

CENTRAL NEWS

December 2023

Website:

www.aa-tulareco.org

Christmas Story House,
Cleveland, Ohio

“Are You Driving Your Alcoholic To Drink?”

“You live with an alcoholic and you want to help. You’ve tried “sweet reason,” emotional appeals, tears, lectures, coaxing and threats. You don’t keep liquor around the house or you hide it. Or you pour it down the drain. But everything you do backfires. You’re a heartbroken failure. What now?”

Getting your alcoholic to give up a self-prescribed formula for feeling better and for saving himself sometime later from his disability, is not your job. But you can help by spotting symptoms:

- 1. Drinking with defiance or out of necessity, not for either fun or relaxation.**
- 2. Inability to limit the amount imbibed (unlike the “heavy drinker” who can moderate.**
- 3. Progression. Untreated, the disease grows more virulent.**
- 4. Blackouts-a later stage, a form of amnesia. This isn’t passing out but “not remembering a thing” while under the influence.**

-Shirley Kessler, Pageant, December 1955

Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.”

Should you get with the program?

I confess, I really look forward to my stiff cocktail every night, eat-more fat laden calories than I intended to and worry a lot – even in my sleep – about my husband, children and our careers. Am I an alcoholic? Foodalcoholic? Workaholic? Codependent? Should I get off the treadmill and begin some serious 12-stepping?

You'd think so. Twelve -step recovery programs have been sweeping the nation, and an estimated 15 million to 45 million of us now participate in them. Book on codependency top best-seller lists, and in April, a cable station all about recovery, the Recovery Network, began airing two hours a day and already reports to have 15 million viewers. Even President Clinton and Vice President Al Gore use recovery lingo in some of their speeches.

It all began in 1935, when stockbroker Bill Wilson, struggling to stay sober, sought help from a fellow drinker. Wilson found that the mutual support, mixed with spirituality, was effective in keeping him sober, and he went on to write Alcoholics Anonymous (aka “The Book”) which spells out the 12-step program he created.

In many ways, The Book shaped our current views of addiction by pointing out that, whether physical or psychological, it is not a contemptible moral defect; it's the product of a tragic, incurable disease. The best alcoholics can hope for is remission, which only comes with abstinence, because even a sip can trigger craving and abuse.

According to 12-step philosophy, you must get support by attending meetings with other recovering addicts for the rest of your life. The meetings are free and enforce anonymity, in part to encourage honesty: Hence the famous introduction, “Hi, my name is (first names only) and I'm an alcoholic.”

By the late 1950s, applications of the 12-step model had spread from chemical dependency to compulsive behaviors (Gamblers Anonymous in 1957 and Overeaters Anonymous in 1960, for example). But in the past decade, the term addiction has ballooned to mean any activity or emotion we feel powerless to control: work, sex, shopping, love, moods, you name it. At the same time, “codependent” has expanded from its original meaning – family members of alcoholics only – to include anyone involved in, or dependent on, any unhealthy relationship, regardless of whether alcohol is involved. By the new definitions, it seems that nearly everyone suffers from or is affected by, some sort of addiction.

Today, 12-step philosophy is pervasive. Many therapists refer patients to such programs, and courts often order convicted drunken drivers to attend A.A. Millions who struggle with destructive behavior have found healing in the 12 steps. “Try it,” says Laura, a thirteen-year member of Emotions Anonymous. “If you don’t like it, we’ll refund your misery.”

-Roberta Pollack Seid, Ph.D.

The 12-Step Habit – Shape, November 1997



Tradition 12

“Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities”

When I listened to others, this Tradition told me, the important thing was the principle expressed, not the person expressing it. If I could go a step further and learn to place AA principles before my own personality, I could travel a long way on my journey of spiritual progress. Public anonymity was essential to such development--that was clear. But I also had to learn that I should not seek praise within the Fellowship. A simple job well done speaks for itself.

-D.K.

10/21/2023 thru 11/20/2023

Birthday Club

Donna K 24

Grateful Giver's Club

Members \$160.00

Individual Contributions

- Bob T
- Courtney R
- Doris P
- James K
- Sandra K

Newsletter Contributions

None

Memorial Contribution

None



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

Donate Today using Venmo!

We got some great Christmas merchandise in! Supplies are limited! Come see what's new!



Central Office Contacts

Central Office Contacts 10/21/2023 thru 11/20/2023

<u>AA Members</u>	<u>67</u>
<u>Alanon & Alateen Info</u>	<u>0</u>
<u>Bridging the Gap</u>	<u>0</u>
<u>Churches and Schools</u>	<u>0</u>
<u>Court Referral/Info</u>	<u>1</u>
<u>E-Mail Contacts</u>	<u>240</u>
<u>General Info</u>	<u>4</u>
<u>H & I</u>	<u>0</u>
<u>Literature Sales</u>	<u>11</u>
<u>Meeting Information</u>	<u>8</u>
<u>Other 12 Step Programs</u>	<u>3</u>
<u>Prospective Members</u>	<u>5</u>
<u>Schedules & Info Mailed</u>	<u>1</u>
<u>Spanish Contacts</u>	<u>3</u>
<u>Specialty Sales</u>	<u>23</u>
<u>Twelve Step Calls</u>	<u>1</u>
<u>Visitors to the Office</u>	<u>4</u>
<u>Voice Mail Calls</u>	<u>7</u>

Total Central Office Contacts

378

TULARE COUNTY CENTRAL OFFICE

Income & Expense Statement

	10/21/2023	through	11/20/2023
INCOME	MONTH		YEAR TO DATE
B.Day Club	24.00		799.00
ERC	0.00		6,603.50
Grateful Givers Club	160.00		2,884.65
Group Cont.	1,212.79		21,549.89
Indiv Cont	205.31		3,949.30
Interest Income	0.00		537.37
Lit. Sales	506.75		6,998.79
Memorial Cont.	0.00		298.00
Misc.	0.00		200.00
Newsletter Cont.	0.00		74.00
S & H	0.00		9.00
Sales Tax	94.14		1,097.05
Service Charge	0.00		20.71
Spec. Events-picnic	0.00		4,797.25
Spec. Items	568.87		6,048.37
State fund dividend	0.00		25.00
State Fund Refund	0.00		0.00
TOTAL	2,771.86		55,891.88

