



# The Mid-Southern California Area 9

# Newsletter

The Monthly General Service Newsletter for Area 9 of the General Service Conference

P.O.Box 51446, Irvine, CA 92619-1446

[www.msca09aa.org](http://www.msca09aa.org)

May 2006

MSCA Area 9 includes all AA groups in the counties of Los Angeles (South of Rosecrans Ave.), San Bernardino, Riverside, and Orange.

## History of CEC Committee

We were asked to write an article about our experience in becoming a standing committee in mid-southern California Area 09. In some of this author's travels, new information was shared about the path of carrying the message to the elder alcoholic. We thought we would include a small time line in this article to show you, the reader, the progression that led us, in May 2005, to a Cooperation with the Elder Community standing committee.

In 1990, in southeastern New York, a group of AA's, including a woman named Cookie, (who was later to become a delegate on Panel 49) with the help of a Class A trustee named Joan Jackson, formulated a questionnaire, which was sent out to all the delegate areas to find out what they were doing to help the still suffering older alcoholic.

From that time until 2000, in New York, a subdivision of Sober Over Sixty was established under the Special Needs Committee. This group targeted assisted living nursing homes. The group also taped "old timers" for the archives and did "Roots" meetings. The group also succeeded in redoing the Time to Start Living pamphlet.

*...continued on page 2 col. 2*

## The Watch

It was a cold dawn but my zeal for the Steps & a Power greater than myself kept me warm. I had been in this company for many campaigns, since I first came to believe with the realization of my own shortcomings & an awakening from perilous insanity. Several of us stood silently together on the high ground overlooking the woodland hills below; awaiting word on the outcome of the PRAASA that had taken place just a month previous. So far there had been rumors of a few scouts that had passed along reports in the various surrounding districts but a one had not yet materialized from the area. A few of the men around me began to mumble distinctly and I turned toward the cause of their sudden change in disposition. There he was, slowly approaching at a pace neither hurried nor wasting time, the old man looking the very embodiment of Serenity and inner peace.

Several of the men approached him. "What's the word General Service Sir?" a young cadet asked with eternal hope gleaming in his eye.

*...continued on page 2, col. 1*

## Delegate's Corner May 2006

*By Bruce H*

I have decided as your Delegate to set what will be known as the Delegate Corner to cover some points of interest to the Fellowship of AA in Mid-Southern Calif Area 09.

Since this Newsletter Article will be out around the 1st of May and I will be just getting over jet lag on my return flight from the 56th Conference. I am truly grateful to all the groups and their Trusted Servants who took the time to either send me there groups opinions via email or snail mail or took a few hours out of there busy Sunday to attend our Pre-Conference workshop in Buena Park.

I encourage all to attend the Assembly in Costa Mesa on Sunday May 14th. I am aware that it is Mother's Day and a few hours on that day will be gratefully appreciated by all especially me. I remember what my mother said when I told her that I had to do AA on that day, Bruce because I love you go and do your AA stuff. I know that Mom is smiling down on me from Heaven knowing of all the love that AA has given to me and Linda.

I am looking forward to the Delegate report backs and your understanding with this is greatly appreciated. Hopefully I can complete them before the regional forum in Seattle on June 23 thru the 25th of June. Remember to make your plans for this event. Also remember our Spanish Foro in July. I hope to see a big turnout from our English Speaking members at this event, I know as usual you guys and gals will not disappoint me.

I would like to personally thank all of Area 09 for their generous contributions in regards to the Native American dinner donations. I am truly grateful to be a member of Area 09 and AA because you show me on a daily basis the true meaning of love thru service, and how I should serve as the panel 56 Delegate. In closing lets remember out there right now is a drunk just like I was in 1985, **and someone said a prayer for the still suffering alcoholic and God saw fit to offer me a way out. That is why we do this AA service !**

*Love thru Service, Bruce H*

## Tradition 5 (long form)

*Our A.A. experience has taught us that:*

Each Alcoholics Anonymous group ought to be a spiritual entity *having but one primary purpose* – that of carrying its message to the alcoholic who still suffers.

### ...The Watch *(continued from page 1, col. 1*

The General looked kindly down on the young man with the regard of an elder statesman, "That's what I've come here to find out for myself young man. It is for certain that a campaign has been had down below in the yonder woodland hills but there is yet to be a report of its effects in our own humble newsletter."

