I guess I naively figured it wouldn't go past the person I was gossiping TO! So for the past....gee....nearly four years now....I have been learning and living the Al-anon program. It was a slow start, but my world now includes very few people who are not in program. I was jolted into the reality of how far I have come when I attended a "reunion lunch" with about 10 women from Buena High School. I sat quietly while the conversation went from bragging, to complaining, to gossiping. It felt SO foreign to me and it made me feel dirty. I just kept thinking how different the lunch would have been if I had been sitting there with my Al-Anons! I left there realizing that gossip really does not have a place in my life anymore and I really don't care to be around it. We are all in this together.....doing the best that we can. My recovery is slow but at least I am moving in the right direction. I'm not perfect but at least I know when I am not being kind, loving and supportive of another.

After all, we do love each other in a very special way and I strive to remember that always!

A VERY grateful Al-anon  
Terry B



The topic of gossip seems like a scary topic to share on but I think it is an important topic to share on so here I go....

I grew up in a family where gossip was happening all the time. Our family was one that we talked more about others than ourselves. We would call each other and tell our side of a story and add a little extra stuff to make it more juicy. By the time it got around the truth was not what was being shared it was all about pointing the finger at someone else and their character defects. It was like we needed to know what was going on with each other and yet we never just went straight to

the person and talked to them. I can remember a day when I got a call from my Dad and he started asking me how my sister was and I said " I think she is okay maybe you should call her and ask her". That was contrary action for me because in the past I would on and on about all the things I had heard from my other family members. THE DRAMA.... I think it was because there were so many secrets and no one trusted anyone to tell the truth. The decease was never talked about just the drama.

Program gave me the opportunity to hear people's truth and finally I became willing to let you all know my dirty little secrets too. It still amazes me how the truth set me free from the shame and the guilt I had carried for so long. Being apart of Ala-non gave me my voice back. I have learned to share with out mentioning names. This gave me the chance to see that it was not about them and what they were doing it was more about how I was reacting to them that was important.

I realized that if I wanted to be apart of it meant I needed to be accountable for my actions as well as my words. I have made my mistakes in program by focusing on what others are doing and not doing. I can still give my two cents about how I feel but I know that gossip will not make me a safe person to confide in and I want to be a trusted servant so I try to be aware if I am gossiping or just reasoning things out with another Al-Anon member.

I wish I could say that I do this NOT GOSSIPING thing perfectly but I can't. What I can say is that today I know that gossip is just me being nosey. Today I try to leave the names out to protect myself and others form the hurtfulness of gossip.

I Love you all in a very special way.

Love Si-Si



**Al-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**



# Experience, Strength & Hope

Gossip! What a great topic for discussion. Why is gossip considered one of the “three obstacles to success in Al Anon?” Aside from what is obviously wrong about gossip, that it can obstruct our goals as members of Al Anon seems more serious. To gossip about someone involves bringing up matters of a personal nature, which is like forgetting that anonymity is “the spiritual foundation of all our traditions.” Whether such remarks are true or not runs contrary to the spirit of Tradition 12 “ever reminding us to place principles above personalities.” Thinking it over, I begin to see the wisdom of looking beyond the shallow nature of personality. I short change myself and others when zooming in on the superficial, in effect denying my higher power. I begin to realize how gossip can have no part of the program.

Irv H, Alateen Coordinator



Gossip is something that used to be easy for me to become entangled with. I used to join in when people were talking about others. I think it's because I wanted to feel valuable and important.... like I had information that no one else had and I could contribute to the conversation. Today I know that talking about someone else does not make me valuable or important...I believe that in my taking over the responsibilities of the alcoholic and cleaning up his messes, and pointing out his problems to him and to others, that I have a false sense of being in command. When my focus is on others and what they are doing or not doing, I am not doing my higher powers will. My job is me. I can allow alcoholism to change me in a negative or positive way. I can choose gossip and criticism or I can choose to learn about the disease and how it has affected me. Then I can choose to keep that focus on me and my growth in the program. Only in this way can I be the person I want to be.

Maybe I can even be an example to others.....

Bridget M.

Gossip is talking about others, usually in a negative way. This is a character defect of mine. I would rather complain about you to someone else than to try to talk to you about it. Plus if I can bring someone else on my side to agree with what I am ranting and raving about, then that somehow justifies what I am doing. This is a character defect of mine that I have prayed God to remove. God didn't exactly remove it rather showed me in great pain how by gossiping hurts others and how other peoples gossip hurts me. Not that I don't ever gossip anymore but that it is much harder to do.