EXPENSES	MONTH	YEAR TO DATE
Bank Charge	0.00	0.00
Fees-Taxes	0.00	50.00
Insurance	0.00	550.00
Lit. Costs	468.88	7,474.33
PI-CPC Expense	175.00	299.77
Misc Expense	0.00	0.00
Newsletter Cost	0.00	0.00
Office Exp	239.08	4,075.38
Office Equip.& Maint	60.39	440.12
Phone & ISP	32.97	1,462.67
Postage	0.00	137.13
Employee Taxes	0.00	8,231.84
Returned Check & Chg	0.00	0.00
Rent	650.00	7,150.00
Salary	1,510.65	17,908.29
Sales Tax-Paid	0.00	1,149.00
Spec. Events-picnic	0.00	2,821.69
Spec. Events-New Year	758.40	817.40
Spec. Items	885.17	4,561.43
Card Charge	20.15	202.66
Utilities	44.39	825.55
Ph-venmo	38.00	209.00
venmo fees	0.00	39.25
Website	4.48	121.50
TOTAL	\$4,987.56	58,527.01

Net Gain(Loss)	(\$2,215.70)	(2,635.13)
BEGINNING ACCOUNT BALANCES AS OF 10/20/2023:		
\$21,986.95		
ENDING ACCOUNT BALANCES AS OF 11/20/2023:		
\$19,771.25		
Established Prudent Reserve		
\$19,000.00		

Speaker Meetings

December 2023

Porterville Recovery Club Speaker Meeting

186 W. Walnut Ave.

Friday December 1st, 2023 at 8:00 PM

Speakers: Art and Tiffany J

Sunday AM Breakfast, Speaker Meeting

Veterans Memorial Building

36000 Hwy 190, Springville

Sunday December 10th, 2023

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

Speaker:

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 December

TBA

Civic Center Group

Christ Lutheran Church

3830 W Tulare Ave, Visalia

Birthday speaker meeting

Last Tuesday of the month

Sunday PM Serenity Seekers Valley Group

Sunday 7:30-9 pm.

St. Paul's Episcopal Church

120 N. Hall St. Visalia, CA 93291

Speakers for December

December 3 - Michelle B of Fresno with 17 years, 2 days!

December 10 - Brandon L of Visalia with 1 year, 2 months, 22 days!

December 17 - Kevin E of Bakersfield with 39 years today!

December 24 - Angelic R of Visalia with 8 months, 2 days!

December 31 - Central Office New Year's Eve Celebration - Speaker is Quincy W of Agoura Hills, CA with 35 years, 10 months, 30 days!

Attention speaker group secretaries: If you want your speaker listed in the Newsletter, please get the information to the Central Office (559) 592-6999 or TCCOF@hotmail.com by the 20th of the month preceding the month of the Newsletter.

Service Meetings

& Addresses Dec 2023

Service Meetings

New Year's Eve Planning Committee Meeting

Central Office 449 E Maple Street Exeter CA 93221

December 12th 2023 6:00 PM

GSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Wednesday, December 6th, 2023 at 7:00 PM

CSR Meeting at Central Office

449 E. Maple St., Exeter, CA

Tuesday, December 12th, 2023 7:00 PM

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

2nd Saturday December 9th, 2023 9:00, Orientation, Business meeting 10:00

TUFYPAA

Zoom ID 839 4820 8237 Password: service

2nd Sunday of the month, December 10th, 2023

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

Send Contribution to:

General Service Board

P.O. Box 2407

James A Farley Station

New York, New York 10116-2407

H&I-Contributions

P.O. Box 192490

San Francisco, CA 94119-2490

Central Service Meeting Meetings

CENTRAL SERVICE MEETING MINUTES

Central Office and Central Service Representatives Meeting Report

Date: November 14, 2023

Meeting called to order: Cheryl H. Time: 7:00 PM

Board members present: Cheryl H., Bill E., Sara S., David G., Carol Ann G. Absent: Patrick A.
(with notice)

Serenity Prayer: Lead by Cheryl H., said by all who wish.

12 Traditions (long form): Cody

Minutes of last meeting: Reviewed by all. Two corrections: report of the Board meeting said August but should have said September, and under old business, Service opportunities on the website and newsletter should have said Carol Ann attends a weekly office managers meeting, not monthly. Cody moved to approve, motion seconded by Sheryl. Vote: all in favor, none against.

Report of October Board meeting: Meeting called to order October 10th at 8:48 PM by Cheryl Hinton. All board members were present. Under old business, the board discussed raising the prices of A.A. literature because our costs went up. The decision was to hold off on the decision until the January meeting. Next, the board discussed keeping Central Office open the last Saturday of the month. It seems to be taking the fellowship some time to get adjusted to the office being open on the last Saturday of the month. October 28th we had zero visitors. Under new business, the board discussed loaning the sound equipment out. After lengthy discussion, the decision was to not loan the equipment out for non- Central Office events. Next was a discussion about non-AA events on the web site. The decision was to discuss it some more during the November meeting (tonight). The meeting adjourned at 9:42 PM.

Treasurer and Office report: Carol Ann provided the report.

Treasurer / Office Report and Financial Report

9/21/2023 through 10/20/2023

November 14th, 2023

Good evening!

I was surprised to see a .98 credit when I opened our Southern California Edison Bill. We received a California Climate Credit for \$71.00 off setting our current Edison bill, leaving us a credit of 98 cents!

Central Office had an income of \$4,615.46 and expenses of \$ 5,824.58 for a loss of \$1,209.12.

Our Grateful Givers Club brought in \$220.77 and our Birthday Club brought in \$129.00 in much appreciated contributions.

