

# NEWSLETTER for the Fellowship

MAY 2016

Victor Valley Intergroup, Central Office, Inc.  
18888 Highway 18, Suite 107  
Apple Valley, CA 92307  
Telephone: 760-242-9292  
Email: [newsletterforthefellowship@yahoo.com](mailto:newsletterforthefellowship@yahoo.com)  
Website: <http://www.victorvalleyaa.org/>



---

"I have seen hundreds of families set their feet in the path that really goes somewhere; have seen the most impossible domestic situations righted; feuds and bitterness of all sorts wiped out. I have seen men come out of asylums and resume a vital place in the lives of their families and communities. Business and professional men have regained their standing. There is scarcely any form of trouble and misery which has not been overcome among us."

— Bill Wilson, 1939 AAWS, *Alcoholics Anonymous, Bill's Story*, P. 15.

---

## **Upcoming Event**

### **32nd Annual**

### **Sunshine of the Spirit**

High Desert Convention of A.A.

With Al-Anon Participation

June 10th, 11th & 12th 2016

Courtyard Marriott in Hesperia, CA

To Register Online, go to:

[www.highdesertconvention.com](http://www.highdesertconvention.com)

For information, call Sue C., (951) 751-1558

Alcoholics are seldom willing to quit drinking when we can. We only become willing when we cannot. I was reminded of that by reading that chapter in the Big Book recently. Because it showed me that fact in the life of a young loved one. ('I'm not going to quit because I like how it makes me feel.' Never heard a better description of the road of alcoholism.

I started drinking at the age of 16. I plopped myself on barstools with never an ID check. (When and where I grew up, if you looked old enough to drink you were old enough.) But, other than a lowering of my GPA in school, this caused me little problem. I learned later that I had something of a reputation as 'fast' in our small city. But I didn't care. I was having FUN!

At graduation, age 19 - over a hundred other girls - I got a slot in a training class with Southern Bell Telephone Company in New Orleans. I was flown by propjet from my hometown several hundred miles away. I was put up in a suite of rooms at the Hotel Barone - just across Canal Street from the French Quarter - with five other girls. The excitement is very hard to describe. This was pre-feminism days and this was a chance for a life-long career for a young woman. I'm sure some of the gals I trained with ended up retiring from that job. It was also pre-21<sup>st</sup> Century technology. When you picked up your handset and dialed 'zero,' you heard: 'Long distance - number, please.'

BUT: this was the heyday of 'NOLA' - (New Orleans, Louisiana's nickname.) 'The Big Easy.' The best food I have ever eaten anywhere: French, Italian, Mexican, Cajun, Creole, 'Soul' food: Tony's pizza on Bourbon Street in the Quarter, Café du Monde's beignets and chicory coffee, fried oyster po'boys at any of the gazillion street vendor shops, H o t e l Greene's seafood gumbo, a bowl of chili and an order of green olives at the Meal-a-Minute on Canal.

*Continued on page 2*

---

## Letter to the Editor: A Reflection on 50 Years Sober

Sobriety Date—April 1st, 1966

Fifty years - eighteen thousand, two hundred and fifty days. Nowhere does this apply more than in my own life. Each of those really lived one-day-at-a-time. Not by the week, month, year or decade. Some days I wasn't sure I'd survive until nightfall. Other days I was on top of the world with happiness and wished that day would never end.

So as it says in *A Tale of Two Cities* - 'it was the best of times; it was the worst of times.' I've been through divorce, marriage, sudden death of loved ones, traumatic pre-mature birth of another, the loss of parents, siblings and other friends and family, the estrangement of a few. And perhaps hardest of all: widowhood.

But in, among, and through those life-changing events was fifty years of real living sober. My cup was filled to the brim and running over. The love of my life, George. The children, family, friends, jobs I loved. A cozy home.

I could write a list of foods that would run pages and pages. I had my first seven-course French meal at Toujac's in the Quarter. (I learned that during Katrina, Toujac's was feeding the rescue workers. I had no idea they were still there – more than 50 years later.)

But my real love? I discovered every bar from up and down Canal Street to the dives up over the hardware and furniture stores. I'd start out at the Celebrity Lounge on Canal – (at that time the widest street in the world -) end up at Archie's or Johnny's upstairs. Oh, what fun it was! The only problem was that, as a trainee, I was put on a split shift for the busy hours: 9AM – 1PM mornings and 5- 9PM in the evening. A disaster for a drinker.

