

Letter from the Editor

Hello all! Welcome to the second issue of the Express for the year 2000. I hope that all of you are enjoying your summer. Summer is probably my favorite season, plenty of sunshine, lots of time with family and friends, and plenty of good food.

We have added a new feature to the Express this issue. Each issue, we will try to print a photo from a District that makes up Al-Anon and Alateen throughout Northern California. This issue's photo includes part of 21 (Milpitas and Santa Clara). If you look carefully, you can see the Crowne Plaza Hotel, the site of this year's NoCAC.

We are constantly looking for photographs of each district. So if you would like a photograph of your district printed up in the Express, please send us either a digital picture via our email address: nocalatateen@yahoo.com or mail us a picture addressed to Northern California Alateen, P.O. Box 110366, Campbell, CA 95011. Please note that mailed pictures **cannot** be returned.

John C., Santa Clara

The Express 2000! Send Us Your Stuff!

We are always looking for input from fellow Alateens, so if you want to share your experience, strength, and hope PLEASE send us material for publication. Of course, we publish only with first name and last initial, and city of residence. Please understand that we cannot guarantee that we will be able to publish all material and that the material may be edited.

Finally, we are interested in feedback about the format and content of the Express, so if you have any suggestions please let us know.

Assembly 2000

This year's assembly is located in Rancho Cordova on September 8, 9, and 10. The registration cost is \$15 and is due by August 25, 2000. You can access additional information and the registration form on the NCWSA

website under the Calendar. The NCWSA website is: <http://www.ncwsa.org/cal-900.html>

Taz's Twist

Hello all!! First off let me say that things have been busy over the last couple months on the Alateen front. I have been to three different sponsors' workshops/trainings since February. It is so good to see that there are more people wanting to be Alateen sponsors, now we just need to get the teens to the meetings. With summer, comes play time, and who really wants to be in a meeting when the weather is nice and the beach is calling your name?? Well summer is when Alateen meetings have had to close, due to lack of participation.

Just a reminder, to prevent Alateen in Northern California from slowly disappearing, it is up to the current sponsors and teens to carry the message!! A note to coordinators: please watch for flyers about a Northern CA Alateen Coordinators meeting. We want to be able to meet with as many district coordinators as we can, of course it will be open to anyone who wants to attend, but geared for coordinators.

Love in Service,

Jennifer F., San Jose

*Please call Jennifer or John if you have any questions:
Jennifer F. (408) 951-9216 and John C. (408) 243-5368*

CALENDAR OF EVENTS

September 8, 9, & 10: Northern California Assembly. For info see NCWSA website: <http://www.ncwsa.org/cal-900.html>

October: NoCAC's Last Chance Dance. For Info call Christy (510) 471 - 9756.

November 24, 25, & 26: Northern California Alateen Convention, at Crowne Plaza Hotel in Milpitas. For Info call Christy (510) 471 - 9756.

NoCAC Talks

Howdy all...

Just a little note from Shanna and Dale, your NoCAC sponsors, to let you all know a little about what's happening in the NoCAC world. After an uncharacteristically slow start, the planning now seems to be coming together. We have found a great hotel. We will be returning to Milpitas this year to stay at the Crowne Plaza Hotel, previously the Holiday Inn we stayed at in 98. The dates will be November 24th, 25th and 26th, 2000. The starting prices are as follows, \$135.00 for Alateen/Al-Anon quads, and \$162.00 for Al-Anon doubles.

Hope to see you guys soon, if you have any questions, please feel free to call either of us.

Love in Service,

Shanna G. & Dale W.

NoCAC 2000 Committee!

Chair	Christy H.	510-471-9756
Co-Chair	Travis A.	925-447-6461
Treasurer	Augie S.	925-855-4628
Girl's Reg.	Katie E.	707-778-0614
Boy's Reg.	Mikee G.	510-742-5363
Record/Corresponding Secretary	Megan M.	
Gopher	Jessica P.	925-803-1065
Activities/Programs	Matt F.	415-280-7296
Hospitality	Joel H.	408-262-4342
Scholarships	Lisa Mc.	
T-Shirts/Key chains/ Buttons	Marrow H.	530-277-0740
Slideshow	Tony S.	707-778-1003
Head Sweeper	Dustin R.	510-441-7929
Sponsor	Shanna G.	510-594-9882
Co-Sponsor	Dale W.	510-494-8564

12 Steps, a Sponsor, and a Higher Power

It's a funny thing about this program: it doesn't work by itself. Another funny thing: you can't do it alone.