We had \$437.31 in 14 gross sales in transactions for credit and debit cards, \$20 in 1 transaction in PayPal, and 0 VENMO transactions this accounting period.

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.

We have lots a great stuff here at the Central Office to help you share the message of recovery. Come and see what's new!

Please announce to other members and your groups that Central Office will be open the last Saturday of the month for the remainder of the year.

Carol Ann Gable

Office Manager/Treasurer

(Cheryl): How are we with our checking account balance in regard to our prudent reserve? (Carol Ann): We have \$20,363.77, and our prudent reserve is \$19,000. (David): Last month the website expense was \$75. Normally it's around \$4 for Amazon. (Carol Ann): I think it was the domain name renewal. (David): Okay, I can get it for much less than that¹.

Public Information report: Patrick is absent, but George provided the report about P.I. booth at the Visalia Pride event at Rawhide stadium.

(George): So, at the Pride Event, A.A. had volunteers mostly from the Rainbow Group. We had three or four different volunteers during the day. It's interesting to note that we weren't on the main floor with everyone else. We were actually upstairs by the VIP lounge and bar. So, you'd go to grab a drink, and the first thing you'd see is the A.A. booth. *(laughter)*

We didn't have as many people visit because we weren't on the ground, but we had books for sale, and we gave out meeting flyers to people who stopped by.

(Sara): Did you request to move?

(George): Yeah, I did. There were three tables up there.

¹ A domain name in the .org space is usually around \$16 per year.

(Cheryl): But did you have fun?

(George): Yeah, it was nice. It was enjoyable because of the people at all the tables up there; we were chatting and having a good time. It was nice. As the CSR representative for the Rainbow Group, I was happy that the guys from the Rainbow Group volunteered.

Volunteers to write Step and Tradition articles for Central News

Send your articles to CentralintergroupNews@gmail.com

Step for newsletter

Issue	Step	Member	Due date
December	12	Ali A.	November 20
January	1	Glenda V.	December 20

Tradition for newsletter

Issue	Tradition	Member	Due date
December	12	Sheryl E.	November 20
January	1	Cody R.	December 20

Newsletter report: none at this time.

Website report: David G. provided the report.

Report covers the time since the previous CSR Meeting, October 10th, 2023.

Carol Ann added two new meetings: Wednesdays in Dinuba. One from 11 AM to noon, and the other from 7 PM to 8 PM.

David updated the Friday night women's meeting in Porterville: their CSR report was added to the Meeting Guide data, which points out that "Loose" describes the meeting format, not the women. ;-). Similarly, the Keep It Simple Sunday meeting in Visalia had the CSR report added to the Meeting Guide data. Ditto the Civic Center Group on Tuesday nights in Visalia.

Carol Ann updated the Tuesday Men's Stag meeting in Porterville; it went from 90 minutes to 60 minutes.

Carol Ann and I added several announcements:

Primary Purpose Group 12 Step Workshop – Starting on Monday the 16th (updated)

Central Office will be closed Friday, Nov 10th 2023.

Keep It Simple Sunday (K.I.S.S.) in Visalia moves to winter schedule: 10:00 AM

GSR Meeting bumped to 7:30 PM Wednesday November 1st – normally 7:00 PM

New Meeting Sunday Morning at the Visalia Alano Club starting December 3rd 8:00 to 9:00 A.M.

(Just new, today) A.A. Membership Survey, due November 26: <https://aa-tulareco.org/a-a-membership-survey/>

No new events were added.

Carol Ann and I did the normal monthly edits of the CSR meeting, GSR meeting, Springville Sunday Breakfast meeting, and Valley Group meetings.

Thank you for letting me be of service.

(Cheryl): Are there any questions for David? (Glenda): The survey, is it like a census?

(David): Kind of, yes. They don't ask your name, but they do ask questions like "Do I have a home group?" and "How did I get to A.A.?", things like that.

H & I report: Joyce R. provided the report.

Thank you, Carol Ann, for reading my report for me last month; I was really sick.

Tulare County Hospitals and Institution Committee

November, 2023 H&I Report

In October, we held twelve H&I Facility Meetings and one H&I meeting in the Tulare County Jail. It was supposed to be two, but I was sick for that too. We were able to utilize 27 volunteers, and distributed 102 A.A. Books. In December we will begin a monthly H&I Meeting at Visalia Recovery Center and are working with Visalia Rescue Mission to hold a monthly meeting at their Women's Facility. We are very excited about our growth this year as we began 2023 with 7 Facility Meetings monthly and as of December, we will be up to 13 possibly 14 Facility Meetings. We've almost doubled our meetings this year.

NorCal's financial position continues to be **poor** as we finished October \$4,500.00 below our prudent reserve. We have seen a Year-to-Date literature expense increase of 49.2% over last year while our contributions increased 13.4%. Please encourage all groups to pass the Pink Can to ensure that literature is available for our inside members. If your group does not have a Pink Can, they are available at Central Office or feel free to contact me directly. My contact information is available at Central Office. When funds from the Pink Can are sent to NorCal, please indicate that the contribution is coming from Area 93. I did bring some envelopes which

are addressed to NorCal, so it makes it easier for your group to send in contributions, if they want to do a paper check or money order. I'll leave them with Carol Ann.

We are in need of more H&I Volunteers in order to continue growing as we begin a new year. Please send any interested AA members to our next Orientation: January 13, 2024, 9:00 am followed by the Area H&I Business Meeting at 10:00 am. The meeting is held at Bridge Street Drunks Only, 526 N. Bridge St., Visalia, CA 93291.

In January we will be electing a new area chair; I will rotate out. I did get asked to accept nomination and was elected as the NorCal treasurer. I have already started in that position and agreed to stay on as the area chair until our co-chair is ready to take over.

Thank you for letting me be of service,

Joyce R.