What else was I to do in those hours between 1 and 5PM? Now, my five roommates found lots of things to do in this cosmopolitan city: see all the sights in this then 250-year-old port, ride the paddle wheel boats up and down the mile-wide Mississippi River, go to the beach at Lake Ponchartrain, sample the international cuisine, go shopping, roam the Quarter, do their laundry, go to the hairdresser.

But if I made it back at all for my second shift, I had booze on my breath and slurred speech. I can remember the look on my supervisor's face when – before I even completed my 90-day probation – she had to terminate me. A lot of money invested in me – all for naught. I knew I was a favorite of hers and it embarrassed her and made her sad. SHE had no reason to be embarrassed. Estelle was doing her job. But we are 100-yard dashers in a mile race, aren't we? I was through.

In looking back, I really, really loved that job. But, at 19, I already loved alcohol more. Really more than anything. And in retrospect, I see that that job was the very first thing I ever lost as a result of my drinking that *I could never get back*. Oh, I lost other jobs after that – I thought of them as a-dime-a-dozen. But this was a well-paying career with potential for advancement.

I ended up losing a failed marriage, many friends, alienation from extended family and became a neglectful mother to my daughter. All because of that love for alcohol. THANK GOD I had one friend left who saw this and took me to a meeting. When I heard you all talk about your drinking – and your recovery – I had hope. I really, really liked you and could identify with your drinking history – up to a point. (Never arrested, never hospitalized for drinking.) After all, I was 28 years old and that was very young to get sober, back in the day. I wanted to quit drinking – for now – but forever?

It was many years before I really fully appreciated the issue – and progression - of losing things we cannot get back because of our drinking. Besides careers, we lose marriages, custody of our kids, our freedom, injuring or killing someone behind the wheel. The list is as long as our ability to put our drinking before everything. I have a young loved one I see playing this

deadly game of Russian Roulette: I don't want to quit drinking. I'm having too much FUN! Can he/she quit before he loses something he cannot get back??? And most often the answer is: no... We only become willing when we cannot quit...

I still have a tiny reminder from those drinking years: a teensy little chip out of the edge of a front tooth. Hardly noticeable at all. But I was in one of those New Orleans dives and my future husband – who'd followed me there from our hometown – grabbed me by the hair and banged my head – face first – down on the bar. He was ready to go. I just wanted – one – more - drink.

And the Johns-Hopkins' 20 questions? The first time I took it, I only answered about 6 or 8 'yes.' The question – 'Have you ever lost time from work due to drinking?' My answer was 'no.' Cunning, baffling, powerful...

Now, I have to make my birthday present to myself: Salisbury Steak with Mashed Potatoes and Mushroom Gravy for Ken's Going-Away family dinner tonight. Our Navy guy has been transferred back to Norfolk. He's happy to go back to be with his old – and new – shipmates. I'm only sad for me...

*Submitted by Kathy F., Oak Hills*

---

## Step Five

*"Admitted to God, to ourselves, and another human being the exact nature of our wrongs"*

Many believe this is the most difficult step. It involves humility and ego deflation. However, this step can also be the most rewarding and the one that benefits us with lasting sobriety and peace of mind. As the 12 & 12 says: "AA experience has taught us we cannot live alone with our pressing problems and the character defects which cause or aggravate them."

After having done a good fourth step, it may be a good sign if we don't feel all that well about what we have written. It may also be true that we feel even worse about having to share what we have written with another person. Somehow writing out all one's wrongs, admitting mistakes, takes courage and humility. It is also a major ego deflator. The 12 & 12 writes: "What are we likely to receive from Step Five? ...get rid of that terrible sense of isolation...tortured loneliness ...nearly all of us suffered the feeling that we didn't quite belong."

In closing, as the 12 & 12 points out: "Until we had talked with complete candor of our conflict and had listened to someone else do the same thing, we still didn't belong. Step five was the answer. It was the beginning of true kinship with man and God."