When I was in school, I always hated it when the teacher would put us into groups to work on a project together. I thought that I was smarter or a faster worker and that the other people would make me look bad or slow me down. I would think, "I can do this better by myself." I brought that same attitude into the program with me. I always heard in meetings that I should find a personal sponsor to work the steps with. Well, I was certain that I could do the

steps fine on my own, thank you very much, and I could finish them faster without another person around to slow me down.

So this is what I discovered. I was scared to do the steps by myself. Once I did start to do the work, I got stuck with no one around to guide me, so I just gave up. I kept going to meetings and listening to other people. I was jealous of the people who talked about all the great things happening in their lives, just because they were working the steps. People in meetings would ask me if I had found a sponsor yet and I always replied, "I just haven't found the right person to ask yet."

Finally one day, things got really bad. I couldn't stand to be at work because nothing was going right. I didn't want to go home because I knew there would be arguments about the dirty dishes, the dirty laundry, the dirty birdcages. I decided that I needed to go somewhere quiet where no one would bother me.

I wound up in an historic church. It was very quiet and no one was around to bother me. It was then that I worked the first three steps for the first time. Oh, what relief I felt when I said those steps to myself. It was like a giant weight had been lifted from my heart. I realized then that I could not do this program on my own. I knew then that I needed to ask for help from my higher power and a sponsor.

I was still scared to ask someone to help me, though. However, just knowing that that wonderful feeling I had had wouldn't last unless I began to work the program was enough to give me courage. So I emailed an old friend, who's program I admired, and told him about my experience in the old church and asked him to be my sponsor.

So, now I am working the steps with my sponsor. I'm on #4, and it's taking longer than I would have hoped, but that's ok. My sponsor is a great friend. I can talk to him about anything and know that he will keep everything in confidence. He encourages me in everything I do, and still tells me he loves me, even when I screw up. Because I am now working the steps with a sponsor and my higher power, I feel like my life is becoming more manageable every day.

So here is my challenge to you. Do you want to work the steps? Do you have a sponsor? This program will set you free, but you have to do the footwork and you can't do it alone. Find a sponsor, even if it's just a temporary one. A sponsor will get you started in the right direction and keep you on track. Don't be afraid to ask someone. Even if the first person says "no," there will be someone else

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who will say “yes.” Remember, it doesn’t work itself and you can’t do it alone.
-Caren W., Fremont.

District 21, Home of NoCAC 2000

The above photo encompasses much of the city of Milpitas, part of District 21. At the center of the photo is the Crowne Plaza Hotel, the site of NoCAC 2000 and past site of NoCAC 1998.

You may not have known this, but there are 27 Al-Anon/Alateen Districts in Northern California. Presently, there are over 750 Al-Anon/Alateen meetings a week, in over 220 cities. Our goal is to get pictures from as many districts as possible published in the Express. We may not all be able to visit an Alateen meeting in each district in

Northern California, but if Alateens send in pictures and sharings from each district we can continue to get to know each other.

New Express Header Wanted

We are planning on introducing a new Header for the Alateen Express. We’d like this new header to convey a sense of the Alateen fellowship, our program of recovery and a look that represents the new Century. So please start thinking of ideas and send them to us either at our email address or our Post Office Box. Thanks!

