

CENTRAL NEWS

November 2022

Website: www.aa-tulareco.org

On Simplicity, of Faith, of Living, of Outloof

Fall Afternoon, Exeter, CA Allen L.

Occasionally an A. A. gets sick—legitimately—even as the average run of people. When you're laid up for weeks, there isn't much chance of a slip, so how, you wonder, does A. A. come into the picture?

The same way it comes into the picture wherever you are, whatever you're doing, once you get into the thing wholeheartedly. It certainly changed the picture of me as a sick man.

Some years ago, before A. A., I had a bad spell of rheumatic fever—brought on by overdoses of alcohol—and was home in bed for more than a month. I had one caller, just one, in that whole month, and he arrived drunk.

Early this year, after a long stretch of A. A. living, I had to go to the hospital for over two months, and later had to pass a spring and summer of enforced idleness—convalescence the doctors called it.

I wish now that I'd kept some count of the people who came to the hospital to see me this time; A. A. s from all over the area, busy men and women who took time out from their jobs and other work to make the fairly long trip to my bedside.

The nurses kidded me, but couldn't contain their wonder at what caused my extreme popularity. I broke all records for visitors and other patients watched with growing amazement as they kept coming.

That was not the important angle, of course. What was so important during this period was that I now had real friends, people who actually cared, friends by the score.

Sitting still is the hardest work in the world for me. By nature, I'm pretty active. I loved the meetings, 12th Step work and all kinds of A. A. get-togethers. Now I've had to sit still for

months. Without the understanding I have gained through A. A., without the changed outlook on life which it has brought, I don't know that I could have stood the inactivity.

Not only did my A. A. friends keep me bucked up. All the angles which worked so well to keep me sober before have worked during these months to help me get well faster—and with much less mental anguish.

The 24-hour plan, not worrying about tomorrow—”easy does it” and “first things first” have remained my standbys and helped the days pass faster.

Though I was forced out of active participation, I was certainly not out of things for a day. A. A. included me in on all of the good things of life.

I have been mighty grateful to A. A. for sobriety. Now I am grateful to it for infinitely more.

—C. E. F., Manhattan AA Grapevine Nov. 1945

Step 11

Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Step 11 has become of my life that I try to practice on a daily basis. Try is the operative word here... Many times I will sit down and go through my checklists (based of the Big Book) and do the “formal” 11th Step process. Those checklists look something like this:

At Night (I look at the day that passed)

1. Was I resentful?
2. Was I selfish?
3. Was I dishonest?
4. Was I afraid?
5. Do I owe an apology?

6. Have a kept something to myself, that I need to talk to my sponsor about...!like right now!?!
7. Was I loving and Kind to all people?
8. What could I have done better? What could I pack into the stream of Life?
9. Pray-Ask God to forgive my shortcomings and ask him to let me do better tomorrow.

In the Morning (Look at my plans for the day)

1. Ask God to direct my thinking, may it be divorced from self-pity, dishonest & self-seeking motives.
2. If I face indecision, ask God to direct my thinking.
3. Ask God for an inspired thought or decision. The right answer will come.
4. Read my daily readings
5. Pray
6. Meditate
7. Go out and help others!

So that's it! I know it seems like a lot but this is what I have to do to maintain a fit spiritual condition!!

Louie T.

Tradition 11

Our Public Relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films

Tradition Eleven seems to have a lot of weight to it for me. I could get lost on the different ways this tradition plays out in Alcoholics Anonymous. I don't have to talk about being in AA for my friends and family to see the changes in me personally.

Our primary purpose is to stay sober and help the alcoholic that still suffers. We want to attract new combers. It's easy as an alcoholic to find fault in the solution.

The eleventh tradition helps us to remain humble and attract the newcomer rather than trying to show them how great we all are by bragging and boasting about our new way of life. For me there is something magical about AA. We get to watch people come back to life. I enjoy the slight mystery of personal anonymity. It is secret that I am willing to share with the people who need AA in their lives.

--Anonymous

November AA Birthdays

Name	City	Years
Paul H	Visalia	47
Mike G	Visalia	40
Jim D	Visalia	39
Cathy O	Visalia	35
John T	Visalia	34
Charlie M	Visalia	34
Robert G	Visalia	34
Tracy W	Visalia	33
Cristy R	Tulare	33
John D	Visalia	33
Rod K	Visalia	33
Max	Lemon Cove	33
Dusty B	Springville	32
Lynda B	Visalia	32
Christine O	Visalia	31
Jerri H	Dinuba	30
Jerry M	Visalia	30
Krystal G	Visalia	30
Nancy D	Visalia	30
Norm B	Visalia	28
Paula Ann	Tulare	28
Mona	Visalia	27
Linda N	Porterville	25
Lynn P	Visalia	24
Pam S	Porterville	24
Mandy S	Visalia	23
Kara O	Modesto	22
Terri S	Westfield MA	22
Betty S	Visalia	22
Art J	Porterville	22
Vincent F	Visalia	20
Bob A	Visalia	15
Robin C	Visalia	13
Wally P	Visalia	12
Jerome L	Visalia	9
Charlie W	Porterville	7

Thats 986 Years of Sobriety!!!