*Submitted by Scott J.*

## FINANCIAL SUMMARY AS OF APRIL 30, 2016

	APRIL	BALANCE
Savings	\$ 700.00	\$ 20,089.33
C.D.	\$ -	\$ 7,133.57
Cash in Union Checking		\$ 8,893.46

INCOME	APRIL	Y.T.D.
Group Donations	\$ 1,452.77	\$ 4,890.88
Birthdays	\$ -	\$ 75.00
Memorials	\$ -	\$ 23.00
P.Y.M.W.Y.M.I. (12 members)	\$ 342.00	\$ 2,331.00
Newsletter	\$ -	\$ 10.00
Chips and Medallions	\$ 743.03	\$ 2,834.56
Coffee Kitty	\$ 29.75	\$ 107.10
Buck of the Month	\$ 11.00	\$ 21.40
Ride for Recovery	\$ 2,889.50	\$ 4,639.50
AA Mountain Conference	\$ -	\$ 300.00
Faithful Fivers	\$ 20.00	\$ 20.00
Intergroup 7th Tradition	\$ 22.00	\$ 77.00
INCOME FOR THE MONTH	\$ 5,510.05	\$ 15,329.44

EXPENSES		Y.T.D.
Rent	\$ 360.00	\$ 1,440.00
C.A.M. Charges	\$ 117.45	\$ 512.67
Utilities	\$ 64.46	\$ 303.31
Manager Salary	\$ 1,027.28	\$ 4,109.12
Charter	\$ 107.18	\$ 341.80
Printing	\$ 50.22	\$ 251.62
Security/Maintenance/Office	\$ 191.04	\$ 1,122.56
Chips and Medallions	\$ 235.89	\$ 1,418.14
Payroll Tax State (EDD)	\$ 165.72	\$ 233.37
Board of Equalization (sales tax)	\$ 417.00	\$ 882.00
Atty. Gen. of California	\$ 25.00	\$ 25.00
Franchise Tax Board	\$ 10.00	\$ 10.00
Federal Payroll Tax	\$ 1,081.30	\$ 2,162.58
Freedom Financial (tax prep)	\$ 155.00	\$ 155.00
Credit Card Fee	\$ 25.73	\$ 109.48
Alarm	\$ -	\$ 96.00
Ride For Recovery	\$ -	\$ 485.00
Stamps	\$ 49.00	\$ 196.00
<b>TOTAL EXPENSES</b>	<b>\$ 4,082.27</b>	<b>\$ 13,853.65</b>

**INCOME BEFORE LITERATURE** \$ 1,427.78 \$ 1,475.79

### LITERATURE

Sales	\$ 1,423.30	\$ 4,956.46
Purchases	\$ 1,024.20	\$ 2,662.20
Total Literature	\$ 399.10	\$ 2,294.26

**NET INCOME** \$ 1,826.88 \$ 3,770.05

### APPLE VALLEY

Anonymous Group	\$ 168.00	\$ 659.74
Keep it Simple	\$ -	\$ 121.00

Sunday Coffee Kitty	\$ -	\$ 42.00
There is a Solution	\$ 102.00	\$ 222.00
Mon. 5 p.m. Open Participation	\$ -	\$ 45.00
Wed. Womens Participation	\$ -	\$ 90.00
How It Works	\$ 116.00	\$ 225.00
Simple Changes	\$ -	\$ 75.00
Children of Chaos	\$ 64.85	\$ 258.03
Questions & Answers	\$ -	\$ 30.00
Front & Center	\$ 77.77	\$ 423.19
Saturday Speaker Meeting	\$ -	\$ 200.00
T.G.I.F.	\$ -	\$ 55.82
Friday Nite Lites	\$ -	\$ 50.00
Monday Back to Basics	\$ 40.00	\$ 105.00
Cedar Street Big Book	\$ 40.00	\$ 40.00
Original Big Book	\$ 54.15	\$ 54.15
Womens 12 X 12/ Big Bk.	\$ -	\$ 102.00

### Barstow

Los Coyotes Mens Group	\$ -	\$ 200.00
Friday Nite Live	\$ -	\$ 200.00

### Ft. Irwin

New Horizons II	\$ -	\$ 22.95
-----------------	------	----------

### HESPERIA

Back to Basics	\$ 450.00	\$ 900.00
----------------	-----------	-----------

### LUCERNE VALLEY

The Place	\$ -	\$ 20.00
-----------	------	----------

### Newberry Springs

Thurs. Big Book Study	\$ -	\$ 100.00
Sat Breakfast Club	\$ -	\$ 90.00

### Phelan

Thurs. Big Book	\$ -	\$ 30.00
-----------------	------	----------

### Silver Lakes

No Valid Complaints	\$ -	\$ 80.00
---------------------	------	----------

### VICTORVILLE

Friday Speaker Meeting	\$ 40.00	\$ 80.00
Little House	\$ 20.00	\$ 20.00
As Bill sees it	\$ 160.00	\$ 160.00
Tumbleweed Group	\$ -	\$ 10.00