This is what I keep in mind when tempted to gossip with others. When someone is gossiping about an individual with me it paints a negative picture of that person. So if I ever come in contact with that person I will have a negative view of that person. It is in fact a distortion of reality. My mind has already been distorted and that only causes pain for all including myself. So why would I want to paint an ugly picture of someone else. It has never made me feel good in the long run.

I would rather face the person I am troubled with and work through it. Most of the time I find it is something within me that I am not OK with. Once this is remedied I am no longer troubled with that person. If that does not work than I pray for that person. If that does not work than it is usually something I am not saying to this person. Like with holding information and expecting that person to read my mind! Ha! How many times have I done that? Way too many times. I have grown in this program and gossiping no longer serves me.

Thank you God and Al-Anon.

Mike M.



# Experience, Strength & Hope

Before Al-Anon, I loved to gossip! It helped me to focus on others' lives thereby forgetting about my own, which was a mess. I was angry, hurt and embarrassed that I had married an alcoholic. Back then, the persons I loved to gossip about was my brother-in-law and his girlfriend. Since other family members did not "approve" of their relationship, I felt justified talking about the two of them and felt superior to them. Back then, I didn't know just how low my self-esteem was or how hurtful my comments were. Thankfully, a couple of years later I went to my first meeting. About five months into Al-Anon I received a note from my brother-in-law and his girlfriend, half of the note was a "thank-you for the Christmas gifts" for her kids and the other half was a note asking that I not include their names on any gifts because they did not like me. This was only one of many "ah-ha" moments I would come to have about my part.

Today, the slogan THINK comes to mind when I'm faced with gossip. Thoughtful, Honest, Intelligent, Necessary or Kind.

A few years ago, I worked in an office where everyone and I mean *everyone* gossiped. About each other, about their clients and about former \ co-workers. I found it very troublesome and refused to participate in spite of being the new gal in the office. This did not go over well and thanks to program I was okay with that. There were a couple of ways I chose to handle it. I walked away, I gave the wry smile, stayed in my cube or looked really busy. I am grateful to say that I no longer work there.

I'd like to say that after having been in Al-Anon all these years, that I'm immune but I'm not and that's okay too, because it's all about progress not perfection.

Sandy



Hi All: Gossip is a great topic. For me, like the rest of my program has been a slow process. I think in the disease and early in my recovery, gossip became a way of life. If I was talking about you-him-them, I could avoid looking at myself.

Being the receiver of gossip is very painful. Recently a friend repeated to me something that was said about me. It was totally untrue and felt very mean spirited. I called my sponsor and shared with her and her wise words were to pray for the person who said it. I did that, and the power of that unkindness was taken away.

I used to have a plaque on my wall at work that said "Don't gossip, don't listen to gossip, don't repeat gossip and don't do anything to be gossiped about". I try to follow that wisdom.

Love ya all,  
Judy D.



I just love GOSSIP! It's a subject I am getting to learn a lot about.

Before program I thought gossip was only something bad that was said about me. If it wasn't true and if I didn't care, then what's the harm! Well it may not have harmed me, but harm was done. I learned gossip was okay.

Today, what I know is, gossip is a way of trying to change another person's thoughts and perceptions of somebody else. I am just as guilty of gossip when I am talking about somebody that I don't understand. Program is teaching me that I can reason things out if somebody is bothering me, but I have no right to keep talking about them. Believe me it can be very hard sometimes. If I need to reason anything out, I can go to my Sponsor or to a trusted friend and then try and move on from it. Besides, why would I think I need to understand somebody else, anyway? I am just now beginning to understand why I do the stuff I do.

I am learning, however, that I want to do this thing called life in a kind and loving way and when I am in the middle of somebody else's business, by gossiping, then I am not being kind and loving any longer. Hopefully I am getting better at it, but I know it's going to take lots of practice on my part.

Love Ya  
Debbie

Ventura County AIS General Meeting  
Minutes  
February 17, 2011

Meeting called to order at 7:30 by Co-Chair Debbie McK  
Co-Chair started the meeting with the Serenity Prayer.  
Minutes read. Irv motioned to accept minutes, Julie 2<sup>nd</sup>. Passed.  
Introduced new ISR's and passed out job descriptions  
Julie read the Traditions. Dorothy read the Concepts and Warranties

7<sup>th</sup> Tradition

Reading of the bylaws: Cyndy started reading from Article 1 to Article III  
Kari read from Article III to Article IV  
Julie read from Article IV to Article V  
Shirley read from Article V to Article V section 4  
Irv read from Article V section to Article IX

Treasurers Report: Shirley

- There is a set expense written into the budget of \$3180.00 per year.
- The Board is working on a new budget for 2011
- Proposed budget is scheduled to be ready by next General board meeting

Chair: Lalena

- Debbie McK is filling in Lalena is nursing a "boo-boo".