Financial Report

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

9/21/22 THROUGH 10/20/2022

<u>INCOME</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
B.Day Club	47.00	690.00
CD & Tape Cont.	0.00	0.00
Grateful Givers Club	245.00	3,613.12
Group Cont.	1,472.65	20,564.11
Indiv Cont	560.23	5,859.38
Lit. Sales	784.17	6,206.81
Memorial Cont.	0.00	200.00
Misc.	0.00	3.00
Newsletter Cont.	0.00	32.00
S & H	0.00	0.00
Sales Tax	59.95	762.94
Service Charge	0.00	13.81
Spec. Events-picnic	0.00	4,197.50
Spec. Items	473.85	4,027.13
State fund dividend	0.00	50.00
State Fund Refund	0.00	78.99
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TOTAL	\$3,516.39	\$42,654.94
<u>EXPENSES</u>	<u>MONTH</u>	<u>YEAR TO DT.</u>
Bank Charge	\$0.00	\$15.00
Fees-Taxes	0.00	45.00
Insurance	0.00	550.00
Lit. Costs	601.10	6,794.25
PI-CPC Expense	192.81	192.81
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	631.09	3,989.92
Office Equip.& Maint	60.00	291.14
Phone & ISP	132.97	1,329.70
Postage	0.00	116.90
Employee Taxes	1,901.28	7,335.71
Returned Chk & Chg	0.00	0.00
Rent	600.00	6,000.00
Salary	1,311.36	14,372.98
Sales Tax-Paid	0.00	822.00
closed account	0.00	-35.92
Spec. Events-picnic	0.00	1,504.04
Spec. Items	23.00	3,215.90
Card Charge	23.28	166.85
Utilities	9.88	752.51
Ph-venmo	19.00	229.50
venmo fees	5.04	12.99
Website	7.59	91.54
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TOTAL	\$5,518.40	47,792.82
Net Gain(Loss)	(\$1,875.55)	(\$1,494.03)
BEGINNING TOTAL ACCT BAL:		\$20,311.10
ENDING TOTAL ACCT BAL:		\$18,437.06
Established Prudent Reserve:		\$19,000.00

Area Chair Report

Tulare County H&I continues to bring H&I Panels twice a month to Pine Recovery, Turning Point and Mothering Heights Women's Recovery. Once a month we take panels to the Mental Health Facility. Tulare County has started application clearance process. Please contact Joyce R. for details and interest. H&I Panels are continuing as permitted around Covid closures in Corcoran and Avenal Prisons.

At the October 9, 2022 NorCal General Committee Meeting, our restructure proposal and policy revisions were adopted. At the January, 2023 meeting, Area Chairs will now join the voting body of our committee, we will have quarterly meetings which will allow greater communication in our committee. Our policy revisions included a revision on the Statement of Purpose to bring us more in alignment of the work of the General Service Treatment and Corrections Committee. Going forward, we will continue to bring meetings to treatment facilities, jails and prisons and will now look to any facility with serves alcoholics, providing a broader scope of carrying the AA message.

As the restructure brings greater communication, it is even more important for our local AA groups elect an H&I Representative and to attend the business meetings. This will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee.

Thank you for your continued support to the Pink Can, which allows us to continue to carry the message of Alcoholics Anonymous to Alcoholics in Institutions and Treatment Facilities.

Important note: H & I **November** business meeting has been moved to **December the 3rd** at 10am, at 526 N Bridge St, Visalia. We will be electing a new Area Chair and discussing how we move forward into the New Year. If you are interested in this type of service work, please attend as we will collectively decide how and when orientations will be conducted.

Love & Service,
Boo

Birthday Club

Amber K	Visalia	3
Trevor S		10
Mary C	Three Rivers	34

GRATEFUL GIVERS CLUB

Members 245.00

Individual Contributions

- Doris P
- Jim K
- Keith A
- Mary C
- Robert T
- Sandra K
- Shannon S
- Steve P

Newsletter Contributions

None

Memorial Contribution

None

Support the Central Office

Supporting the Central Office is a very important and valuable thing for our fellowship! Now it is easier than ever!

Donate Today using Venmo



Speaker Meetings

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday Nov 4th, 2022 at 8:00 PM

Speaker: Tiffany J.

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday, Nov 13th, 2022

(Breakfast at 8:30 to 10:00 AM)

Speaker: Naomi H from Tehachapi California

The Valley Group, Speaker Meeting

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Every Wednesday from 7-8 pm.

Speakers for September

November 2 - Jerry O. of Orange County with 4 years, 3 months, and 27 days!

November 9 - Samantha B. of Tulare with 1 year, 1 month, and 23 days!

November 16 - Justin R. of Visalia, with 5 years, 10 months, and 25 days!

November 23 - Mandy ? of Lemoore with 23 years and 4 days!

November 30 - Monte S. of Tulare with 15 years, 11 months, and 2 days!

The Valley Group, Serenity Seekers Speakers

November 6 - Kristi M. of Visalia with 4 years, 1 month, 10 days!

November 13 - Maytag Jack H. of Visalia with 32 years, 16 days!

November 20 - Kelly R. of Visalia with 14 years, 8 months, 11 days!

November 27 - Joe G. of Fresno with 25 years, 6 days!

Civic Center Group

Christ Lutheran Church

3830 W Tulare Ave, Visalia

Birthday speaker meeting

Last Tuesday of the month

Nov 29th, 2022

Newsletter Contributions

Hello Everyone,

This is Louie T. the editor of the Central News. Since I started editing the newsletter I have noticed that there are several ways to make contributions to the Central Office such as the Birthday Club, Individual Contributions, Grateful Givers, and Memorial Contributions. However, there is one contribution I have never seen used and that is the Newsletter Contribution.