Area 93 Chair

(Cheryl): Are there any questions for Joyce? (Cody): What time was the meeting on the 13th? (Joyce): 9 a.m. is the orientation followed by the business meeting at 10. If you do want to do an orientation prior to that, you can contact me and we can do something prior to that. (Ali): You distributed 102 books? (Joyce): We did, just in Tulare County. We take in *Big Books* and *The Twelve Steps and Twelve Traditions*, *Daily Reflections* and *Living Sober* in English and Spanish. I like to bring that up because, you know, we've talked about the fact that we're facing 49% increase in literature expenses, but only 13% in contributions. In Tulare County our members are contributing about \$6,000 a year but we're using about \$10,000 a year in literature. Hopefully, that raises a bit of awareness to the need. Our growth is pretty exciting though. Thank you.

Bridging The Gap (BTG): provided by Sara S.

We had our Bridging The Gap meeting, November 4th via Zoom. There were four attendees: myself, David G. Sherri D. and Mike S. Mike S. did a lot of research which was really nice. He attended the Northern Cal meeting: they have monthly meeting with Area 7. Brad E. is going be stepping down because of Area 7 rotation of service. Mike did a lot of research and found out that the blue cards we have here, we don't want to change the address on them, because they'll go to Sacramento and then they can distribute them. If the prospect will release to Tulare County, the Area 7 person will contact Carol Ann, she will contact us. Our focus right now is to basically create an outline, get a little more organized, and get some type of training for our committee members that come on board. David: is there anything else I missed?

(David): No, I think that's it. Mike was a lot of help. (Sara): Yes, he was.

(Cheryl): Are there any questions for Sara?

(Cody): Is there another meeting scheduled? (Sara): Oh yes, December 3rd – it's a Saturday, via Zoom.

GSO liaison report: provided by David G.

GSR meeting was November 1st, 2023

Eight people attended; four in-person and four via Zoom.

Finances: No report, but our previous balance forward was \$2,894.90.

DCM report:

1. Grapevine app is now available.

2. Daily Reflection is now available as an audiobook.

3. The 2023 Conference Report will be available at the Election Assembly and will also be available online in pdf format. I was flustered this evening and forgot to bring them with me. Allen did bring back a box of twenty of them if anyone wants one.

Election Assembly 2023: three of us went to Placerville.

Matthew L. was elected Delegate

Claudio B. was elected Alternate Delegate

Holly J. was elected Chairperson (went to the hat)

Emily L. was elected Alternate Chairperson

Don H. was elected Treasurer

Jose U. was elected Recording Secretary

Jessica J. was elected Registrar

The spending plan was approved.

The new position of A/V Technician was approved.

The position of Oral Translation Chair was not eliminated.

The bylaws were amended to send both the Chair and Alternate Chair of Archives to the national Archives Conference.

Old business of District 47:

Mike C. was nominated DCM (District Committee Member)

David G. was nominated for Recording Secretary

Josh F. and Keith A. were nominated for Treasurer

Courtney R. was nominated for Alternate DCM.

We are looking for CSO Liaison, Registrar, and H&I Liaison

No new business.

Announcements:

The Springville Speaker Breakfast was November 12th.

Any questions regarding the GSR meeting? (Joyce): H&I will provide a liaison. If you would like to take that to your committee, we will be happy to do that. (David): Thank you, Joyce.

(Sheryl): I think I know somebody who is interested in being the CSO liaison (Laura B.).

(Cheryl): I am very glad my friend Matthew is our delegate.

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.

Springville Breakfast Speaker Meeting, Presented by Sheryl E., CSR.

We meet the second Sunday of every month at the Veterans Memorial Building, 35994 Hwy 190 in Springville. Breakfast is \$8.00 a plate per adult and \$1.00 per child under 12. The speaker part of the meeting is always free, so you don't have to eat to enjoy an excellent speaker.

We open at 8:00 with fresh hot coffee. Breakfast is served from 8:30 until 10:00. The speaker meeting begins at 10:15 with the readings, a 10 minute speaker a 15 minute break, then the main speaker until 11:45. 50/50 tickets are sold from 8:30 until the main speaker begins. Our next meeting is Sunday December 10th, 2023 and the speaker is Rick A. from Granada Hills, CA.

Our election meeting is in December so come nominate and vote for Secretary, Treasurer, CSR, GSR. Be of service.

We really need a couple of strong, young people to stay after the meeting to sweep and mop the floor. It only takes a few minutes and is an easy way to be of service. So please help.

Thank you for letting me be of service,

Sheryl.

Women's Changes Meeting, Presented by Sheryl E., CSR.

We meet every Tuesday from 6 to 7 p.m. at the 12 Step Recovery Club, 186 S D Street in Porterville. We are an open women's meeting. We each pick a stick from a jar and share on that topic. We average

about 20 girls including the girls from PAAR who might have a couple of days to women with up to a whopping 43 years of continued sobriety, proving this program works.

The last Tuesday of each month we have a potluck that starts at 5:30 with good food and Birthday cake. We pass around a card for everyone to sign for those who are celebrating that month.

Thank you for letting me be of service,
Sheryl.

Rainbow Group, Presented by George J., CSR.

I'm the grateful CSR for the Rainbow Group. Rainbow Group meets every Saturday for an hour at 5:30 PM at The Source in Visalia. We are located at 109 Northwest Second Avenue, which is on the south side of the oval park. We meet for one hour and we are an Open hybrid group that meets on Zoom as well. The Zoom ID and passcode are on the website and in the Meeting Guide app. We offer a five o'clock meditation if you're interested in arriving early to prepare for a meeting. We have a speaker at the beginning of each meeting who speaks for 10 minutes after which the group is open. We give out chips at every session and celebrate birthdays at the end of the month with cake (no ice cream). We also have our business meeting on the second Saturday of the month.

Thank you for letting me be of service,
George.

Bridge Street Drunks Only, Presented by Sara S., CSR.