Co-Chair: Debbie

- "Is here doing the best I can". No report "She said so".

Institutions: This is an open position lets try to fill this ☺!

- Lynn E volunteered to take the position YEAH!

Debbie - OOP's forgot the introductions.....let have them now

CPC: (Cooperating with the Professional Community): Julie

- Is setting up panels to explain to battered woman and people in need
- We do have a budget proposed for expenses

Archives: Si-Si

- No report Si-Si texted Lalena

Scoop: Bob

- Not many shares on the topic "ANGRY" maybe everyone is angry.
- Next Topic "Gossip" need shares by April 1<sup>st</sup>. Three to four paragraph no novels please
- 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: Theresa

- 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: Kari

- Having fun learning and updating site. We had 14 emails, 13 were ads 1 was asking about a meeting

## Round Robin: OPEN POSITION

- A fun position to get to know people around the county
- This is a fund raiser for meetings...1/2 of the monies collected stay with the meeting and the other ½ goes to Ventura AIS

## District 12: Mike was ill so Cyndy alternate reported

- District writing workshop is Feb 26<sup>th</sup> with a suggested \$5 donation.
- District 12 meeting 2<sup>nd</sup> Saturday in March...date March 12<sup>th</sup> .....

## Spanish Liaison: Alicia not in attendance

## Alateen Coordinator: Irv

- New meeting on Thursday in Ventura, see directory
- Finishing up on posters for school and coordinating with Julie (CPC)
- ISR's are the voice for Alateen meetings. It is important to get the message out to the young people
- If you have questions just call me

## Announcements:

- Ann Serenity by the Sea marathon meetings a great opportunity to share and very simple.
- Colleen & Bridgette for VCAAC Country Store is having a craft event March 17<sup>th</sup> at Bridgette's house
  - Have bags in the back for your meeting donations
- Bob WSO 2013 International Convention July 14<sup>th</sup> weekend. Put away your money now to attend.
- Shirley 2013 planning on a cruise to Alaska save your pennies

## Old Business: See agenda

- Round Robin is the only open position. STEP UP and try

## New Business:

- Request to put open or closed meeting on the directories
- Discussion on Open and Closed Al-Anon meetings
  - Who can attend meetings?
  - Cyndy stated college students or counselors usually have note pads for taking information
  - Debbie asked if there are any closed meetings, Ali stated not in the directories
  - Dena asked for a definition of open and closed meeting
  - Debbie stated suggest reading from page 11 of Service manual 2010-2013
  - Julie stated that there is a legend in the L.A. County directory for open or closed meetings
  - Matthew ask if this is mandatory or suggestion
  - Crystal stated that if it was a closed meeting when she first came in "She would have not felt like she belonged."
  - Alateen meetings who can attend.....
  - Helen stated the Alateens may have a group conscience to vote in visitors.
  - Cyndy stated that people who want to attend need to have permission from the Alateen Sponsor
  - Kari motion to take back to meetings for a vote per individual meetings
  - Julie ended stating GREAT TOPIC.....take this back to your meetings and bring back ideas.
- Please take the remaining openings to your meetings

Closed with the declaration

Meeting Adjourned 8:40

Love in Service!

Sheryl

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.

**60th**

**SOUTHERN CALIFORNIA AA CONVENTION**

**WITH AL-ANON PARTICIPATION**

Convention Information: [www.aasocal.com](http://www.aasocal.com)



**Come be a part of the host committee**  
**Service, Unity, Fellowship & Fun**  
**Planning Meetings for Al-Anon @ Alano Windsor Club**  
**123 W Windsor, Glendale, CA 91204**  
**Sundays 1:00-2:30 pm**  
**February 13, March 13, April 10, May 15 (Walk Through)**  
**June 5, July 10, August 14 and September 11**

**September 30th thru October 2nd 2011**

**Westin Mission Hills Resort & Spa**  
**Rancho Mirage, CA (Palm Springs Area)**

**Al-Anon Committee Questions: email [lisaturchan@msn.com](mailto:lisaturchan@msn.com)**

# What's going on in our District 12?

District 12 is busier than ever! We have more people involved and active in service. From our writing workshop in February to planning an AI-Anon 60<sup>th</sup> birthday celebration some time this year! I am so glad to be part of district and see so much participation from our members.

The Writing Workshop in February was a success. There are 23 submissions to be sent to the Forum. The workshop was on why we came to AI-Anon and why we stayed. Jayme from Southern California World Service was our wonderful speaker. It was great to hear her story and inspiring us to write. Thank you Jayme and all who made this workshop happen.

