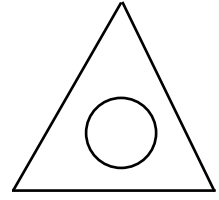


SCV AFG Intergroup Newsletter



<http://www.ncwsa.org/scvafg>

Santa Clara Valley Al-Anon Family Groups Intergroup Newsletter ~ March 2009

Sharing the Al-Anon Message in Northern California Prisons

The economic situation has affected the Department of Corrections here in California. Some of the 12-step groups that had been going in to the prisons were not permitted to go in due to lack of staffing. Al-Anon visits to some prisons have been put on hold until the economic situation gets better. In Santa Clara County we go in to the Elmwood Women's Facility, which is a county facility. We go in to the Regimented Correctional Program (RCP), which is a program for low risk inmates. It is an excellent program that provides classes on addiction, living skills, and the like and permits programs like Al-Anon, AA, and NA to be brought in to the inmates. Since it is a low risk program, several times I was the only outsider with fifty women in attendance and no guards present in the room.

When I delivered literature to Soledad State Prison, I spoke with the person who is in charge of 12-step programs. He thought that Al-Anon would be great for the exit level programs, but with the budget crunch, we have not yet been able to work anything out. I also delivered literature to the Solano State Prison, and I spoke with the Community Resource person at that prison. If we can find a group of Al-Anon members who are interested in starting a meeting at that prison, we may be able to begin holding an Al-Anon meeting there. We will need to fill out their application and obtain clearance.

Many thanks to the Al-Anon groups that have donated Al-Anon literature for the prisons. I have delivered Al-Anon literature to Friends Outside in Modesto and in Sonoma. This organization distributes literature to local jails and county jails.

The 38th Annual Hospital and Institution Conference with Al-Anon participation will be held in Galt, CA on May 29, 30, and 31, 2009. We need volunteers to help host this event. For information about this event and/or to volunteer for service at this event, please contact:

Louise M. (NCWSA Institutions Coordinator) at (408) 266-4200, Carol G. (event chair) at (916) 601-7995, or Denice E. (event co-chair) at (916) 601-7996.

Recently I delivered literature to the Valley State Prison for Women in Chowchilla and was invited to attend their 6th Annual Career Resource Day to be held on March 4, 2009. I accepted this invitation and participated in this Career Resource Day from 8:00 a.m. until 2:30 p.m. on March 4th. I had a wonderful experience of sharing the Al-Anon message at this prison. About 4000 women are housed at this prison—there are four prison yards, with about 1000 women in each yard. The supervisor in charge estimated that about 2500 women participated in this event (not all at once, but in small groups arriving throughout the day). I spoke individually to as many women as I could. Many women picked up Al-Anon literature that was available on a table. Again, thanks to all of the Al-Anon groups that have donated literature for work in institutions. The literature that I brought was distributed at this event, and I will need more literature in the coming months. There is interest in bringing Al-Anon meetings into the prisons in Soledad, Solano, and Chowchilla, and into the vocational institution in Tracy. **I NEED volunteers.** If you are interested, please contact me as soon as possible. I will need to get the ball rolling for the clearance process which includes your name, social security #, your driver's license #, and address. I hope this message will spur you on to do service in institutions. I plan to have workshops in various areas and I want to talk to each of you about how important this work is.

E-mail me at lkmore@earthlink.net.

Thanks.
Louise M., NCWSA Institutions Coordinator

Upcoming Events

**Stepping Together Toward Service
2009 Annual District 22 Event
Saturday, March 28, 2009
5:00 p.m. – 9:00 p.m.**

Joint Ventures Church
6581 Camden Avenue
San Jose, CA 95120
(Major cross street is the
Almaden Expressway.)

Special Slideshow Presentation
and Guest Speaker:
Art B., San Jose, CA
"Sponsorship and e-CAL"

Suggested donation at the door: \$5.00

Potluck dishes

Last names A – L: salad
Last names M – Z: dessert
Lasagna and garlic bread
provided by D22 groups

To donate gift cards and other
prizes, please contact
Avis E. (D22 Group Rep.)
at (408) 227-1000.

To volunteer to help with set up
and clean up, please contact
Cindy D. (D22 District Rep.)
at (408) 406-6472.

This event abides by the NCWSA
Requirements for Alateen Member Safety.

What's Inside!