We are located in Visalia at 526 North Bridge Street. We are a large group full of jokes and good sobriety. We host a total of 19 meetings. Our birthday meetings are held the last Saturday of the month at the noon meeting, celebrating one year or more of continuous sobriety. We give chips, hugs, cake, balloons and coffee. We have a large literature rack and sell books at cost. We have phone lists and candy and snacks at each meeting. There's lots of coffee as well. Our business meetings are held the last Saturday of the month at 1 p.m. directly following the noon meeting. We are currently looking to fill a couple of noon meeting positions: secretary positions, and I think my CSR position is up. In the spirit of rotation, position changes are coming up.

Our meeting schedule is:

Monday through Sunday 7 AM to 8 AM

Monday through Sunday 12 noon to 1 PM

Tuesday evening 6 to 7 PM (Twelve and Twelve book study)

Wednesday evening 6 to 7 PM (literature study)

Thursday evening 7 to 8:30 PM (Big Book study)

Saturday evening 7 to 8 PM (open topic meeting)

Sunday evening 6 to 7 PM (Joe and Charlie Big Book study)

Sunday is our newest meeting: it's from 6 to 7, the Joe and Charlie Big Book study which I'm loving. They'll play the Joe and Charlie tapes and then we stop and discuss; so we're going through the big book that way.

All are welcome who have a desire to stop drinking. You can come and join us at Bridge Street.

Thank you for letting me be of service,

Sara.

Tuesday Women's Amity Group, Presented by Ally A., CSR.

We on Tuesdays from 6:30 to 7:30 PM at Trinity United Reformed Church located at 6400 W. Walnut Avenue in Visalia. We begin each meeting with a 10 minute individual sharing her experience, strength and hope, followed by group participation. Weekly we celebrate various lengths of sobriety and annual birthdays the last Tuesday of the month. This is a closed meeting reserved for those women who have a desire to stop drinking.

Thank you for letting me be of service,

Ally.

AA Loose Women Meeting, Presented by Glenda V., CSR.

We meet every Friday night at 6:30 PM at the Twelve Step Recovery Club at 186 South D Street in Porterville. We are an Open discussion meeting for Women only. It's a discussion meeting: somebody picks a topic and people talk about the topic. Cross-talk is welcome. We average about five to ten people. Ladies from PAAR attend our meeting, who might have a couple of days of sobriety, to women with up to 43 years of sobriety, proving the program works.

Thank you for letting me be of service,

Glenda V.

Springville Monday Night Book Study Group, Presented by Cody R., CSR.

We are located at the Lighthouse Chapel in Springville. We meet Monday nights from 7 to 8 PM. It is an open group book study. We rotate the books that we study. We're currently reading *Language of the Heart*. We're down to about the last 80 pages, so that's about a year worth of reading. (laughter) Turnout is about average. We have coffee and dessert every Monday. We would love to have more visitors. The Lighthouse Chapel is located off the 190: turn on to Bridge Drive, and then south to Rio Vista.

Gut-Level Group, Presented by Cody R., CSR.

The Thursday Night Gut Level open meeting is also located at the Lighthouse Chapel in Springville. We meet Thursdays from 7 to 8:30 PM. It is an open meeting with people sharing their experience, strength, and hope. Our birthday meeting is the last Thursday of the month, and we celebrate with cake and coffee. Turnout is steady. We have cake whether anyone is celebrating a birthday or not. It's a great meeting and we would love to have visitors.

Thank you for letting me be of service,

Cody.

Tuesday Night "Friends Of Bill W. and Doctor Bob", written by Patrick A., CSR (presented by David)

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 ten to fifteen 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 have cake and ice cream *regardless* if anyone is celebrating a birthday. It's a great little meeting. Anyone may attend. Newcomers are welcome. There are many wonderful people there with quality sobriety that are open and willing to sponsor.

Thank you for letting me be of service,

Patrick.

Keep It Simple Sunday, Presented by David G., secretary (we don't have a CSR).

Keep It Simple Sunday (K.I.S.S.) is an outdoor meeting in Blain Park at 3101 South Court Street in Visalia. We are currently on winter schedule, which means we meet at 10:00 AM instead of 9:00 AM. We meet down in the detention basin until 11:30 AM: it is a 90 minute meeting. It's a pet friendly group. We form a circle and someone reads the Daily Reflections: that's the topic for the meeting. Our group has a lot of good long term sobriety in it. Newcomers are welcome. **Bring a lawn chair.** You might want to bring a blanket too, if the weather is cold. We give out chips every Sunday for all sobriety milestones. Our business meeting is the first Sunday of the month, immediately after the meeting. We meet no matter what: if it's raining, bring an umbrella. Our meeting has gotten a little bit smaller recently: now we're in the fifteen to twenty person range, whereas before we would get up to 40 people.

Thank you for letting me of service,

David.

Women's 12 x 12 Study Group, Presented by Tracy Jo, CSR.

The Women's 12 by 12 Study Group meeting is 9 a.m. Saturday mornings at Christ Lutheran church in Visalia at 3830 W Tulare Avenue. We celebrate birthdays at the end of the month, we give out chips weekly and we have cake no matter what as well, whether anybody's celebrating or not. Every Saturday morning except for the last Saturday morning, we start the meeting reading either a Step or Tradition from the Twelve and Twelve, and then we discuss that. Our meeting is one hour long. On the last Saturday of the month we have what is called the Ask It Basket. We pass a little basket around, that people have put questions in over a period of time. We'll get through two or three of those questions each month. So, if you have a question, it might be a minute, but that's okay. Our attendance is huge. This is an amazing meeting. I would say attendance is 30 to 35 women.

Thank you for letting me of service,

Tracy Jo.