### Wrightwood

Wed. Mens Stag	\$ 60.00	\$ 60.00
9a.m. Open Participation	\$ 60.00	\$ 60.00

### Faithful Fivers

Nick P	\$ 20.00	
--------	----------	--

### Buck of the Month

Rick	\$ 3.00	
------	---------	--

# Intergroup Minutes

## May 21st, 2016

The meeting was called to order at 9:30 a.m. by Helen M., who led us in the Serenity Prayer. Present were: Helen M., Chad F., Betty B., Craig B., Bill P., Randy M., Jim F., Carl O., and Patrick. 12 Traditions were read by Carl O. Minutes of last meeting were read by Bill P. and accepted.

**Treasurer's Report:** Chad F. gave the Treasurer's report as of 4/30/16, which showed we had: \$20,089.33 in savings, \$7,133.57 in C.D., and \$8,893.46 in Checking. We had a total income of \$5,510.05 Expenses were total of \$4,082.27. Income before literature was \$1,427.78 with a net income of \$1,826.88.

**Office Manager's Report:** Craig B. delivered the Office Manager's Report for April. Central Office had 106 visitors, 157 information calls, 2 12-step calls. Call-forwarding 101 information calls and 2 12-step calls. Totals were 258 information and 4 12 step calls.

There is still an one open position for a call forwarding shift every other Friday. Contact Craig B. at Central Office if interested.

**District 19 Report:** Randy M. reported that there will be a new brochure called, "Cooperating with Professionals."

**H&I Report:** Patrick reported that the H&I roundup and chili cook-off will be held September 24th at the Victor Valley Alano Club.

**Webmaster Report:** Jim F. reported that the website will now work on mobile devices.

**Old Business:** Craig B. stated that out of 116 groups in the Victor Valley area only about 12 donate on a regular basis. We need to educate group secretaries on importance of regular donations to the Central Office.

**New Business:** Craig B. stated that intergroup needs a "Ways & Means" chairperson to coordinate AA events. Randy M. reported there will be a District 19 meeting on Saturday June 4th, 2016 at the senior center in Lucerne Valley at 10431 Allen Way, behind the library. The meeting will take place from 10:00 AM to 2:00PM. Our delegate Joe C. will speak on the conference in New York. Our delegate Jesus O. will speak on "Safety in AA." Free lunch will be provided.

Meeting was adjourned at 10:30 a.m.

Respectfully submitted,  
Bill P., Secretary.

CENTRAL OFFICE STATISTICS		
	April	Y.T.D.
Visitors	106	422
Information Calls	157	673
12-Step Calls	2	5
CALL FORWARDING		
Information Calls	101	444
12 Step Calls	2	10
TOTALS		
Information Calls	258	1117
12 Step Calls	4	15

### Meeting Location Change

The Tuesday 11 am "There is a Solution" meeting is moving to the Victor Valley Alano Club (AV1). The first meeting will be held Tuesday, June 7th, 2016 Alano Club (AV1) 11085 Central Rd.

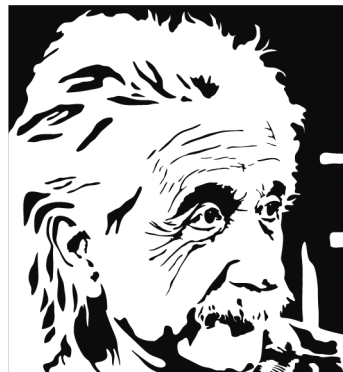
### HELP WANTED

Your Central Office has the following opportunity open for YOU to be of service

### Call Forwarding

Friday (Every other week) 4pm to 9am

For more information, call Craig B. at your Central Office:  
760-242-9292



We can't solve  
our problems using  
the same kind  
of thinking we  
used when we  
created them.

- Albert Einstein

If you would like to receive or send news to  
the newsletter, please contact us here:  
[newsletterforthefellowship@yahoo.com](mailto:newsletterforthefellowship@yahoo.com)