2009 Budget
and 2008 Financial Report

Events
Back page - NCWSA Convention

What's New
NoCAC Logo Contest
Theme: "Reaching for Recovery"

2008 Financial Report and 2009 Budget

	2008 Actual	2008 Budget	2009 Budget
Revenues			
Literature Sales	34,048	38,000	36,000
Meeting Directories	3,501	3,300	3,700
Group Contributions – other	5,422	7,000	6,000
Special Events	3,153	1,500	1,500
Insurance Reimbursement	1,147	1,300	1,500
Group Contributions – H&I and appeal	1,389	1,000	800
Alateen Scholarships	1,600		
Interest Income and Other Income	751		500
Total Revenue	51,011	52,100	50,000
Expenditures			
Literature Expense	25,307	27,600	25,900
Rent - Office & Intergroup Meetings	12,335	12,322	12,840
Scholarship - Alateen	1,198		
Directory Expense	2,778	2,500	2,800
Insurance Expense	2,474	2,500	2,500
Alateen Coordinator Expense	830	1,000	900
Special Events Expense	1,209	700	700
Other Expenses (Tele, Facilities, etc.)	2,505	5,360	4,360
Total Expenditures	48,636	51,982	50,000
NET INCOME	2,375	118	0

Teleservice Needs Volunteers

Looking for a way to give back? Teleservice is a service that is provided by Intergroup to help those who have never attended a meeting and are seeking a meeting. A person calling our Al-Anon information line (at (408) 379-1051) hears a taped message providing telephone numbers that can be used to contact a “live” person for further information. Teleservice volunteers serve for a one-month period of service, and four teleservice volunteers are needed each month. All that is required is a phone, your availability, and a current meeting directory. If you want to be a teleservice volunteer, please contact Rhonda D., Teleservice Coordinator, at (408) 720-9718. This is a great way to spread our program of hope to those seeking a meeting.

June Newsletter Items

This newsletter is published four times per year—in March, June, September and December. Please send items for the SCV AFG Intergroup June Newsletter to Michael D. at mdivia@comcast.net. Our goal is to have items for the June newsletter submitted by the May Intergroup Meeting (May 13, 2009). Al-Anon news and information and the sharing of experience, strength and hope by Al-Anon members are welcome. — Michael D., Newsletter Co-Coordinator

NoCAC 2009 Logo Contest

Share your talent and get creative with the theme: “Reaching for Recovery.” Help NoCAC create a logo for NoCAC 2009. Entries must be submitted by March 31, 2009, to P. O. Box 1435 Soquel, CA 95073 or to cmrturtle@comcast.net Attention: Chris M. The NoCAC Committee will review and choose a logo at the committee meeting on April 4th. The winner will receive a free NoCAC registration. For more information about NoCAC 2009, contact Jasper R., NoCAC Chairperson, at (831) 345-7836 or at ramirezjasper@gmail.com.

The Butterfly

Life begins with such hope
yet we struggle through each day
soon we find it hard to cope
searching blindly for the way

Burdens and trials bind us
the bondage grows so tight
it quickly starts to wind us
we push, with all our might
lost, we cannot find “us”

We live our lives like caterpillars
slowly creeping through each day
not knowing there’s one truth, one love
that will show us the way

Financial Notes

Literature sales in 2008 were down due in part to a lack of regular, open bookstore hours. Additions to staffing schedules and consistently open hours in early 2009 seem to have had a positive effect on literature sales. In addition literature costs were managed well in 2008. Also, meeting directories continued to be in high demand, and sales of meeting directories exceeded the budgeted amount for 2008. Group contributions were lower than expected. Special events were financially successful and contributed to most of our **\$2,375** net income for the year. We also recovered almost \$500 in property taxes from payments in prior years.

Total assets as of 12-31-2008: \$29,430.26

Total liabilities as of 12-31-2008: \$697.89

(Total assets include a 5.0% Certificate of Deposit with a balance of **\$14,126.26** on December 31, 2008, and a maturity date of 9-27-2009. Use of the funds in this CD is restricted as these funds are considered to be a “prudent reserve” established by Intergroup.)

Tom K., Treasurer

Although I cannot see it
it’s the way I truly am,
I’m about to spread my wings and fly
my new life has began.

Now the chains are broken
and I am finally free
the bondage that I lived in
has transformed to victory

My true colors now in bloom
for all the world to see
the tears I cried
years wondering why
are now just history.

Now I know with just one prayer
although we cannot see
like a caterpillar becomes a butterfly....
That Butterfly is Me!

Heidi F ©

Upcoming Event

NoCAC Fundraiser, June 26 – 28, 2009,
Friday, 3:00 p.m. to Sunday, 12:00 noon. Sunset State Beach, 201 Sunset Beach Road, Watsonville, CA. (The beach is 16 miles south of Santa Cruz. Take Highway 1, exit on San Andreas Road, and follow signs south.) Bring your own food, ice chest, camp stove and tent. Campfire meetings, speakers, workshops.