If you enjoy the Central News, I invite you to make a donation to the Central Office on the name of the Newsletter

Central Office Contacts

AA Members	72
Alanon & Alateen Info	1
Bridging the Gap	0
Churches and Schools	0
Court Referral/Info	1
E-Mail Contacts	156
General Info	15
H & I	0
Literature Sales	11
Meeting Information	26
Other 12 Step Programs	1
Prospective Members	0
Schedules & Info Mailed	5
Spanish Contacts	2
Specialty Sales	17
Twelve Step Calls	0
Visitors to the Office	13
Voice Mail Calls	9

Total	329

Service Meetings AND ADDRESSES

GSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Wednesday, Nov 2nd, 2022 at 7:00 PM

CSR Meeting at Central Office
449 E. Maple St., Exeter, CA
Tuesday, Nov 8th, 2022 7:00 PM

H&I Meeting (odd months) in person at 526 N Bridge
St (no Zoom)

4th Saturday November 26th at 10:00 AM
H & I Orientation (even months)
Zoom ID: 848 7072 2515 Password: Sober (capital S).
4th Saturday October 22nd 2022 at 10:00 AM

TUFYPAA
Zoom ID 839 4820 8237 Password: service
2nd Sunday of the month November 13th

SERVICE ADDRESSES

Tulare County Central Office
449 E. Maple St..
Exeter, CA 93221
Email: tccof@hotmail.com
Website: www.aa-tulareco.org

District 47, C.N.I.A.
P.O. Box 273
Exeter, CA 93221

CNIA Treasurer
PO Box 161712
Sacramento, CA 95816-1712

General Service Office
PO Box 459, Grand Central Station
New York, NY 10163

H&I-Contributions
P.O. Box 192490
San Francisco, CA 94119-2490

Central Service Meeting

Date: October 11th, 2022

Meeting called to order: Cheryl H. Time: 7:03 PM
Board members present: Cheryl H., William (Bill) E.,
Patrick A., Sara S., David G. Absent: none
Serenity Prayer: said by all.

12 Traditions: Brett R.

Minutes of last meeting: Reviewed by members individually;
minor correction noted; also for the Newsletter October
Tradition article, Cheryl had volunteered, where Bill had
been recorded. Sheryl moved to approve, Bill seconded.

Report of last Board meeting: presented by Cheryl H.
Meeting called to order September 13 at 8:33 PM.

President's report: nothing significant at this time. Vice-
President's report: nothing significant
at this time. Secretary's report: David attended the National
AA Technology Workshop and they had recommendations
for Intergroup websites. David wants to ask to get some
Forms software.

Member at Large report (Bridging The Gap) (BTG): Sara
attended the Zoom meeting for BTG with Brad and a few
other members; they met and went over the handbook for
BTG. Sara is going to look into getting some literature for
BTG here at the office. Public Information and

Cooperation with the Professional Community (PI/CPC):
Patrick appreciated that a member pointed out that PI is
also getting pamphlets out to the medical facilities. He took
out a couple of boxes tonight to do that.

Office Manager report: Carol Ann says operations are going
well; no additional report. Elections are in December;
Patrick and Bill's first term ends December 31st 2022. Sara
hasn't had a full term yet; she took over for Monica. We
lowered the price of the big book to \$9.83 plus tax; our other
literature has not been lowered. We had new business
about an Employee Retention Credit (ERC) - it's a Covid-19
thing that the I. R. S. is giving refunds to non-profit
businesses that had a downturn during Covid. During the
first quarter of 2020, this office lost about \$6,000. The ERC
is 50% of wages up to \$10,000, which in our case would be
about \$5,000. (The board is going to decide and talk about
that tonight because there have been some issues that have
been brought up). The meeting adjourned at 9:15 PM.

Treasurer and Office report: Presented by Carol Ann Gable,
Office Manager & Treasurer.

Treasurer / Office Report and Financial Report
October 11th 2022 Central Office had an income of
\$3,516.39 and expenses of \$5,991.23 for a loss of
\$2,474.84. Our Grateful Givers Club brought in \$168 and
our Birthday Club brought in \$54.00 in much appreciated
contributions. We had \$799.15 in gross sales in 12
transactions for credit and debit cards last month.

We had 1 transaction in PayPal for \$20.

We had no VENMO transactions this accounting period, only the Venmo phone expenses. We had 2 VENMO transaction that will be in the next months reports.

Traffic and calls have been average.

We want to thank all the groups and individuals who contributed to show their support for Central Office. Office operations are going well and we are still fulfilling our primary purpose of carrying the AA message of recovery. The Big Book is still on sale for \$9.83 here at the Central Office.

The Central Office will be closed Friday November 11th in observance of Veteran's day and will be closed November 24th and 25th for the Thanksgiving holiday.

I am here to accommodate you, please don't hesitate to call the office and leave me a message. I will call you back the next business day. Call 559 592-6999, when the greeting starts, press the # key and it will take you right to the beep. You can also email me at tccof@hotmail.com

I am here to serve you!

Carol Ann Gable

Office Manager/Treasurer

I wanted to bring to your attention that we're looking for volunteers for the 12 Step Call List.

We did our quarterly taxes this last week, which put us \$1,600 below our reserve.

Cash report: Our checking account has \$17,347.54, and we have about \$150 in the cash drawer.

Are there any questions for Carol Ann?

(Steve) The loss that we have here; does this happen often?

(Carol Ann) It fluctuates. I just ordered literature and specialty chips; that's listed on the report.

Let's see - Literature cost was \$2,000 and the Specialty items were \$700.

(Bill) Those are unique to this month and not like a monthly accrue. So we would be virtually even otherwise; pretty close to being even.

(Carol Ann) It just depends on what the demand is.

(Cheryl) We're going into the holiday season. Central Office traditionally tries to make sure that we have our literature and our specialty items caught up because a lot of people come in and shop for the holidays.

(Carol Ann) I wanted to ask you guys - we're out of the large print Big Books. So if I ordered a case of those, we have to pay for the shipping because it's not a big enough order, to order the large print Big Books. They went like hotcakes. I had no idea they went that fast.

(David) They're going to do a 12 Step Workshop where they specifically tell the members get a large print Big Book because you are going to be writing in the margins. That's going to be October 24, at Bridge Street Drunks.

(Cheryl) Just go ahead and order a case or two. How many are in a case? (10) Go ahead and order two cases.