I had been taught by Major Sponsor in my early day's action to not sit idly when called upon to duty so I approached the gentleman in readiness to take direction. "What can I do General Service Sir to help spread the message of PRAASA?" I asked.

"Just by asking that questions you have accomplished the first step" he replied with a distant look in his eye, "For when I was a young man myself I once took a similar query to the General before me. He had replied to me on that day that "When there is a need in the Great Campaign, someone who is drawn towards the light of service will always respond with real effort in a positive approach to the problem at hand." At that moment; as if a God of our own understanding had been attending the conversation, a young woman appeared from the preoccupation of self & took on the task at hand – passing on the gift of Service to another generation. Years later, she would bake a Pineapple Upside Down Cake for the daughter of a wealthy Florentine Pogen but that is another story entirely." The General brushed the dirt beneath his feet from side to side as if in embarrassment at the last statement he had made and truth be told, the company was a bit discombobulated by the aside.

He cleared his throat and stared off towards the woodland hills below. Across the distance could be seen the approach of a lone soul coming from the stand of trees with a parchment under their arm. I get Goosebumps just thinking back on it now.....

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### Public Information

"What About Anonymity?"

"We observe all A.A.'s principles and traditions on our web sites. As anonymity is the 'spiritual foundation of all our Traditions', we practice anonymity on A.A. web sites at all times. An A.A. Web Site is a public medium, which has potential for reaching the broadest possible audience, and, therefore, requires the same safeguards that we use the level of press, radio, and film. *(taken from FAQ About Web Sites-service material – GSO)*

#### The Public Information Committee

The Public Information Committee is an exciting and

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### ...Public Information *(continued from col. 1 this page )*

hard-working committee. The Committee's work ranges from Media (including web sites), making sure Books, *Alcoholics Anonymous*, *Twelve Steps & Twelve Traditions* are in your Districts library, giving talks at schools about Alcoholics Anonymous on what Alcoholics Anonymous is and is not and placing PSA's within the television/radio/cable in the MSCA 09 Area, addressing "Anonymity" issues & placing meeting schedules behind front desks at hotels, motels, bed & breakfast.

We are fortunate to have Damian as our Hispanic Co-Chair, he will be confirmed at May's Assembly and as a bilingual Committee we hope to see more of our Hispanic friends get involved and join us in informing the Public.

#### What's in the Works

Just a few of the things we are working on are: a workshop with PI, CPC, CEC & Special Needs later on in the year; where we would share costs, ideas, speakers and this would be a first for Area 09. The PI Committee is also working on a brochure that would address those we visit in the media, schools, libraries, etc.

The PI Committee invites all who are interested to join us in our adventures.

*Thru love and service,  
Linda H., MSCA 09 Public Information Chair*

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### ...History of CEC Com. *(continued from page 1, col. 1)*

In July 2000, Minneapolis at the 65th International A.A. Convention a workshop was held entitled, "Carrying the Message to the Older Alcoholic."

In November 2001 a workshop was held at the 40th annual Hawaii Convention, "Serenity not Senility."

In August/September, 2002, Box 459 published an article, "Honolulu AA's Help Older Alcoholics say Aloha to Serenity".

In August 2003 at the Hawaii Area 17 assembly, an ad hoc Committee called Cooperation with the Elder Community was established. The co-chairs were Marion B., Sandra S., and Stan B.

In September 2003, in an Area 17, District 8, West Hawaii meeting the first district level, "Cooperation with the Elder Community" ad hoc committee was established.

In May 2004, West Hawaii Area 17, District 8 voted unanimously to allow "Cooperation with the Elder Community Committee" to become a standing committee.

*...continued on page 3 col. 1*

## ....History of CEC (continued from page 2, col. 1)

In March 2004, at the PRAASA held in Irvine, California, two roundtables were given on "Cooperation with the Elder Community". The author attended one of the roundtables and left the roundtable committed to giving service in this area. The author spoke with the Area 09 Chairperson, Panel 54, Bruce H., who had also attended the Roundtable. He agreed that there was a need and suggested we meet at the next Pacific Regional Forum 2004 in Portland, Oregon, to discuss the possibility of the establishment of an ad hoc committee, "Cooperation with the Elder Community".

