

The Alcoholics Anonymous San Fernando Valley Central Office Newsletter

“It Works, it really does!”

Revving Up for the 20th Annual Foothill Roundup



Roundups are one of the most fun events A.A. has to offer and the Foothill Roundup is one of the Valley's few local Roundups.

According to its founder, Bob L., it is also the most economical one to attend: \$30.00 (pre-registration) pays your entrance to the 3-day event complete with skits, speakers, meetings, entertainment and a full-on BBQ dinner plus two Ice Cream Socials.

Says Bob, “I think the big thing we have to stress to people is there isn't another conference in the State of California that you can go to for \$30.00 for the whole weekend. It includes everything -the whole shebang, and nobody can beat it! Even newcomers can afford to come here. If they don't have any money, we have a special fund to cover their registration.”

The 20th Annual Foothill Roundup takes place at La Canada's Flintridge Prep Academy, 4543 Crown Ave. (at Foothill Boulevard) from July 27 to July 29, 2012. Like many other A.A. events and meetings, it was an offshoot of the Palm Springs Roundup in Palm Springs, CA. Bob L. recalls the event that led to its founding saying, “At the banquet during the Palm Springs Roundup, they asked anyone who had 30 days or less to please stand up: One person in a room of 1,000 people stood up. Then they asked anyone with 30 days to stand up: Two people stood up. Then they asked anyone with less than a year to stand up: Two more people stood up. I realized then that they had priced the two most important groups of A.A.'s out of the banquet: the newcomers and the Old-timers on a fixed income.”

So in 1992, Bob, along with his sponsee Dennis H. and Glenda R. from La Canada, decided to set up a Roundup that was cheap and reasonable to everybody. The first Foothill Roundup was held in 1992 at Occidental College and 600 A.A.s and Al-Anons showed up to attend it. “We made up flyers and went from meeting to meeting to promote it,” says Bob. “We even set our flyers on the chairs at the meetings all over the Foothills from Covina and Ontario to the West Valley.”

Despite the slump in the economy these past few years, there has been a steady attendance each year. According to this year's chairperson, Lynn B., there are still openings to be of service as greeters, and for registration and hospitality. There are also still some openings for Small Meetings during the Round Up for groups that want a presence at the event. **(Continued on Page 3)**



CALENDAR OF EVENTS

11th Annual Tehachapi Mt. Roundup: July 13 – 15, 2012
Indian Hill Ranch Campground
www.tehachapiroundup.com

20th Annual AA Santa Paula Pig Roast
July 20 – 22, 2012: Lake Casitas
11311 Santa Ana Road, Ventura, CA

20th Anniversary AA Foothill Roundup
July 27 – 29, 2012 Flintridge Prep Academy
4543 Crown Ave, La Canada, CA
www.foothillroundup.org

2012 Maad Dog Daze
August 3 – 5, 2012: Cathedral City, CA
The Doral Desert Princess Resort
www.aainthedesert.org

27th Annual A.A. Summer Serenity in the Sierras
August 10 – 12, 2012: Oakhurst, CA
Evergreen Conference Center
serenityinthesierras@yahoo.com

2012 District 22 Convention
August 24- 26, 2012
San Luis Obispo, CA
www.district22convention.org

37th Annual The Great Outdoor Beaver Meeting
August 30 – Sept. 2, 2012
Beaver, Utah Racetrack
A2nster@yahoo.com

61st Annual So. CA. AA Convention
Sept. 28 – 30, 2012
The Legendary Town & Country Resort Hotel
San Diego, CA
www.aasocal.com

SERVICE OPPORTUNITIES IN THE SAN FERNANDO VALLEY:

Central Office needs telephone volunteers for all shifts (esp. midnight – 9 a.m.). If you have a year or more of continuous sobriety, you can sign up at the office or online:

www.sfvaa.org/involve.html

Public Information Committee: Provides information to the general public about what A.A. does & doesn't do. Need volunteers, especially young people and Spanish-speaking AAs, for health fairs and to speak at schools & businesses. **Valley Hospitals and Institutions Committee:** Carry the message of A.A. into hospitals, prisons and treatment facilities to those who are unable to get out to meetings. Call Central Office if interested.