Public Information report: Patrick A. provided the report. Public Information & Cooperation with the Professional Community (P.I./C.P.C.). We inform professionals and future professionals about A.A. - What we are, where we are, what we can do, and what we cannot do. We attempt to establish better communication between A.A. and professionals, to establish simple, effective ways of cooperating without affiliating. A member made the observation that in times past, one would see A.A. pamphlets in local hospitals and urgent care facilities. So I told him I'd get with the office manager; we got it ordered, and I'm happy to announce the supplies came in. So I do have them. That particular individual did offer to volunteer and help go to some of these urgent cares and other businesses to see if they don't mind us putting this little card holder. I will be looking for other volunteers; if somebody in the Porterville or Exeter area could help us get the area covered, that would be great.

Thank you for letting me be a service.

Patrick.

Volunteers to write Step and Tradition for Central News Step for newsletter

Issue	Step	Member	Due date
Nov	11	Louie T.	October 20
Dec	12	Paul B.	November 20

DUE TO - CentralintergroupNews@gmail.com

Tradition for newsletter

Issue	Trad	Member	Due date
Nov	11	Bill E.	October 20
Dec	12	Trudy W.	November 20

DUE TO - CentralintergroupNews@gmail.com

Newsletter report: none at this time.

(Paul) I have a little bit of information. This is this is second hand because I overheard it.

Apparently Louie has found a volunteer, one of his sponsors, to take over.

(Cheryl) Yes, we have a new newsletter publisher, and his name is Robert. You know, I just love the way our Higher Power just kind of gets in there and does things. Thank you Paul.

Website report: Provided by David G.

For September of 2022 we had 1,442 unique visitors. Page views were 2,890, which is almost exactly double the number of visitors; which means that a visitor hit two pages and then bounced out. The most popular page, as usual, was the Today's Meetings page, with 20% of the views. The front page was second most popular; the third most popular page was the Online Meetings page. The fourth most popular was the Visalia Weekday Noon Valley Group Online AA Meeting at 8% of views. Downloads: the traditional print meeting schedule was downloaded 20 times. The new meeting schedule, English single column, was downloaded

10 times. The same file, three columns, was downloaded 6 times. And the Springville Breakfast Flyer was downloaded 4 times. Devices: 52% of our visitors, are IOS (iPhone), 26% are on Android – so 78% of our visitors to the website are on cell phones. And then time of day: I just threw this one out there. 10% of our visits are between 6 PM and 7 PM, and then there's another 9% between 5 and 6 PM. 9% of our meetings are 11 AM to noon, and another 8% from noon to 1 PM. So that's when people are visiting. That's the statistics – any questions? (No questions)

H & I report: Provided by Boo

Hospitals & Institutions October 2022

Tulare County H&I continues to bring H&I Panels twice a month to Turning Point, Pine Recovery, and Mothering Heights Women's Recovery. Once a month we take panels to Mental Health Facility.

If interested in volunteering for the Tulare County Jail please contact the Facility Coordinator Joyce R. Please note:

AA H&I volunteers are required to have 2 years sobriety, previous H&I experience, have no other commitment at the Tulare County Jail, and have attended the H&I orientation prior to submitting their application.

For ALL H & I group representatives: The next General Committee meeting:

Sunday October 9, 2022

11:00 AM Pacific Time (US and Canada) Zoom Meeting

Info Meeting ID: 872 5694 4555 Password: service

Phone dial in: +1 669 900 6833 The next H and I orientation will be held on 10.22.22 at 9am on Zoom ID is: 848 7072 2515 and passcode: Sober with a capital S.

Very Important: The Tulare Co. H and I business meeting has been rescheduled due to the Thanksgiving Holiday. The date is December 3rd, 2022 at 10am. 526 N. Bridge Street.

H & I continues to encourage all groups to elect an H&I Representative and to attend the business meetings. This will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee.

Last but not least: Thank you for your continued support to the Pink Can, which allows us to continue to carry the message of Alcoholics Anonymous to Alcoholics in Institutions and Treatment Facilities.

Love & Service,

Boo

GSO liaison report: provided by David G.

We had the GSR meeting Wednesday the 5th. No new business; old business of disbursing funds in excess of our prudent reserves was tabled to further discussion and action in December.

October 15, 16, and 17 there's going to be a Mini PRAASA (Pacific Regional A. A. Services assembly) in Yuba City.

They will discuss a change to the bylaws to allow money from the prudent reserve to be spent on unplanned items. Currently, the rules allow for 5% to be spent, without going through the annual budget process. The new rule will let 20% of prudent reserve excess to be spent.

(Bill) When they're talking about 5% of the prudent reserve, is that fairly old? Established before more expensive technology became available? That's why we're going to roll up to 20%?

(David) Sorry if I explained that poorly. The previous rule for unplanned expenses was 5% of total budget. The new rule will be that -or- 20% of overage, over our prudent reserve.

Bridging the Gap (BtG) Chairperson provided by Sara S. I really don't have anything. I did attend an H&I event and talked to somebody about Bridging The Gap; she had some ideas – I asked her to pass them on to me.

CSR reports

If you have a change in your meeting please notify Carol Ann here at the office so she can update the meeting schedule and get that information to David for the website.

Lindsay Fireside Fellowship, Trudy W., CSR.

We are a small, intimate, open topic discussion meeting, welcoming newcomers and old timers alike. Membership has been shrinking, because we have some health issues, but once in a while a new person drops in and it's always a blessing to have a small group for a new person to connect with. So we feel like we're still serving alcoholics even though it's one at a time. We're committed to keeping the meeting open as long as the church is there. We're doing okay in the Treasury. We gather every Thursday from 7:30 to 8:30 PM in the Fireside Hall of the United Methodist Church, NE corner of Honolulu and Gale Hill, (right across from City Hall) in Lindsay. Sometimes we use the book As Bill Sees It to generate topics, or we speak to a topic of importance to one of our members. We celebrate annual birthdays at the end of each month, and we give monthly chips anytime anybody's got something to celebrate.