In July 2004, an ad hoc "Cooperation with the Elder Community Committee" was formed in Area 09, mid-southern California.

We were off and running. Over the course of the next few months we developed a list of senior meetings in Area 09, worked on and designed a brochure called "Cooperation with the Elder Community", gave presentations at many district meetings, participated with Cooperation with the Professional Community in a panel presentation to the public and spoke about the increasing number of still suffering elder adults, developed letters to all the Central Service Offices in Area 09, asking them to use the designation 'Sr.' next to all meetings that were formatted for the elder adult in the meeting directories, helped form four "Cooperation with the Elder Community Committees" at the district level, spoke with several nursing home facilities and senior centers, gave a presentation to 1300+ people at the Carrying the Message to the Older Adult panel at the 2005 International Convention in Toronto

This was no small feat, as some of us lived 120+ miles away from each other. What was incredibly heartening was at every Area Service Committee meeting or Area Assembly, new people signed up from districts all over southern California. As of the writing of this article, we now have nine districts represented on the Committee and over fourteen committee members at the Area level.

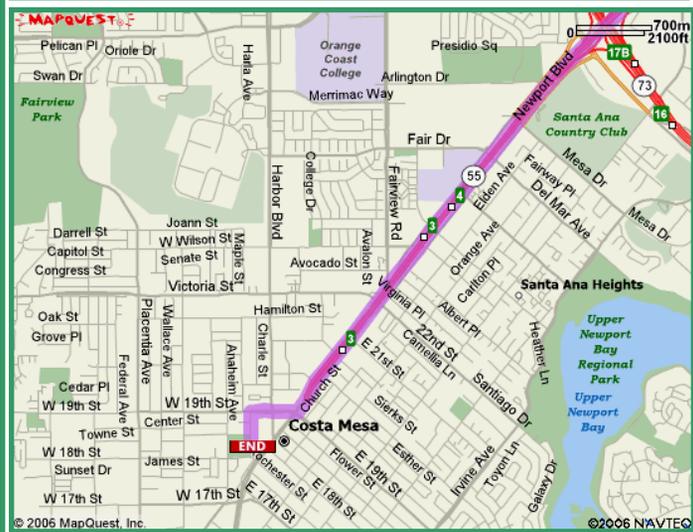
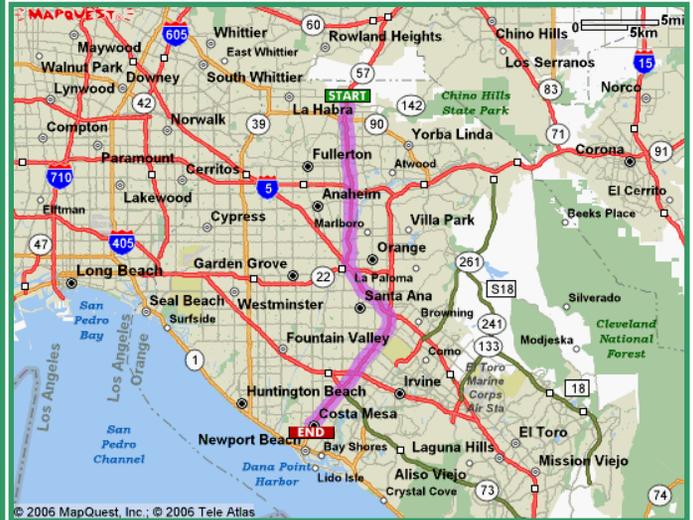
We encountered a number of challenges, not the least of which, were AA members at the Area level who were adamantly against the need for a Cooperation with the Elder Community standing committee. They strongly believed this type of work could be handled by the Cooperation with the Professional Community and the Special Needs Committees. We stressed that the process of aging was not a special need but a "universal phase of life with its own blessings and challenges". We did it ...'one day at a time' and sometimes 'one meeting at a time'. But we continued to discuss and develop new ways to reach the still suffering elder alcoholic.

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## MSCA Assembly, May 14, 2006

Costa Mesa Neighborhood Community Center  
1845 Park Ave., Costa Mesa, CA 92627

At this assembly, we will hear a report back from our Delegate (s) on what was discussed/decided at the General Service Conference in April.