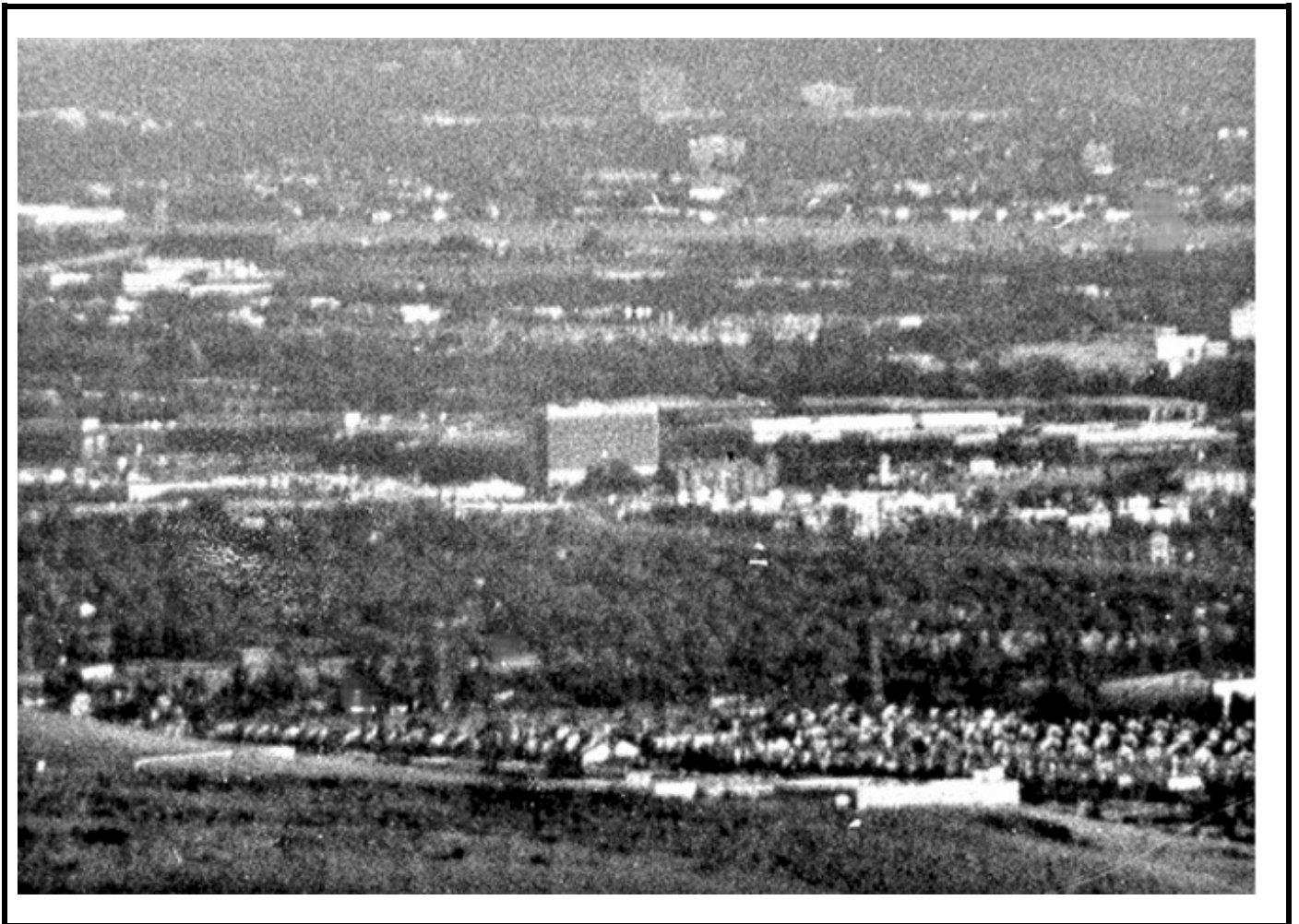
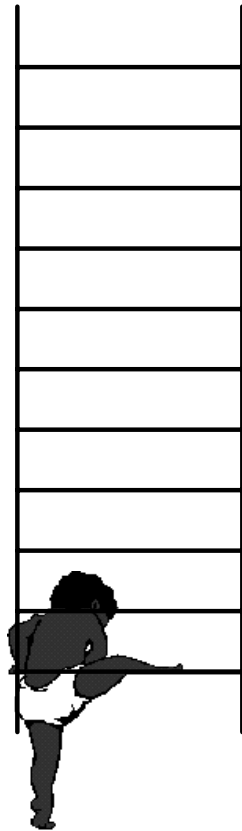


Photo courtesy of Joel H., Milpitas. July 2000

NoCAC 2000



ONLY 11 MORE TO GO!

November 24, 25 & 26, 2000
Crown Plaza
Milpitas, California

NoCAC Guidelines

Here at NoCAC, we can let our feelings flow: maybe you'll give a cheer, a laugh, or even a warm hug-just be yourself! We wish to present you with a beautiful, loving weekend. Show care for one another and the weekend will be the best. The following guidelines are based on the Twelve Steps and Traditions adapted for Alateen/Al-Anon Family Groups.