NCWSC Meeting - February 6-7, 2009

Here are a few of the meeting highlights from this year's first NCWSC Meeting that took place Santa Rosa, CA. This year was a transition year because many 3-year positions had just ended in 2008, and there were many new people starting 3-year terms. The NCWSC did a great job helping with the transition! At the orientation and coordinator meeting on Friday night a lot of explanation was provided as to how the NCWSC functions. Meeting minutes will be posted on the NCWSA website (www.ncwsa.org), but here are a few of the highlights that stuck out for me.

The first highlight I want to include is the website itself - www.ncwsa.org. This is a website that people all over Northern California can access for Al-Anon meeting and event information. Also, a lot of important forms are available on that website. I personally realized the huge service that this website provides. It is important that we send any fliers we have for upcoming events to the website team for posting on this website, so that people can find information about upcoming events! Here are some guidelines that need to be followed:

For all events, where there is no Alateen involvement (Alateens will not be attending as Alateens – either speaking, having a meeting, selling fund-raiser items, like water, bracelets, or t-shirts), groups/people can submit fliers to be posted on the website at: info@ncwsa.org or contactus@NCWSA.org, and the website team will be able to post the flier on the NCWSA website. However, if there is any kind of Alateen involvement, where a teen may attend, not just as a family member attending with their family, but acting as an Alateen in some capacity, then all fliers must be sent for approval to Bonnie, our new Area Alateen Process Person, at: aapp@ncwsa.org. In this case fliers must also include a statement indicating that the event complies with Alateen safety requirements, for example, "This event abides by the NCWSA Requirements for Alateen Member Safety."

On Saturday, Sandy ran a workshop on KDBM – Knowledge Based Decision Making. It was a great topic! This workshop focused on the process of looking at, discussing, and making decisions about an agreed upon topic where all decision makers have a part in the discussion, there is open communication/dialogue before deliberation, and all decision makers have complete access to information that might be needed to make the decision. Sandy indicated that it is more important to make a good decision than to focus on who is making the decision.

KDBM is a way to improve strategic thinking and bring "value and nimbleness" in carrying the message. She also said that "collaboration and deliberation yield good information," and that this was a way to "practice adherence to the unenforceable."

Art B. gave a great presentation on Service Sponsorship. Art did a beautiful job answering the questions, "What is service sponsorship?" and "How does it or can it work?" The main idea that I received from his presentation was to use the wisdom, knowledge and experience of the people in these rooms that have gone before me. The most important places to apply Service Sponsorship are in places where one gets stuck. Service Sponsorship is more of a task-oriented role and a way for someone in service to reach out for help. It can be as simple as going to a person to find out how to do a new job or task, where to find forms, and to learn about ideas that came up during that person's term of service. For instance, as I grow into this position of SCV AFG Liaison to the NCWSC & Alternate Chairperson, I have leaned on Chris A.C. very heavily to understand better how to do my job and do it effectively, and I will continue to do so since I am still growing and learning. So Chris is my service sponsor. Art also shared a PowerPoint presentation that was put together in a way that was enjoyable and very easy to follow.

On Saturday, I was particularly impressed with the Alateens that came from the 2009 NoCAC committee. Jasper is the committee chair, and touched my heart as well as many (or all) hearts in the room that day with his earnest and heartfelt gratitude for Al-Anon members and their support. He thanked everyone and said that Alateen would not exist if it weren't for the support of Al-Anon members. The NoCAC committee was also able to answer questions about challenges that have come up for them in the past and how they have handled those challenges. You could see and feel the love of the program and the commitment to the safety and happiness that the committee had for all the teens they hoped would attend NoCAC in both the past and future. The NoCAC committee has established a logo contest for anyone interested in winning a free registration to NoCAC. This logo contest is for this year's NoCAC theme, "Reaching For Recovery." Anyone can create a possible Alateen NoCAC Logo to be considered. This contest ends March 31, 2009. The first Alateen NoCAC fundraiser will take place on June 26-28, 2009, at Sunset State Park in Watsonville. This will be a camping trip fundraiser – bring your own food and tents. All participants, young (12 years old is the minimum age to participate) or old, married,

dating, or single must follow all NCWSA Requirements for Alateen Safety. Please go to our website at http://www.ncwsa.org/A22-OPENING_PAGE.html to find those requirements, as well as other links pertaining to Alateen.