### Directions:

From the I-5 or I405 or the 73 Freeway, travel to CA-55 and head south toward NEWPORT BEACH. Stay on CA-55 even after the freeway portion of that route ends (and turns into Newport Blvd). Turn RIGHT onto W 19TH ST. Drive 0.2 miles. Turn LEFT onto PARK AVE. Drive 0.1 miles.

## Concept V (long form)

Throughout our Conference structure, a traditional "Right of Appeal" ought to prevail, thus assuring us that minority opinion will be heard and that petitions for the redress of personal grievances will be carefully considered.

## ....History of CEC (continued from page 3 col.1)

In May 2005, the mid-southern California Area 09 Assembly approved the establishment of "Cooperation with the Elder Community" Committee as a standing committee. During the preceding two Area Service Committee meetings we stood before our AA peers and answered every question that was asked, with as much grace and serenity as we could muster. We prayed often, answered softly, and placed principles before personalities. We were absolutely grateful and delighted when the majority of our AA peers showed us their support and belief in the need by voting for the standing committee.

We are currently in the process of having the mid-southern California Area 09 Assembly approve a new brochure entitled, Cooperation with the Elder Community, and a set of guidelines and we have asked the Literature Committee to review a list of Do's and Don'ts for presentations to the districts. We are also working on establishing an AA meeting in a nursing home facility in Long Beach, California. And, we are developing a 'How to begin a Cooperation with the Elder Community Committee at the District level' guideline to encourage more Districts to form a CEC Committee.

### **One of our hardworking committee members, Doug W. wrote this regarding his experience:**

In Preparatory efforts toward realizing the acceptance of CEC as a standing area committee, I spoke before two district meetings. I also spoke on behalf of the CEC at the Area Assembly session at which the committee was being presented for a vote.

I used the source material that was available to present statistics and anecdotes pertaining to alcohol abuse among the elder population. Statistics from Orange County were most effective.

My main point at the Area Assembly was that the committee would help carry the load rather than invade other committee's turf.

I also used the source material to propose that my District include CEC as a standing District committee and made myself available to answer questions. I found unexpected support and opposition at all sessions.

### **Our terrific committee secretary, Bob Mc, wrote this:**

During the CEC Committee ad hoc period, we shared published studies and did our own research into the magnitude of the problem of elder alcoholics. I was surprised to find that alcoholism among the elder population is statistically at epidemic proportions, yet it is mostly unreported, misdiagnosed or ignored. There is a mountain of material out there that validates the seriousness of problem drinking among elders; this same material concludes that little is being done about it. For example, one survey shows that the prevalence of problem drinking in nursing homes is as high as 49%, yet

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## .....History of CEC (continued from col. 1 of this page)

less than 17% of treatment facilities have programs tailored for elders. Another statistic that caught my attention was that ELDERS HAVE RECOVERY RATES AS HIGH AS 85%, IF THEY ARE INTRODUCED TO TREATMENT PROGRAMS! That did it for me. If I can carry the message to just one elder alcoholic, then both of us can be happy, joyous and free.

We currently have people from all over the United States and from Ireland, England and Scotland on our bulk email list. The interest in this committee has been overwhelming. In our mid-southern California Area 09, we now have approximately 8-10 Cooperation with the Elder Community committees at the District level. It's happening so quickly we are being challenged to keep track of all the newly formed committees.

As for this humble chairperson, three years ago, I was a GSR stumbling around without a clue about how to participate in service at the District and Area level. Today I have learned so much. I've just completed a two and one half year term as a DCM and formed some wonderful relationships with the GSR's in Districts 6C & D. During these last few years, I've developed a far deeper understanding and respect for the Area-level process that Bill W. established for us so many years ago. The process is fair and democratic beyond question. It has taught me more humility and gratitude and how exciting it is to be able to be a part of something that is so much bigger than myself. I am grateful every day for the opportunity to have participated in this experience, to have the privilege of working with such wonderful people, and to have a new avenue with which to carry the message to this very large group of elder alcoholics. Thank you all for allowing me to be of service.

For further information, please contact us at [www.msca09aa.org](http://www.msca09aa.org) and click on the Cooperation with the Elder Community Committee link.