Thank you for letting me be of service,

Trudy W.

Tuesday Night "Friends Of Bill W. and Doctor Bob", Patrick A., CSR, This is a Tuesday Night Open Meeting held at St.

John's Episcopal Church, 1701 E Prosperity Ave in Tulare from 7:00 to 8:30 PM. We are a fellowship of men and women sharing our experience, strength, and hope. This is an indoor meeting, averaging about twelve people every week. We give out chips for various lengths of continuous sobriety and celebrate birthdays at the end of each month with cake and ice cream. We do have cake and ice cream regardless if anyone is celebrating a birthday here.

Newcomers are welcome. Anyone may attend. We do have multiple men and women with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,

Patrick A.

Tuesday Women's Changes Meeting, Sheryl E., CSR,
We are an open meeting for women only. We meet every Tuesday at 6:00 PM at the Porterville Recovery Club. We each pick a stick out of a jar and share about the topic on the stick. We are generally a small group and grow in numbers on the last Tuesday of each month, when we enjoy a birthday potluck with good food and sweet dessert, usually cake. Angela A. has resigned from the secretary position, as it conflicted with work, and Vicky B. has generously stepped back into the position.
Thank you for letting me be of service,
Sheryl.

Springville Breakfast Speaker Meeting, Sheryl E., CSR,
We meet the second Sunday of each month at the Springville Veteran's Memorial building on Highway 190. We open the doors at 8:00 AM, with fresh, hot coffee. Breakfast is served from about 8:30 AM until 10 o'clock. The speaker meeting is from 10:15 till 11:45. We try to get out of there by noon. It is always great food and excellent fellowship, and of course we are self-supporting through our own contributions. So if you can, please put a little bit in the basket. In October we served 62 hungry people, including the speakers (I call that kind of a small meeting). Bill E. did a great job as our treasurer. Elections are in December. We are looking for a new treasurer and a new secretary as well as a GSR because we don't have one. If anyone would like to be of service for the breakfast speaker meeting, please come on December 11 and join in the fun.
Thank you for letting me be of service,
Sheryl.

Bridge Street Drunks, Sara S., CSR,
We are located at 526 N. Bridge Street in Visalia. We are a fun rowdy group who welcome all and which host 19 meetings in Visalia. We have literature and books at cost. Our birthday meeting is the last Saturday of the month at the noon meeting. We give chips and hugs, with treats, coffee, cake, and candy. Someone always brings cookies or donuts or something. Our business meeting is held the last Saturday of the month alternating between 8:00 AM or 1:00 PM. This month, it will be October 29th at 1:00 PM.
Our meeting schedule is:
Monday through Sunday 7 AM to 8 AM
Monday through Sunday 12 noon to 1 PM
Monday evening 7 to 8 PM (Women's meeting book study).
This meeting still struggling a little bit, so we can use some support - if you know people in Visalia send them that way.
Tuesday evening 6 to 7 PM (12 x 12 book study)
Wednesday evening 6 to 7 PM (book study) We just got a new secretary for that.
Thursday evening 7 to 8:30 PM (Big Book study)
Saturday evening 7 to 8 PM (open meeting)
Come join us.
Thank you for letting me be of service,
Sara S.

Monday Night Men's Meeting, Paul B., CSR.
We meet at the P. P. A. V. Hall in Visalia. We are a Closed men's meeting. We meet for 90 minutes.
We celebrate sobriety milestones under a year, weekly; and the last Monday of the month we celebrate annual birthdays with a chip and exceptional cheesecake.
Our business meeting is the first Monday of the month. Our format includes asking men to stand up and identify that they are qualified and willing to sponsor. We have been regularly attended by members of Pine Recovery and occasionally by Robertson's Recovery. So that's pretty cool.
Thank you for letting me serve,
Paul.
Crossroads Group, Steve P., CSR,
The Crossroads Group in Tulare, on Tulare Avenue - 220 W Tulare Avenue at the Hillman House. We meet Thursdays from 7:00 to 8:00 PM. We're a group of about 12 to 15 people; often everybody gets to talk. We've been having some really good meetings.

Pine Recovery (Candlelight meeting), Steve P., CSR,
The Pine Recovery Candlelight meeting is on Fridays nights, from 10:00 to 11:00 PM, in Visalia at 120 W School Avenue. For sure there's 25, and usually 35 to 40 people. I would like to get people interested that have long term sobriety to chair the meetings sometimes. I think it would make a big difference in the way the meeting works out.

Civic Center Group, Brett R., CSR,
Tuesday night Civic Center meeting in Visalia at the Christ Lutheran church near Tulare and Demaree. It starts at 7:00 PM and goes to 8:00 PM. It is an Open meeting, and newcomers are welcome. Jared is our new secretary. Our business meetings are the third Tuesday of the month at 8:10 PM. We've had pretty good turnout for several months. We have a birthday meeting on the last Tuesday of the month, with cupcakes.

Keep It Simple Sunday, David G. CSR.
We meet Sunday mornings at 9:00 AM in Blain Park in Visalia (not Tulare), on Court Street between Whitendale and Caldwell. Our meeting is 90 minutes in a beautiful outdoor setting. This is an Open meeting, and all are welcome. Bring a lawn chair / camp chair with you. As an outdoor meeting, we are pet-friendly. We celebrate sobriety milestones and birthdays every meeting. We use the Daily Reflections book as a topic starter; then everyone shares, going around the circle (time permitting). Our Secretary is Scot L. The business meetings are the last Sunday of the month, immediately after. There are usually between 20 and 30 people attending our meeting. This meeting has a summer schedule (starts at 9:00 AM) and a winter schedule (starts at 10:00 AM). We are still on the summer schedule, but that changes November 6.