Old business:

1. Elections for two new members of the board.
 1. Two new members will be elected in December.
 1. A board member is elected for a two year term. After their two year term, they can run for a second two year term. After four years in a row, they cannot be on the board for two years.
 2. Tulare County Central Office Inc. is a California 501(c)(3) corporation. As such, it must have a Board of Directors.
 3. Because it is a California corporation, the full names of the members of the board will be filed with the Secretary of State (no anonymity for board members).
 4. Ali asked what do board members do?
 1. The board president (Cheryl) is the overall executive manager of Central Office. The president works with the office manager (Carol Ann) to make sure we are fulfilling our responsibilities.
 2. The board vice-president (Bill) fills in when the president is away.
 3. The recording secretary (David) keeps the meeting minutes.
 4. The C.P.C./P.I. member (Patrick) organizes our representation at Public Information events or Co-operation with the Professional Community outreach efforts.
 5. The member-at-large (Sara) fills in if any other members of the board have to vacate their position prior to their term ending. Beyond that, the member-at-large organizes our Bridging The Gap committee.

6. Ali asked if she could sit in on a Board of Directors meeting. Yes.²
 1. She is interested in serving, but would like to see what the board meeting is like.
 7. David mentioned “we're a little bit more focused about the business operations, payroll, taxes, holidays, that sort of thing, than what goes on in the CSR meeting.”
2. Nominations begin tonight.
 1. Sara nominated George. George accepted the nomination.
 2. Bill nominated Cody. Cody accepted the nomination.
 3. Bill nominated Debbie. Debbie accepted the nomination.
 4. Glenda volunteered for nomination (automatically accepted).
3. Note that at the election in December, a CSR gets a single vote.
 1. If a person is a Central Service Representative for more than one group, they do not get additional votes: just the one vote.
 2. Voting will be done with pen and paper on a private ballot; a show of hands will *not* be used.
4. CSRs: please announce at your meetings that if someone wants to be nominated and elected, they need to attend the December CSR meeting.
5. CSRs: please announce at your meetings that if (some other) group does not have a CSR, they would need to hold a group business meeting and elect a CSR if that group wants to have a vote in the December election.
 1. The group secretary can be the group CSR if the group does not have someone else willing to step up to be CSR. That should still be determined in the business meeting.
6. The bylaws state that all directors shall have maintained continuous sobriety for at least two years. This was discussed, and it was noted that an exception is allowed with group consensus.
2. New Year's Eve Party
 1. It will be held at Saint Paul’s Episcopal Church at 120 N Hall Street in Visalia
 2. Doors open at 4:30 PM. Dinner will be served at 5:30 PM.
 3. The theme will be a 1950’s Sock Hop.
 4. We should have flyers for the event by the end of the week.
 5. Tickets for dinner will be \$20 pre-sale, and \$25 at the door. There will be 150 tickets.

² This is by determination of the Board President. In times past, at least one president had said “no” so that board members could make decisions without interruption. Trusted servants and all that.

6. The speaker will be Quincy R. from Agoura Hills, CA. The speaker portion of the meeting is free, and will begin at 7:00 PM.
7. We will have a 50/50 raffle and a Bake Sale auction.
 1. Please ask your groups and members to consider baking something for the auction.
8. There will be a dance afterwards.
9. The next planning meeting will be December 12th, from 6:00 to 6:55 PM, immediately prior to the CSR meeting. Both will be available on Zoom.
10. Setup for the event will begin at noon.
11. There will be appetizers before (Charcuterie). The dinner will be served buffet style. There will also be a vegetarian meal available.

Seventh Tradition: \$41.00

Announcements:

- The Visalia Alano Club is changing the way they do membership and having a name with sobriety date on a brick on the wall. Membership prices is lowered 50% to \$5 per month or \$50 per year. People without an active membership will lose their brick on the wall. If a member passes away sober, their brick will be memorialized forever with a black outline. If you know of a member who has passed and was sober, please make sure the Alano Club knows who they were so their brick does not get erased.

Meeting adjourned: 8:36 PM.



District 47 Meeting Minutes

District 47 Meeting Minutes November 1, 2023

This is a hybrid and Zoom meeting with members participating from various locations, including the Central Office in Exeter.

Meeting Called to Order: 7:37 p.m. by Alternate DCM Mike C.

Committee: Ralph D., GSR for Bridge Street Drunks Only Group; Jim K., Recording Secretary, GSR for Monday Men's Stag; David G. GSR for the Friday Freedom Fellowship, Laura B., GSR for the Springville Monday Night Book Study, Keith A. member; Fred F. GSR for Unity Through Traditions; Mike C. Alternate DCM and GSR for the Valley Group, Courtney R, Alternate GSR for Unity Through Traditions.

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 Keith.

Concept 11: Concept 11 long form read and explained by Mike C

Approval of Minutes: October 4, 2023 minutes approved.

Treasurer's Report: Josh F. Absent, no report

CSO Liaison Report: David G. Our October CSR Meeting was held October 10. The meeting could have been a hybrid meeting, but no members joined via Zoom. There were eleven people present in-person. **Central Office finances:** for July 21 through August 20, Central Office had income of \$3,086.10 and expenses of \$3,476.90 for a loss of \$390.80. **Old business: 1. Service opportunities on the website and newsletter:** Adding sections to the newsletter and website announcing opportunities to volunteer within AA would be helpful. Opportunities outside AA would probably run afoul of Tradition 5. **2. Fellowship activities:** lots of good ideas, and we now have an activities committee. **3. CSR Reports put into the Meeting Guide app:** if your group wants its CSR report in the Meeting Guide app, contact Carol Ann or I. **New business: 1. Elections of members of the board for TCCOF:** two people cannot run, and one is up for re-election. **Announcements: Tulare Homeless Encampment:** two members are taking a meeting

to the Tulare Homeless Encampment every Friday afternoon at 4:00 PM. Contact George J. if you would like to join.

At the Tulare County Central Office Inc business meeting:

Old business: 1. **AAWS literature prices have risen:** raising our prices tabled until November. 2. **Central Office open on last Saturday of the month:** decision is to keep going through December. (Zero people showed up Saturday October 30).

New business: 1. **Request that we loan our P.A. sound equipment:** decision was no, unless it is an official AA event. 2. **Scope of events (AA or not) listed on the Central Office website:** tabled to November.