### **Grapevine Presentation**

(from District 8)

Should your group have a grapevine representative? Does your group have a subscription? How long has the grapevine been in print? Find out the answers to these and more with Distict 8 on **May 17th at**



**22130 Barton Rd., Grand Terrace, CA** in the Grand Terrace Community Center. Invite your fellow group members and meet us at 7pm.

**Do you know what is on our Area 9 website?** The site map below should give you a good overview.

**Web Site Map**

(This is a map of the current Area 9 website, [www.msca09aa.org](http://www.msca09aa.org).

It shows a list of the pages on the website at the left, and descriptions of what is on each page in the boxes to the right)

**Home Page**

What's New Section (contains a list of ( and links to) things that have most recently been added to the website)  
 What's been added in the last 2 months Section (contains a list of things that were added to the website over the last 2 months)  
 Archive Section (contains a list of things that have been added to the website over the years, such as newsletters, the Area Workbook, General Service Conference items, etc.)

**Event Calendar Page**

Contains a list of upcoming General Service Events in Area 9 and in the Pacific Region. Contains information such as date and address of each event. Also contains a list of agendas and minutes for past Area 9 events. Also contains a month-by-month set of calendars for Area 9 events.

**Districts Page**

- District 1 Page
- District 2 Page
- District 3 Page
- District 4 Page
- District 5 Page
- District 6 Page
- District 7 Page
- District 8 Page
- District 9 Page
- District 10 Page
- District 11 Page
- District 12 Page
- District 14 Page
- District 15 Page
- District 17 Page
- District 18 Page
- District 19 Page
- District 20 Page
- District 21 Page
- District 22 Page
- District 23 Page
- District 24 Page
- District 30 Page

Contains a map of all 23 districts in Area 9 and a link to each district's page

Contains a map of the district, the time and place of its GSR meetings, the address of its Central Office(s), a list of the cities within the district, and other items that the district has chosen (through its group conscience) to add.

Some Districts have chosen to add the following to their page:

- District Guidelines
- Agenda of upcoming District mtg
- Minutes of past district meetings
- Flyers of District Events
- List of District Officers (first name and last initial only)
- District-generated GSR-educational materials such as sample GSR reports

**Committees Page**

- Archives Committee Page
- Convention Liaison Page
- Coooperating with the Elder Community
- Cooperation with the Professional Community
- Corrections Committee Page
- DCM School Committee Page
- Finance Committee Page
- GSR School Committee Page
- Grapevine/LaVina Page
- Literature Committee Page
- Newsletter CommitteePage
- Treatment Facilities Page
- Registration Committee Page
- Special Needs Committee Page
- Public Information Committee Page

Contains a list of all the committees in Area 9. Also contains a link to each Committee's page.

Contains a description of the committee's purpose, a way to contact its chairperson, a link to its guidelines, flyers of Committee events, plus other items chosen by the committee's group conscience.

Contains a description of Area 9, including it's a description of a "delegate area", a description of an Area Service Committee Meeting, and a description of an Area Assembly. Also contains links to Area Officers pages, the Area's Guidelines, and the GSR Preamble).

**Area Page**

- Area Chairperson's Page
- Area Delegate's Page
- Alternate Delegate's Page
- Area Treasurer's Page
- Area Secretary's Page
- Area Registrar's Page

Contains a means of contacting the officer via email, and whatever else that officer has chosen to put on his or her page.

Contains a list of central offices in Area 9, and, for each one, a list of cities it serves. Contains phone numbers and addresses of the central offices, and links to central offices' meetings listings.

**How to find an AA Meeting Page**

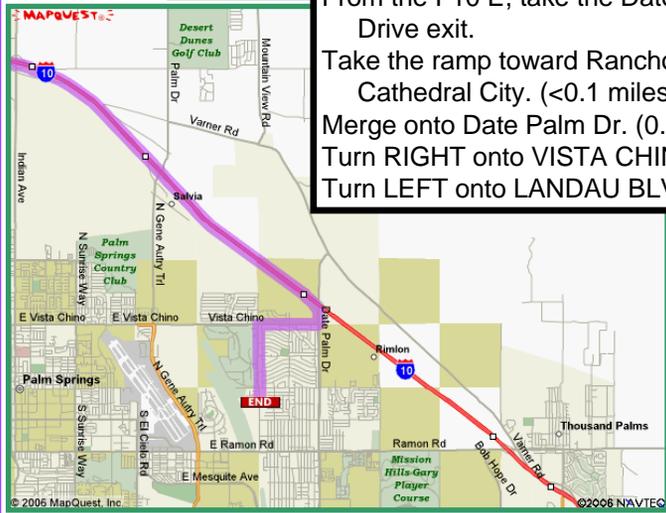
**About AA Page**

Contains a description of AA, links to the aa.org website, links to the aagrapevine.org website, and links to The Preamble, The 12 Steps, The 12 Concepts, The Serenity Prayer.