SERVICE COMMITTEES SCHEDULE:

SFV H & I: Mon, July 16, 2012: 7 p.m. Orientation/
8 p.m. Business Meeting
5657 Lindley Ave., Tarzana, CA

Gen Service, District 11: Mon, August 6, 2012
6 p.m. New GSR orientation/ 6:30 p.m. Bus. Mtg
315 W. Vine Street, Glendale, CA

Gen Service, District 16: Mon., August 6, 2012
6:15 p.m. meeting
15950 Chatsworth, Granada Hills

Gen. Service, District 17: Mon, August 6, 2012
6 p.m. New GSRs. /6:30 p.m. Bus. Meeting
5000 Colfax, N. Hollywood

Gen. Service, District 2: Tues. August 7, 2012
6:30 p.m. Business Meeting
4011 Dunsmore Ave., La Crescenta

Gen Service, District 1: Wed., August 1, 2012
6:30 p.m. Business Meeting
7552 Remmet, Canoga Park

SFV Central Office Board Mtg: August 8, 2012
6:30 p.m., Valley Central Office

Gen. Service District 7: Sat., August 4, 2012
9 a.m. Business Meeting
Agua Dulce Women's Club
33210 Agua Dulce Canyon Road

SFV Intergroup: Mon., August 13, 2012
6:30 Orientation, 7 p.m. Business Meeting
St. Innocent Ch., 5657 Lindley Ave., Tarzana



San Fernando Valley Convention Committee: Volunteers are welcome to participate in the planning of the 2012 SFV AA Convention to be held in Woodland Hills at the Warner Center Marriott. The Committee meets the 3rd Tuesday of every month at 7 p.m. at St. Innocent Church, 5657 Lindley Ave., Tarzana.

San Fernando Valley Young People in AA: Committee Meeting is held the 1st Sunday of each month at Unit A., 10641 Burbank Blvd., NoHo.

San Fernando Valley Intergroup: If your meeting/group does not currently have an Intergroup Rep, please consider appointing someone to represent your meeting. Intergroup reps provide an important service to the group by sharing information on upcoming AA events in the Valley.

The SFV Central Office coordinates a monthly meeting for all Intergroup reps on the 2nd Monday of each month at St. Innocent Church, 5657 Lindley Ave., Tarzana. New Intergroup reps should arrive at 6:30 p.m. for orientation. Main meeting is 7 p.m. **To serve as an Intergroup rep, call Central Office: 818 988-3001.**

CENTRAL OFFICE: LIVE 24/7 PHONE SERVICE: Whether you are reaching out for help from another AA member or surfing the Web, you can find the Valley Central Office any hour of the day or night. Visit us at: www.sfvaa.org for meeting info, upcoming events, service meeting info, and links to other cool AA websites or call to speak with a sober AA member: (818) 988-3001.

HAVING A BIRTHDAY? By making a \$1.00 donation for every year of your sobriety, you can support Central Office in reaching out to alcoholics all over the county. Please send your donation in during the month of your birthday so we can acknowledge you in the correct issue of Recovery Times. **This month's sober birthday celebrants are:** Holly – 5 yrs., Angel - 13 yrs., Anonymous - 18 yrs., Danny J. - 20 yrs., Walter H. - 25 yrs., Doug R. - 25 yrs., Nathan H.- 26 yrs., and Linda K.- 30 yrs.

HAS YOUR MEETING CHANGED? If your meeting info changes (location, time, meeting name or type of meeting), let Central Office know. Please provide meeting updates in writing by mail or delivered in person during office hours.

THINGS WE CANNOT CHANGE: If you are aware of the passing of a member of our Fellowship, please call us at (818) 988-3001 or email an obituary to: sfvaanews@sbcglobal.net.