Two of the three NCWSA Alateen Reps attended this meeting, and gave their reports - both Jake and Cat did a great job showing up and being the voice for Alateen. The South was the only group not represented in our three areas of Northern California. In addition to the Alateen reports, we also heard from our new Area Alateen Coordinator, Carla G. She will be conducting the first Sponsorship Workshop on Saturday, March 14, 2009, in Alamo on Danville Boulevard at San Ramon Valley Methodist Church. Workshops will be conducted first thing in the morning, from 9 am to noon. Please do invite all Alateen sponsors that you may know of, as well as anyone interested or curious about being an Alateen Sponsor, as well as anyone interested in being of service in any kind of way to Alateen. There is also a new term for members in service to Alateen – it is Al-Anon Member Involved In Alateen Service (AMIAS) – this includes sponsors, but also includes any members like coordinators, process people, and people willing to drive teens, that have had to apply for and go through the same background checks as Alateen Sponsors in order to do their service.

Many other reports were given, including the following: Budget, Executive Committee, Delegates, Chairperson, Secretary, Coordinators, Bylaws & Insurance, Convention, Diversity, Facilities, Group Records, Institutions, Intergroup, Literature, the 12-Stepper, Public Outreach and Website Coordinator reports. One highlight from these reports was the election of a new Executive Committee (EC) and a new Budget Committee. Some exciting ideas are being put together by the new Diversity Committee, with the hope that we may be able to carry the message to more people. The District Reps also had a lunch meeting, and they reported highlights from that meeting. The transitions are for the most part going well, and there was a lot of dissemination of information regarding what works and how DR's can be more effective in their positions serving their Districts.

Here are some upcoming events and conferences: the NCWSA Annual Convention, June 12-14, 2009, in Santa Clara, the XVI Annual National Hispanic Convention, April 10-12, 2009, in Phoenix, AZ., an NCWSC meeting followed by an NCWSA One-Day Assembly, June 19-20, 2009, in Pleasanton, and the three-day NCWSA Assembly, October 16-18, 2009.

Thank you for letting me be of service! Know that you are loved!

Anita R., Alternate Chairperson and SCV AFG Intergroup Liaison to NCWSA

Upcoming Events

Spring Fling BBQ Fundraiser for Alateen Scholarships, Saturday, April 4, 2009, 1:00 p.m. to 5:00 p.m., Anna Jean Cummings Park, 461 Old San Jose Road, Soquel, CA 95073. For more information or to volunteer to help, contact Zoe D. at (831) 234-8333.

District 20 Open Speakers Meeting, 7:30 p.m. to 9:30 p.m., Friday, April 24, 2009, Immanuel Lutheran Church, 14103 Saratoga Avenue, Saratoga, CA 95070. Speakers: Stephanie R. (Alateen), Bill D. (AA and Al-Anon), and Charmaine F. (Al-Anon).

“Back to Basics: Unity – Recovery – Service, Our Three Legacies”

District 16 Day in Al-Anon, **Saturday, April 25, 2009,** Trinity Lutheran Church, 1225 Hopyard Rd, Pleasanton, CA. Speakers: Art B. (Al-Anon), Melanie (AA), Ashley C. (Alateen). Contact Ellen B. (925) 606-0751.

27th Annual Growing Together

Weekend, May 15-17, 2009, Westminster Woods Conference Center, Occidental, CA. Theme: “Together We Can Make It.” For information contact Jeff G. at (925) 846-8979. Registration packet at http://www.ncwsa.org/Flyers/Event_20090515_GTW_Reg.pdf

38th Annual Hospital and Institution Conference with Al-Anon Participation: “Freedom from Bondage,” May 29-31, 2009,

Littleton Civic Center, 420 Civic Drive, Galt, CA. Al-Anon main speaker: Louise M. For information and/or to volunteer for service, contact Louise M., NCWSA Institutions Coordinator, at (408) 266-4200.

NCWSA Al-Anon/Alateen 2009 Convention, June 12-14, 2009,

Marriott Santa Clara, 2700 Mission College Boulevard, Santa Clara, CA. Theme: “Keep the Change” – “Manten El Cambio.” Registration: \$20 in advance, \$30 at the door. Opens at 3:00 p.m. on Friday. Dinner Saturday \$25. Al-Anon speakers: Gabriela, Kim H., Larcine G., Tom W. AA Speaker: Butch G. For more information or to volunteer to help, contact convention@ncwsa.org.

Please note that all events involving Alateens abide by the NCWSA requirement for Alateen member safety.