At our last district meeting we went through more of the new service manual and looked at the new changes and add material. Check out page 49 under Group Business. Group Business Meetings and Group Conscience have been separated and well defined. Since AI-Anon turns 60 years old this year; our meeting decided to put on an AI-Anon 60<sup>th</sup> year celebration later this year! We have started a committee and if you would be interested in partaking in planning this event let me know.

Our Public Outreach people are busy and working with AIS. Public Information went to the Health Fair at Moorpark College and put the word out that AI-Anon exists. Institutions will be attending the Hospital and Institutions Conference in April at Hyatt Valencia. Thanks for being of service.

The Southern California World Service Assembly in May will no longer be in Fullerton, because it is now in Glendale! SCWS has moved and I am looking forward to the new facility. The Hot Topics at the Assembly are; New Service Manual Changes, KBDM (Knowledge Based Decision Making) and Public Outreach. If any of these topics interest you please go you don't need to be a GR to participate!

Thanks for letting me be of service

Let Go and Let God

Mike M  
District Representative of District 12

## Southern California World Service Assembly NEW LOCATION

Saturday, May 21, 2010  
10 a.m. to 4 p.m.  
Glendale First United Methodist Church  
134 N. Kenwood St.  
Glendale, 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.



## **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!

**May 14, 2011:** District 12 Meeting.  
St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

**May 19, 2011:** Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

**May 21, 2011:** Southern California World Service Assembly, Glendale First United Methodist Church, 134 N. Kenwood St., Glendale, 10 a.m. to 4:00 p.m.

### 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*

**June 16, 2011:** Ventura County Intergroup General Meeting, 7:30 p.m., First Baptist Church, 1501 Temple Avenue, Camarillo

**July 9, 2011:** District 12 Meeting.  
St. Columba's Episcopal Church, 1251 Las Posas Road, Camarillo, 11 a.m. to 1 p.m.

**July 21, 2011:** Ventura County AIS Service Board meeting, First Baptist Church, 1601 Temple Avenue, Camarillo, 7 p.m. to 8:30 p.m.

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

**September 30 – October 2, 2011:** 60<sup>th</sup> Southern California AA Convention with Al-Anon Participation. Westin Mission Hills Resort & Spa, Rancho Mirage. Check out the website. <http://www.aasocal.com/>

SAVE THE DATE

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

## HAPPY BIRTHDAY!

♪♪♪ Dear Alateens ♪♪♪

### June 2011

Samee T. – '02 (9 yrs)

## Happy Birthday!

♪♪♪ Dear Al-Anons ♪♪♪

### May 2011

Adriane L. – '04 (7 yrs)  
Ana K. – '04 (7 yrs)  
Audrey – '80 (31 yrs)  
Bobbie – '01 (10 yrs)  
Brigitte P. – '87 (24 yrs)  
John L. – '97 (14 yrs)  
Marty B. – '96 (15 yrs)  
Nancy S. – '04 (7 yrs)  
Pamela – '03 (8 yrs)  
Stephanie M. – '92 (19 yrs)  
Teresa – '07 (4 yrs)

### June 2011

Annie D. – '97 (14 yrs)  
Barbara L. – '95 (16 yrs)  
Brandi R. – '96 (15 yrs)  
Cathy M. – '88 (23 yrs)  
Cheryl L. – '99 (12 yrs)  
Cyndy P. – '95 (16 yrs)  
Diana C. – '92 (19 yrs)  
Janet F. – '02 (9 yrs)  
Jo Anne K. – '82 (29 yrs)  
Judy C. – '95 (16 yrs)  
Julie H. – '92 (19 yrs)  
Kelly R. – '99 (12 yrs)  
Karen C. – '01 (10 yrs)  
Tim T. – '99 (12 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](mailto:hester72598@yahoo.com)**

Bob H. ~.~

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

**Next Scoop Topic is 3 A'S- AWARENESS, ACCEPTANCE & ACTION**

*How do you handle this in everyday life? How does program help?*

Please share on this topic.

The Deadline for the  
July/ August 2011 edition  
is **Friday, June 3, 2011.**

***PLEASE E-MAIL YOUR SHARINGS TO: [hester72598@yahoo.com](mailto:hester72598@yahoo.com)***

**WOULD YOU LIKE TO HAVE YOUR OWN COPY OF THE SCOOP?**

**Complete and mail the form below for your very own copy of the SCOOP mailed to your home.**

**Ventura County Intergroup Scoop**

Annual Subscription Rate: \$7.00 (6 Issues) [within USA]

**Name:**

\_\_\_\_\_

**Address:**

\_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

Make check or money order payable to: Ventura County Intergroup

Mail to: Intergroup Scoop Subscriptions, P.O Box 6754, Ventura, CA 93006-6754