Valley Group Wednesday Night (Speaker Meeting), Jim L.,
CSR (via Zoom)

We meet at St. Paul's Episcopal Church, 120 N Hall St in
Visalia, every Wednesday from 7:00 to 8:00 PM. We are an
Open hybrid meeting, both in-person and on Zoom. Our
business meeting is the last Wednesday of the month, at
6:00 PM (before the speaker meeting). We have cookies,
coffee, and water at our weekly meeting. Recovery homes are
invited to our meeting. I did miss our last business
meeting, as I was out of town.

Thank you for letting me be of service,
Jim

CSR report comments:

Cheryl thanked all the CSRs that are here tonight. She was
taking her own little poll tonight; there were seven Visalia
meetings, two Tulare, one Lindsay, one Springville, and
one Porterville meeting represented here tonight. I'm just
grateful.

Old business:

1. Board of Directors elections

1. We have elections in December for Central Office Board
of Directors. Please get the word out to people that might
want to get involved.
2. The board members are elected for a two year term. If
they want, they can then run again for another two year
term. After that, they are off the Board for at least two years.
3. Three members are eligible for election this December
(2022): Patrick, Bill, and Sara.
4. The groups elect the board members.
5. Any member of A.A. can run for election to the board;
however it is suggested that one has at least two years of
continuous sobriety to be on the board.

New business:

1. We have a new Newsletter publisher; his name is Robert.
Seventh Tradition: \$46.00

Announcements: (Sara) A few of us are putting together,
working on putting together a new Al-Anon meeting. It's
definitely in the works; the meeting will be in Hanford, on
Saturdays.

Member question: (Trudy) Are there any technicalities for
starting a new meeting? What do you have to go through if
you were to start a new meeting? (Paul) A coffee pot and a
resentment. (laughter) (Bill) I think there's a pamphlet that
will cover it. No, seriously, it covers starting a new meeting.
(Cheryl) There's an AA Group Handbook. That's all you
need: a coffee pot, a resentment, and two people.

Announcements continued: (David) Kings County has
created a new web site. It's very pretty
<https://aa-kingsco.org/> (Carol Ann) I want to add that the
website has available, for free, you can listen
to the Big Book and the 12 by 12. Click on the More button
→ Links → Big Book audio version or
Twelve Steps and Twelve Traditions audio version.
Meeting adjourned: 8:02 PM

District 47 Meeting Minutes

October 5, 2022

This is a Zoom meeting with members participating
from various locations.

Meeting Called to Order: 7:03 p.m. by DCM Allen L.

Committee: Allen L., DCM; Ralph D., GSR for
Bridge Street Drunks Only Group;; David G. GSR
for the Friday Freedom Fellowship; Scot L member
at large.

The GSR Preamble was read by all attendees: "We
are the General Service Representatives. We are the
link in the chain of communication for our groups
with the General Service Conference and the world
of A.A. We realize the ultimate authority in A.A.
is a Loving God as he may express himself in our
Group Conscience. As trusted servants, our job is
to bring information to our groups in order that the
groups can reach an informed group conscience. In
passing along this group conscience, we are helping
to maintain the unity and strength so vital to our
fellowship. Let us, therefore, have the patience and
tolerance to listen while others share, the courage to
speak up when we have something to share, and the
wisdom to do what is right for our groups and A.A.
as a whole."

12 Traditions: read by David G.

Concept 10: Concept 10 long form read and
explained by Allen L.

Approval of Minutes: September 7, 2022 minutes
approved

Treasurer's Report: no report

CSO Liaison Report: David G reported from
September 13, 2022 CSO meeting. 1. Nominations
for 3 (of 5) positions on tge Central Office Board
of Directors will begin November. 2. Louie T, who
has been the editor of our Central Office newsletter
for the past 5 years, is ready to hand it off to a new
editor. Louie is willing to train the new editor and
help he or she get started. 3. Sarah S is heading up
the Bridging the Gap Committee. She is looking

for committee members who are willing to contact recently released inmates or patients and getting them to their first AA meeting and introducing them to local AA members. Interested parties should contact Carol Ann at Tulare County Central Office at (559) 592-6999.

Registrar: no report

H&I Report: Rafael D reported that Tulare County H&I continues to bring H&I Panels twice a month to Turning Point, Pine Recovery, and Mothering Heights Women's Recovery. Once a month we take panels to the Mental Health Facility. Tulare County Jail is in the process of clearing volunteers to resume H&I Meetings at that facility. Coran and Avenal Prisons are continuing to take H&I meetings in as possible. We are always in need of volunteers for correction facilities. If interested, please attend the Area Business Meeting.

The NorCal General Committee Meeting will be held on October 9, 2022, 11:00 a.m. via zoom:
Meeting ID 872-5694 4555

Password service

All active H&I volunteers are encouraged to attend and vote their conscience as the Restructure Proposal is going to be decided at this meeting. We will also be reviewing the proposed budget for the upcoming year.

The next H and I orientation will be held on 10-22-22 at 9am on Zoom ID is: 848 7072 2515 and passcode- Sober with a capitol S.

Very Important: The Tulare Co. H and I Area Business Meeting has been rescheduled due to the Thanksgiving Holiday. The date is December 3rd, 2022 at 10am. 526 N. Bridge Street.

H & I continues to encourage all groups to elect an H&I Representative and to attend the business meetings. This will ensure we are carrying the collective conscience of Tulare County to the NorCal Committee.

Last but not least: Thank you for your continued support to the Pink Can, which allows us to continue to carry the message of Alcoholics Anonymous to Alcoholics in Institutions and Treatment Facilities.