1. The minimum age required for attending NoCAC is twelve (12) years.
2. All Alateen functions will be held in one area of the hotel. **All other areas are off limits**, except where specified
3. Under no circumstances are Alateens or Sponsors permitted to leave the designated hotel area during the conference. In case of an emergency, notify a NoCAC Committee member.
4. Absolutely no entry to the giftshop area allowed, with the exception of Easy Does It Time.
5. **For the benefit of everyone attending the conference, you will be expected to attend all Alateen functions. This includes meetings, workshops, the banquet, dance, and the talent show.**
6. Radios and tape players will only be allowed in rooms--and at a reasonable volume. They will not be allowed in the hallways or in the lobbies.
7. Appropriate dress will be left up to your own good taste. There will be a banquet and a dance. **The banquet is a dress up occasion.**
8. **Possession of drugs or alcohol is STRICTLY FORBIDDEN.**
9. All Alateens must check with their Sponsors and be in their rooms by 1:00 A.M. Absolutely No Exceptions.
10. No boys in girls rooms and no girls in boys rooms. Sponsors included.
11. Absolutely no changing of assigned rooms.
12. Under no circumstances is anyone allowed to place outside calls from their rooms.
13. Nobody may damage or deface hotel property. You will be held financially responsible for all repairs.
14. The Hospitality Room is for everyone to enjoy. Please treat it with respect.
15. Sponsors will be assigned to Alateens to uphold guidelines of the Conference. Sponsors should be respected at all times. Sponsors are also expected to observe all NoCAC guidelines.
16. Anyone who deems it necessary to break or offend these guidelines will be asked to leave the conference at **their own expense.**
17. Absolutely no smoking outside designated areas.
18. **NO LEWD CRUDE BEHAVIOR**

Alateen Registration Form

(Please Print)

Name: _____ Age: _____ Sex: M F {Circle One}

Address: _____

City: _____ State: _____ Zip: _____ Phone: () _____

Name of Group/City: _____ Smoker : No ____ Yes ____

Vegetarian? Yes ____ No: ____

I hereby grant permission for _____ to travel to and take part in NoCAC 2000 to be held at the Crown Plaza Hotel – Milpitas, Ca on November 24, 25 and 26, 2000. The undersigned agrees to hold NoCAC, Alateen and Alanon Family Groups harmless from any injury, loss or damage of any nature whatsoever, including but not limited to the body or any property, and the undersigned agrees to assume full responsibility for such loss, injury or damage.

If for any reason it becomes necessary for your child to leave the conference before the completion of the conference, you agree to assume full responsibility.

Parent or Legal Guardian Signature

Having read the behavior guidelines for NoCAC 2000, I understand and will abide by them. I AM RESPONSIBLE.

Alateen's Signature

COMPLETING REGISTRATION:

Registration is complete by sending in this form, the Authorization For Consent To Treat a Minor and a cashiers check or money for **\$135.00** if postmarked two weeks before the date of the Last Chance Dance. If postmarked after this time, or delivered at the Last Chance Dance, the cost will be **\$140.00. NO CASH OR PERSONAL CHECKS.** Please make sure all lines on the forms are signed. Please make Cashiers check or Money Order Payable to **NoCAC**. Because of hotel requirements, no registration will be accepted after the Last Chance Dance, which is tentatively scheduled for October 21, 2000.

Send Registration To:

Girls:
Katie E.
PO Box 3733
Livermore, CA. 94551-3733

Boys:
Mike-e G.
PO Box 3733
Livermore, CA 94551-3733

IF YOU DESIGNATE NON-SMOKER YOU WILL NOT BE ABLE TO SMOKE IN YOUR ROOM

YOU MUST HAVE PROOF OF PAYMENT OR YOUR CONFIRMATION CARD TO PARTICAPTE IN NoCAC. NO EXCEPTIONS WILL BE MADE .

AUTHORIZATION AND CONSENT TO TREATMENT OF A MINOR

Please Mail In With Registration

Complete This Form-Regardless of Age

(Please Print)

In case of an emergency, (I), (We), the undersigned parents (guardians) of

_____, a minor, do hereby authorize NoCAC as agent for the undersigned to consent to any x-ray, examination, anaesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is tendered under the general and special supervision of any physician and surgeon licensed under the Medical Practice Act, whether such diagnosis of treatment is rendered at the office of said physician or at a hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care that might be required and is given to provide authority and power to the aforementioned physician in the exercise of his best judgment that may be deemed advisable.

This authorization is pursuant to the provisions of the Civil Code of the State of California.

This authorization shall remain in effect from November 24, 2000 through November 26, 2000, unless revoked sooner in writing and delivered to said agent.