Registrar: David G. No report.

H&I Report: Rafael D. **Tulare County Hospital & Institution Committee**

In October, we held 12 facility meetings and 1 meeting at Tulare County Jail, utilized 26 volunteers and distributed over 90 AA books to our inside members. We are in the process of submitting volunteer applications for the Tulare County Jail and hope to have more volunteers ready to go by December. These volunteers will include 2 Spanish Speaking volunteers allowing us to reach more inside members. We are in need of more volunteers in order to expand to more facilities and encourage all interested to contact me or attend our next meeting.

At this time, NorCal's financial position is **poor**. Year to Date our literature expense has increased 63.1% over last year while our contributions increased only 11.3%. This has now left us utilizing prudent reserve funds. Please encourage all groups to pass the Pink Can to ensure that literature is available for our inside members. If your group does not have a Pink Can, they are available at Central Office. Please ensure that groups are passing the pink can separately from the 7th tradition and it is noted that money from the Pink Can is distributed separately from the 7th tradition funds. The Pink Can is not meant to detract from the group's 7th tradition responsibilities. When funds from the Pink Can are sent to NorCal, please indicate that the contribution is coming from **Area 93**.

At the October 22, 2023 NorCal Committee Meeting, our new General Chair, Julio B, presented his slate of officers which was approved by the committee; we reviewed and approved our 2024 Budget which projects a loss in 2024 if we continue business as usual and do not see an increase in contributions. We are hopeful with the addition of the Area Chairs to the voting NorCal Committee that communication with the Northern California AA fellowship will be enhanced and dispel the prior misinformation that H&I has a surplus of money.

Next H&I Orientation: November 11, 2023, 9:00 am followed by the Area H&I Business Meeting at 10:00 am. The meeting is held at Bridge Street Drunks Only, 526 N. Bridge St., Visalia, CA 93291.

DCM Report: Grapevine app is now available. Daily Reflection is now available as an audiobook. The 2023 Conference Report will be available at the Election Assembly—also available online in pdf format. Election Assembly is in Placerville November 10th, 11th and 12th

Old Business: Nominations for DCM, Alt. DCM, Secretary, Treasurer are taking place tonight and at the next meeting. Voting will be at the December meeting next month. Mike C. was nominated For DCM. David G. was nominated for recording Secretary, Josh was nominated to continue at treasurer, Keith A. was nominated for treasurer, and Courtney was nominated for Alt. DCM. We are looking for a CSO representative ,Registrar and H and I liaison as well.

New Business:

Seventh Tradition: None

Announcements: November 12 is the Springville Breakfast Speaker Meeting.

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: Read by all “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 8:23 p.m.

Respectfully submitted,

Jim K, Recording Secretary

ST. PAULS CHURCH

120 N. HALL STREET
VISALIA, CA 93291



TULARE COUNTY CENTRAL OFFICE &
VALLEY GROUP
PRESENTS OUR
NEW YEAR EVE EVENT

FULLY CATERED DINNER AN AMAZING SPEAKER QUINCY FROM
AGORA HILL, CA WITH 35 YEARS SOBER

DOOR OPEN @ 4:30PM

DINNER @ 5:30PM

SPEAKER WILL START @ 7:00PM

50/50 RAFFLE

DOOR PRIZE \$100 VISA-CARD

BAKE AUCTION

PRE-SALE \$20

AT DOOR \$25

ZOOMLINK FOR EVENT IS:

ZOOM ID: 291287156 PASSWORD: 932777

BAKED GOODS FOR AUCTION NEEDED
VOLUNTEERS AND BAKED GOODS NEEDED

CONTACT: DEBBIE C. 559-350-0544, GLENDA 559-667-2759 OR

Carol Ann at Central Office 559-592-6999 - TCCOF@HOTMAIL.COM

December 2023 Birthdays

Jean M	Hanford	56	
Art M	Three Rivers	49	
Fran M	Fresno	43	12/2/1980
Becky L	North Dakota	42	
Paul B	Visalia	40	12/31/1983
Hernandez	Tulare	40	
Gary L	Pixley	39	
Dave L	Conifer, Co	37	12/6/1986
Janet O	Dinuba	36	
Margie M	Visalia	36	
Robin S	Visalia	36	
Shannon S	Porterville	35	
Abraham G	Visalia	35	
Roy E	Visalia	35	
Jeff R	Visalia	34	
Bob N	Lindsay	34	
Tom H	Visalia	34	12/31/1989
Roger C	Visalia	33	
Antonia M	Visalia	33	
Scott B	Porterville	32	12/1/1991
Lisa S	Visalia	32	
Mike Y	Visalia	32	
Jim M	Tulare	31	12/28/1992
Victoria B	Visalia	31	
Linda B	Visalia	31	
Bob F	Medford, OR	30	12/28/1993
Bob S	Porterville	29	
Debbie A	Tulare	29	
Danny G	Visalia	28	12/10/1995
Belynda S	Visalia	24	12/30/1999
Tim T	Visalia	22	12/8/2001
Billy L	Visalia	21	12/7/2002
Paul F	Visalia	21	12/15/2002
Tina M	Porterville	18	12/18/2005
Jerry S	Tulare	17	12/21/2006
Michele S	Exeter	16	
Paul M	Porterville	16	12/20/2007
Sandy H	Visalia	13	12/2/2010
Mark G	Visalia	13	12/3/2010
Ray D	Visalia	10	12/16/2013
Barbara VB	Visalia	9	12/27/2014
Luanne	Exeter	8	
Claudia Q	Visalia	8	12/7/2015
Louie T	Porterville	8	12/18/2015
John W	Visalia	5	12/2/2018
Dallas C	Springfield, MO	5	12/17/2018
Allie A	Visalia	3	