DCM Report: Allen shared with GSRs the information he received from the CNIA Finance Committee explaining the issues coming up for a vote at this year's Fall Assembly (The Mini PRAASA, hosted by District 19 on Oct. 14, 15, and 16): Item 1: Amend the method of capping discretionary spending of funds in excess of our stated prudent reserve. Item 2; Expanding the list of routine expenditures to be considered for establishing an appropriate amount for our next CNIA prudent reserve. Allen also relayed CNIA's Alternate-Chair's request for a GSR willing to participate in a panel presentation at the Mini-PRAASA.

Old Business: Dispersing funds in excess of our prudent reserve—tabled for further discussion and action in December.

New Business: none. •. Seventh Tradition: none. •. Announcements: none

DECLARATION OF UNITY: Read by all: "This we owe to A.A.'s future: To place our common welfare first, to keep our fellowship united. For on A.A. unity depend our lives, and the lives of those to come."

RESPONSIBILITY DECLARATION: "I am responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that, I am responsible." The meeting was adjourned at 7:40 p.m.

Respectfully submitted, Allen L, District 47 DCM

Group Contributions

	Month	YTD
1st Friday Speaker Meeting	\$10.00	\$140.00
10th Ave Men's Group		\$336.00
ACYPAA		\$956.19
Anonymous Group	\$300.00	\$2,700.00
Breath of Fresh Air		
Bridge St "Drunks Only"		\$1,259.40
Civic Center Group		\$350.00
Clodbusters-Tulare		\$500.00
Crossroads-Tulare	\$120.00	\$184.00
CSO Meeting	\$46.00	\$354.44
District 47		\$413.24
Bill & Friends		
Exeter-Quiet Trails	\$100.00	\$900.00
Exeter Sunday Afternoon	\$125.00	\$250.00
Foundation Group		
Freedom Fellowship		\$445.00
Half & Half		\$200.00
Keep it Simple Sunday		\$492.50
Lindsay Fireside Group		\$50.00
Men's Valley Book Study	\$100.00	\$250.00
Monday Men's Big Book Study		\$400.00
Monday Men's Mtg (PPAV)	\$200.00	\$700.00
Monday Men's Stag	\$500.00	
Mid-Valley-Tulare		
Monday Book Study Springville		\$127.50
Gem St Noon Book Study		\$620.00
Monday Women's Reflections		\$450.86
Nooners Group-Visalia		
Pine Recovery AA Meeting		
Practicing the Principles	\$100.00	\$100.00
Rainbow Group	\$245.00	\$723.50
Rule 62-Visalia	\$200.00	
Serenity Junction-Tulare		
Serenity Seekers AM-Visalia		
Saturday Night Believers		
Springville Gut Level		\$310.00
St Ritas AA Group		
Springville Breakfast Meeting		\$680.00
Sunday PM Serenity Seekers		
Tulare Young People		
TUFYPAA		
Tulare Friday Book Study		
Tulare Tuesday Night		
Tulare Thursday Noon		
Tulare Sunday Night		
Tuesday Men's Porterville		
Three Rivers Monday		

Tuesday Women's Amity Group		\$735.80
Unity through Traditions		\$275.00
Valley Group	\$126.65	\$2,521.65
Valley Speaker Series		\$861.93
Visalia Alano Club		\$898.40
Wednesday Acceptance Group		\$250.00
Weekend Attitude Adjustment		
Women's Changes Group		\$75.00
Women's Friday Night-Porterville		
Women's Saturday AM 12x12		\$353.70
Totals	\$1,472.65	\$20,564

CENTRAL OFFICE ANNOUNCEMENTS

• **Hardcover Big Book now on sale!**

\$9.93!!

• **18-Month Aluminum Chips Now Available**

• **Central Office Hours Mon-Fri 9AM-1PM**

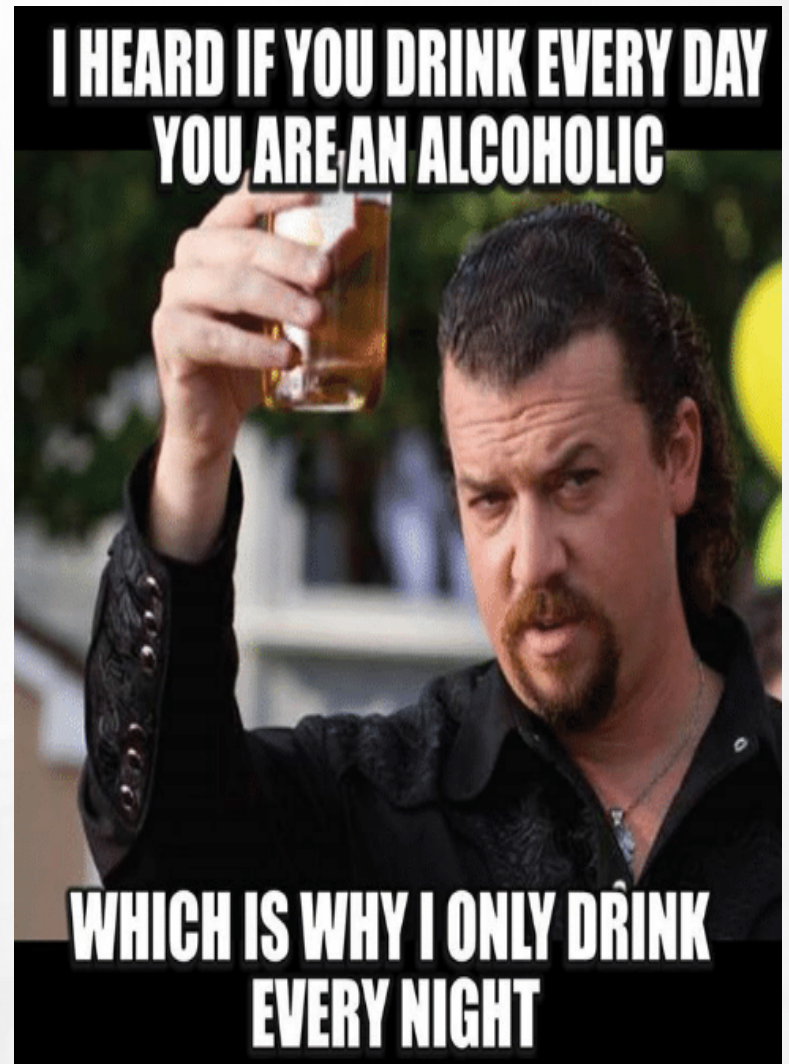
Lighter Side of AA

Home Covid Test.