Signatures:

Date: _____

Mother: _____ Father: _____

Legal Guardian: _____

Emergency Phone Number(s): _____

Social Security Number: _____

____ Please initial here if the NoCAC Committee may have permission to dispense aspirin of aspirin-free products.

Please list any allergies: _____
(Include medicines such as penicillin, local anesthetics, aspirin, sulpha drugs or sedatives)

Please list any medication currently being taken:



Medical Insurance Information:

Company: _____ Policy Number: _____

ANYONE USING ANY MEDICATION IS TO REPORT THIS INFORMATION TO THE NoCAC COMMITTEE UPON ARRIVAL AT THE CONFERENCE

AUTHORIZATION AND CONSENT TO TREATMENT OF A MINOR
To Be Carried While Traveling To And From NoCAC
Complete This Form-Regardless of Age

(Please Print)

In case of an emergency, (I), (We), the undersigned parents (guardians) of

_____, a minor, do hereby authorize NoCAC as agent for the undersigned to consent to any x-ray, examination, anaesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is tendered under the general and special supervision of any physician and surgeon licensed under the Medical Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or at a hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care that might be required and is given to provide authority and power to the aforementioned physician in the exercise of his best judgment that may be deemed advisable.

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Please list any medication currently being taken:



Medical Insurance Information:

Company: _____ Policy Number: _____

ANYONE USING ANY MEDICATION IS TO REPORT THIS INFORMATION TO THE NoCAC COMMITTEE UPON ARRIVAL AT THE CONFERENCE

Sponsor Registration Form

(Please Print)

Northern California Alateen Conference: November 24, 25 & 26, 2000

Name: _____ Gender: _____

Address: _____ City/State: _____

Zip: _____ Phone: _____ Smoker? Yes ___ No ___

Vegetarian? Yes ___ No ___

Do you sponsor a group? Yes ___ No ___ if NO, have you attended an Alateen conference before? Yes ___ No ___

Member of: Al-Anon AA Both {Please Circle}

If you have a preference, what age group would you like to sponsor?

12-13 14-15 16-17 18-up {Please Circle}

Registration must be in a cashiers check or money order for **\$135** for quad or **\$162.00** for double if postmarked by two weeks before the Last Chance Dance. If postmarked after this date it is **\$140** or **\$167.00**. **No cash or personal checks!!!** Please make sure all lines on the forms are signed. Please make Cashiers checks or Money Order payable to: **NoCAC**. Because of hotel requirements, no registration will be accepted after the Last Chance Dance, tentatively scheduled for Oct. 21, 2000.

Send Registration to:

Girls:

Katie E.

PO Box 3733

Livermore, CA 94551-3733

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Livermore, CA 94551-3733

**IF YOU DESIGNATE NON-SMOKER YOU WILL NOT BE ABLE TO
SMOKE IN YOUR ROOM.**

**YOU MUST HAVE PROOF OF PAYMENT OR YOUR CONFIRMATION
CARD TO PARTICIPATE IN NoCAC. NO EXCEPTIONS WILL BE
MADE IN REGISTRATION!!!**

SCHOLARSHIPS

Scholarships are to send Alateens to NoCAC who may not be able to pay their own way. This weekend is a time for Alateens to get to meet new people and enjoy the program outside their own group. It is a weekend of love, new friendships and growth. **No Alateen should miss this experience.**

TO OBTAIN A SCHOLATSHIP:

Please Write to:
Travis Averill
NoCAC Scholarships
PO BOX 3733
Livermore, CA 94551-3733

Please include your Name, Address and phone number

IF YOU WOULD LIKE TO DONATE:

Please write to:
Travis Averill
NoCAC Scholarships
PO BOX 3733

Livermore, CA 94551-3733

ENCLOSED IS THE AMOUNT OF \$ _____ TO BE DONATED TO THE
NoCAC SCHOLARSHIP FUND.

Thank you,

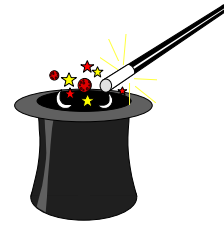
The 2000 NoCAC Committee



Sign up now for the

NoCAC 2000

TALENT SHOW
(No Talent Necessary)



*

Cut here and send with your registration if you want to be involved)

Your Name(s): _____ Phone No.: _____

Name of your act: _____ Props: _____

Length of act (in minutes) _____
(Please keep within 10 minutes, including set-up and breakdown)

.....

Cut here and send with your registration

T-Shirt Order Form

<u>Quantity</u>	<u>Size</u>	<u>Price Each</u>	<u>Total Price</u>
_____	Large		\$ _____
_____	X-Large		\$ _____
_____	XX-Large		\$ _____

I wish to purchase a total of _____ T-shirts and have enclosed \$ _____.
Please do not send cash, pay by cashier's check or money order.