NCWSC Meeting, – June 19, 2009,

8:00 p.m. and **June 20, 2009,** 8:00 a.m. – 9:30 a.m. **NCWSA One Day Assembly, – June 20, 2009,** 10:00 a.m., Sheraton Pleasanton Hotel, 5990 Stoneridge Mall Road, Pleasanton, CA. Contact Lori K. at (925) 846-5420 or Karen H.A. at (925) 417-8719. Online event registration: www.starwoodmeeting.com/Book/NCWSA

District 20 Open Speakers Meeting,

June 26, 2009, 7:30 p.m. to 9:30 p.m., Immanuel Lutheran Church, 14103 Saratoga Avenue, Saratoga, CA 95070. Speakers: Alateen speaker to be announced, Kara K. (AA and Al-Anon), and Kayne W. (Al-Anon).

2009 Intergroup Officers, Coordinators, and Co-Coordinators

Chairperson	Chris A.C.
Alternate Chairperson	Anita R.
Secretary	Margaret S.
Treasurer	Tom K.
Service Board Member	James S.
Service Board Member	John F.
Service Board Member	Craig D.
Alateen Coordinator	Jim F.
Alateen Co-Coordinator	Keara F.
Archivist	Terri M.
Directories Coordinator	Terre C.
Directories Co-Coordinator	Carol W.
Facilities Coordinator	Anne C.
Facilities Co-Coordinator	Mark I.
Financial Coordinator	Eileen S.
Financial Co-Coordinator	Open
Institutions Coordinator	Diane L.
Institutions Co-Coordinator	Louise M.
Insurance Coordinator	Lynn S.
Insurance Co-Coordinator	Open
Literature Coordinator	Kay M.
Literature Co-Coordinator	Nino Y.
Newsletter Coordinator	Debbie M.
Newsletter Co-Coordinator	Michael D.
Public Info. Coordinator.	Kimberley S.
Public Info. Co-Coordinator	Open
Special Event Coordinator	Lisa M.
Special Event Coordinator	Moriah W.
Teleservice Coordinator	Rhonda D.
Teleservice Co-Coordinator	Open
Web site Coordinator	Lycia M.
Web site Co-Coordinator	Jennifer G.

Contact information for Intergroup Officers, Coordinators and Co-Coordinators can be found in the Intergroup Meeting Directory. To volunteer for an open position, contact Chris A.C. at (408) 691-3242.

Organizational Information

(Frequently Asked Questions)

What is the Intergroup Service Board?

The Service Board for the Santa Clara Valley AFG Intergroup meets in a closed format four times per year on the fifth Tuesday of the month and provides guidance and counsel on general policy matters and issues related to the functioning of Intergroup. This Board offers historical insights and perspectives lending balance and continuity on subjects too time consuming or arduous for the larger monthly Intergroup agendas. This Board cannot specify policy decisions and serves Intergroup in an advisory capacity only.

The Intergroup Service Board consists of the Intergroup Chairperson, Alternate Chairperson, Treasurer, Secretary, the Alternate District Representatives from Districts 20, 21, and 22, and three Service Board Members-at-Large, who serve staggered three-year terms. Service Board meetings are called by the Intergroup Chairperson, who acts as Chairperson of the Service Board, prepares an agenda, and reports the findings of the Service Board to Intergroup.

John F., Service Board Member-At-Large

Insurance for Al-Anon and Alateen Groups

Each year, Santa Clara Valley Intergroup purchases insurance to cover each group in Districts 20, 21, and 22. This insurance policy covers liability issues and sexual conduct issues for the Alateen groups. While Intergroup pays this directly out of its own funds, we really appreciate it when an Al-Anon or Alateen group contributes the requested reimbursement amount of **\$31.00**. While we realize that not every group can afford to contribute, insurance contributions from Al-Anon and Alateen groups make it possible for Intergroup to purchase this valuable insurance protection for all of the Al-Anon and Alateen groups in the Intergroup area. Please encourage your Al-Anon or Alateen group to contribute **\$31.00**. Please make checks payable to SCV AFG, include the notation, “Insurance,” on the check, and include the group name and **WSO #** on the check. Checks may be given to Lynn S. or mailed to the following address:

SCV AFG Intergroup Office,
Attention: Insurance Coordinator
Room Q-82
1 West Campbell Avenue
Campbell, CA 95008

Also, please be aware that we may need to have a separate insurance certificate issued for a special event that your group plans to sponsor. Please contact Lynn for forms. If you do not submit the correct paperwork, your event might not be covered. Insurance certificates should be arriving any day now. Please contact Lynn at an Intergroup meeting or at (408) 313-4273 to arrange to pick up your insurance certificate.

Lynn S., Insurance Coordinator