- 1: Open a can of beer and try to smell it.
- 2: If you can smell the beer, drink it to see if you can taste it.
- 3: If you can taste it and smell it, this confirms you don't have Covid.

Last night, I did the test 15 times and all were negative. Tonight I am going to do the test again because this morning I woke up with a headache and feeling like I am coming down with something.

I am so nervous.



The Valley Speaker Series Presents:
NEW YEAR'S SOBER EVE



Saturday, December 31st

Featuring
DEBBIE D. 2022

of CONCORD, CA

Contact:

\$20.00 Dinner

Samantha B. 559-747-9645

following
Dance & Game night

Brad W. 559-786-3636

Bill H. 559-740-8613

Open AA Event with Alanon Participation

5:30-Appetizer 6:00-Dinner

7:00-Speaker 9:30-After party

**Presale
Only**

St. Pauls Episcopal Church
120 N. Hall st, Visalia
Zoom: 155 118 647
pw: Visalia
(with live transcription)

**Presale
Only**

BIRTHDAY CLUB

THIS IS A GREAT WAY TO SHOW YOUR GRATITUDE FOR YOUR SOBRIETY AND ALSO HELP CARRY THE MESSAGE OF RECOVERY.

JUST CONTRIBUTE \$1.00 FOR EACH YEAR YOU HAVE BEEN SOBER ON THE ANNIVERSARY OF YOUR SOBRIETY DATE TO YOUR CENTRAL OFFICE. THAT IS ONLY ONE TIME PER YEAR. IT'S REALLY SIMPLE AND WOULD HELP YOUR CENTRAL OFFICE TREMENDOUSLY.



***Would You Like Your Name on the
Monthly Sobriety Birthday List.***

NAME: _____

SOBRIETY DATE: _____

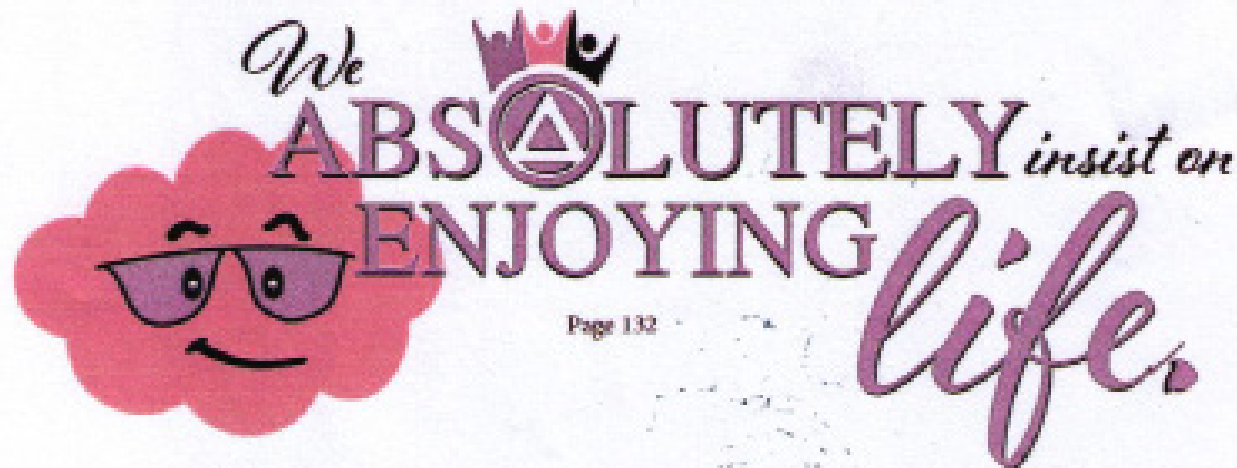
CITY: _____

Please send information to:

**Tulare County Central Office
449 E. Maple St.
Exeter, CA 93221**

Email Info: tccof@hotmail.com

2022 LAS VEGAS ROUND-UP



Page 132

Tropicana Hotel & Casino November 24 – 27, 2022

Entertainment is

Greg Gleason – The Magician

Pre-Registration \$45, – After Nov 1st – \$55

Banquet and Entertainment \$60 – Sunday Breakfast \$35

Great AA and Al Anon Speakers

12 TRADITIONS PLAY

All New Activity such as Pickleball \$20 / Walk Run \$20 / Poker Run \$20

FREE Yoga and Daily Meditation!

Special Hotel Rates Available – \$25 Per Night Resort Fee Does Apply

Badges/Registration not required for the Marathon Meetings or Bill & Bob's Coffee Shop

Register at lasvegasroundup.org

Your Content Here!!!

Have an event????

New group starting up?????

Have a story to share???

Take some amazing photos around our district???

Want to be of service????

All this can be accommodated-we are available to help! Simply reach out to us here at Central News and we will do all we can to get the word out!!!

Carrying the message to the Alcoholic who still suffer is our primary purpose. What better way to do it then to get involved!!!!

Send your content to:

centralintergroupnews@gmail.com

... and we will help you communicate to district 47!!!