**June 11 ASC Meeting, 30400 Landau Blvd  
Cathedral City, CA 92234-5182**



**Directions from the West:**  
From the I-10 E, take the Date Palm Drive exit.  
Take the ramp toward Rancho Mirage / Cathedral City. (<0.1 miles).  
Merge onto Date Palm Dr. (0.1 miles).  
Turn RIGHT onto VISTA CHINO (0.9 mi).  
Turn LEFT onto LANDAU BLVD. (1.1 mi).



## Upcoming Events

- May 14 (Sun.) **Assembly (GSRs vote)**, Costa Mesa  
Neighborhood Community Center, 1845 Park Ave., Costa Mesa, CA 92627 (Host: Dist. 18)
- June 11 (Sun.) ASC Meeting (Dist.22), 30400 Landau Blvd, Cathedral City, CA 92234-5182
- July 9 (Sun.) Foro do MSCA (Dists 5 & 20), 11270 Acacia Parkway, Garden Grove, CA 92840, 8 am – 3:45 pm.
- July 23-25 Pacific Regional Forum, Seattle, Washington
- Aug. 13 (Sun.) ASC Meeting (Dist 7)
- Sept. 10 (Sun.) **Assembly (GSRs vote)** (Dist. 4)
- Oct. 8 (Sun.) ASC Meeting (Dist. 24)
- Oct. 15 (Sun.) Heritage Day
- Nov. 11 (Sat.) Servathon (Dist 30)
- Dec.10 (Sun.) ASC Meeting (Dist 1)

### Schedule for most MSCA Assemblies/ASCs

- 9:30 am....GSR School  
9:30 am....Delegate's Sharing Session  
10:15 am....Committees meet
- 11:30 am....Lunch
- Noon... **Main Meeting** (which normally includes introductions of new GSRs, Area officers' reports, presentation/ discussion/ voting on proposals, committee reports, other reports )  
3:30...Adjournment

### Panel 56 Area Officers

- Chairperson: Craig S,  
chair@msca09aa.org,
- Delegate: Bruce H,  
delegate@msca09aa.org,
- Alt. Delegate: Joe B,  
altdelegate@msca09aa.org,
- Secretary: Melissa B,  
secretary@msca09aa.org
- Treasurer: Mike M,  
treasurer@msca09aa.org
- Registrar: Jason S,  
registrar@msca09aa.org

### Panel 56 Area Standing Committee Chairs, Cochairs, et al.

- |                             |                              |
|-----------------------------|------------------------------|
| Archives Chair...Pete B     | Literature Chair...Patrick C |
| CEC...Michael M             | Literature Cochair, Spanish  |
| CPC...Ernesto M             | ...Cesar F                   |
| CPC Cochair, Spanish...tbd  | Newsletter Chair...Russ D    |
| Convention Liaison...Gary M | Newsletter Cochair,          |
| Convention Liaison,         | Spanish...tbd                |
| Spanish...tbd               | Public Information           |
| Corrections Chair...Alex N  | Chair...Linda H              |
| DCM School...Jim B          | Public Information,          |
| DCM School Spanish          | Spanish...tbd                |
| Cochair.....Francisco D     | Registration...Ray S         |
| Electronic Media Sub-       | Special Needs Chair...Rich   |
| Committee...Nick M          | W                            |
| Finance Chair...Deidri W    | Special Needs Cochair,       |
| Grapevine Chair...Linda C   | Spanish....vacant            |
| La Vina Chair...tbd         | Translation...Oscar G        |
| GSR School...Scott R        | Treatment Facilities         |
| GSR School, Spanish         | Chair...Phil L               |
| ...Jesus O                  | Webservant....Nancy R        |

Please send articles or information for the Area Newsletter to [newsletter@msca09aa.org](mailto:newsletter@msca09aa.org)