*That's 1,269
Years of
Continuous
Sobriety!!!*



Group Contributions 10/1/23-11/20/23

Group Contributions 10/21/2023 Thru 11/20/2023					
				Month	YTD
1st Friday Speaker Meeting				\$-	\$125.00
10th Ave Men's Group				\$-	\$827.35
ABC Group				\$-	\$21.04
ACYPAA				\$-	\$-
Anonymous Group				\$-	\$2,100.00
Bill & Friends				\$-	\$-
Breath of Fresh Air				\$-	\$2,150.00
Bridge St "Drunks Only"				\$-	\$1,508.59
Central California Round Up				\$-	\$200.00
Civic Center Group				\$-	\$40.00
Clodbusters-Tulare				\$400.00	\$400.00
Crossroads-Tulare				\$-	\$300.00
CSO Meeting				\$41.00	\$475.48
District 47				\$-	\$400.00
District 49				\$-	\$600.00
Dr Bob and Friends				\$-	\$-
Exeter-Quiet Trails				\$100.00	\$700.00
Exeter Sunday Afternoon				\$-	\$125.00
Foundation Group				\$-	\$-
Freedom Fellowship				\$20.00	\$64.00
Friday Candlelight Meeting				\$-	\$246.00
Friends of Bill W and Dr Bob Tulare				\$-	\$600.00
Gem St Noon Book Study				\$-	\$-
Half & Half				\$-	\$200.00
Keep it Simple Sunday				\$-	\$398.50
Men's Valley Book Study				\$-	\$-
Monday Men's Valley Big Book Study				\$-	\$441.72
Monday Men's Mtg (PPAV)				\$-	\$1,400.00
Monday Men's Stag				\$-	\$-
Mid-Valley-Tulare				\$-	\$200.00
Monday Book Study Springville				\$-	\$152.00
Monday Women's Reflections				\$115.83	\$289.83
Nooners Group-Visalia				\$-	\$300.00
Pine Recovery AA Meeting				\$-	\$-
Practicing the Principles				\$-	\$113.00
Rainbow Group				\$-	\$341.48
Rule 62-Visalia				\$223.00	\$334.00
Serenity Junction-Tulare				\$-	\$-
Serenity Seekers AM-Visalia				\$-	\$-
Saturday Night Believers				\$-	\$-

Sober Sisters	\$-	\$50.00	
Springville Gut Level	\$-	\$100.00	
St Ritas AA Group	\$-	\$-	
Springville Breakfast Meeting	\$-	\$1,000.00	
Sunday PM Serenity Seekers	\$-	\$-	
Tulare Young People	\$-	\$159.00	
TUFYPAA	\$-	\$-	
Tulare Friday Book Study	\$-	\$-	
Tulare Thursday Noon	\$-	\$-	
Tulare Sunday Night	\$-	\$-	
Tuesday Men's Porterville	\$125.00	\$175.00	
Three Rivers Monday	\$-	\$200.00	
Tuesday Women's Amity Group (TWAG)	\$112.96	\$773.48	
Unity through Traditions	\$75.00	\$754.23	
Valley Group	\$-	\$301.09	
Valley Speaker Series	\$-	\$1,360.51	
Visalia Alano Club	\$-	\$265.04	
Wandering Couples	\$-	\$181.00	
Wednesday Acceptance Group (WAG)	\$-	\$500.00	
Weekend Attitude Adjustment	\$-	\$-	
Women's Changes Group	\$-	\$85.00	
Women's Friday Night-Porterville	\$-	\$-	
Women's Happy	\$-	\$104.12	
Women's Saturday AM 12x12	\$-	\$488.43	
Totals	\$1,212.79	\$21,549.89	





SHASTA WINTERFEST



ABOUT

Shasta Winterfest 2024 is a weekend-long gathering of fellow members and non-members of Alcoholics Anonymous, Al-Anon & Alateen. The event is inspired by recovery and filled with guest speakers, marathon meetings, special events, prize drawings, literature and other resources. Shasta Winterfest will be held on January 26th – 28th, 2024, at the Holiday Inn; 1900 Hilltop Drive, Redding, CA 96002

PRE-REGISTRATION ONLINE

Pre-registration is only \$30.00 online at www.shastawinterfest.com (or scan QR code)

REGISTRATION DAY OF EVENT

Registration the day of the event at the Holiday Inn; 1900 Hilltop Drive, Redding CA for \$35.00

ACCOMODATIONS

Room reservation can be made online at www.ihg.com or by calling 1-844-201-1757
Discount code is AAW / \$151.00 per night.



SHASTA WINTERFEST 2024

Holiday Inn, 1900 Hilltop Drive, Redding, CA 96002



HATS • T-SHIRTS • SWEATSHIRTS • BEANIES & MORE

Merchandise can only be purchased online
www.shastawinterfest.com



Visit our website at www.shastawinterfest.com for additional information & conference updates.

Lighter Side of AA

A drunken bum is walking along the railroad tracks and he finds an old fashioned oil lamp laying on the ground. He picks it up and rubs the dirt off it and a huge genie appears and says thank you for releasing me! I will reward you with two wishes. The bum says I want a bottle of wine that will magically refill itself. Instantly a bottle appears and the bum chugs it down and then instantly it is refilled. The genie asks him what he wants for his second wish and the bum replies, another bottle just like this one!



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.



venmo



***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

Meet The Editor

Hello Everyone!

My name is Robert and I am an Alcoholic!


**Its is great to meet you I am the new Editor of the
Central News.**

**I really look forward to being of service. I invite
anyone that wants to get into service to type up a short
piece and share it with us, email a picture, a quote, an
article or anything!**

I want to thank you for allowing me to be of service!!

—Robert P.

**Need Help
with a Drinking Problem?**



PLEASE DONATE
TO OUR NEW YEARS
**BAKE
AUCTION**

deliver by
December 31st 1:00pm

St Paul Episcopal Church
120 N Hall St, Visalia, CA 93291
Ally A 559-455-3169

cupcakes, brownies, cookies...etc.

proceeds going to
Tulare County Central Office, Inc.

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!!!