The 20th Annual Foothill Round Up

(Continued from Page 1) This year's A.A. Foothill Round Up (with Al-Anon participation) features the first time performance in American Sign Language of a story from the Big Book at 2:30 p.m. on Saturday, July 28th as well as Spanish language translations for the Speaker Meetings. The all-time favorite Mary Lind Recovery House Choir will be returning to wow the crowd following the fabulous outdoor BBQ on Saturday. Other favorites include the Over 21 Countdown meeting, a Step Workshop (Steps 1 – 4) ; two Ice Cream socials (Friday & Saturday nights) and amazing local and regional A.A. speakers and an entertaining Al-Anon skit Saturday p.m.

Registration opens at 4 p.m. on Friday, July 27th; The Foothill Round Up ends with the closing raffle for a Big Screen TV on Sunday morning, July 29th. Pre-registration is open until July 13 by mail or online at: www.foothillroundup.org. To volunteer for the Foothill Round Up, email Lynn B at: contact@foothillroundup.org.



Heard Around A.A.

"You can't fall **out** of the bus, but you can fall **off** the bus."

"A.A. is the greatest collection of lost & found in the world."

"Once you take 'me' out of blame, it's all 'bla, bla, bla.'"

"If you don't think 'time' is important in A.A., don't worry because you'll never be an old-timer."

Quotes from A.A.'s Founders:

"Each of us would like to live at peace with himself and his fellows. We would like to be assured that the grace of God can do for us what we cannot do for ourselves."

We have seen that character defects based upon shortsighted or unworthy desires are the obstacles that block our path toward these objectives. We now clearly see that we have been making unreasonable demands upon ourselves, upon others, and upon God."

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Central Office: IGR Mtg Notes of June 11, 2012

- Cheryl A. opened the meeting at 7:00 p.m. with *The Serenity Prayer*
- Theresa read "*The Twelve Traditions*".
- Dawn H., Recording Secretary, accepted a motion for approval of Minutes from May's Intergroup Meeting. The minutes were approved as submitted.

Treasurer's Report: Brian H. reported that Central Office is currently in the red <-\$4,744.25> MTD and in the red <-\$2,865.44> YTD. Extra costs were incurred during May for temporary office help to cover for Bob F while he recuperated from knee replacement surgery. Brian requested that meeting treasurers be made aware of the importance of sending in group donations to Central Office in a timely manner. A full Treasurer's Report is available in this month's *Recovery Times*.

Executive Secretary, Bob F. reported that everything is running smoothly at Central Office. The new directories are now available. Our volunteer staff is currently running well, but Central Office can always use new volunteers, especially with summer/vacation months ahead.

Recovery Times: Everything is unbelievably fabulous with the newsletter. *Internet* – Everything is running smoothly with the www.sfvaa.org website.

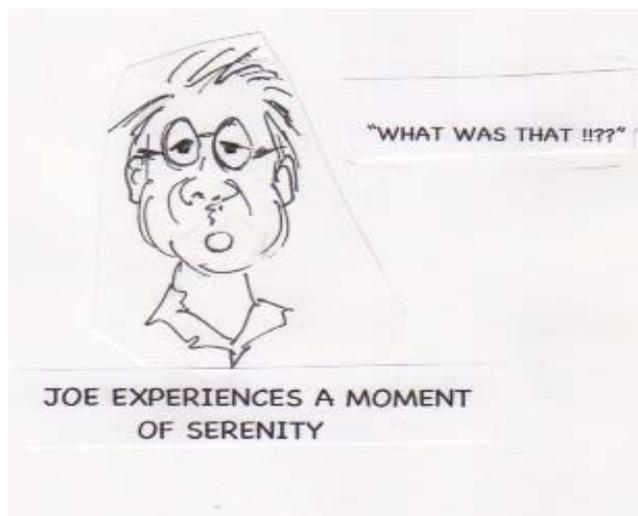
Co chair Andre W. welcomed two new IGRs and reminded everyone to encourage recruitment of IGRs from meetings that are not currently represented. There are currently 300+ groups in the San Fernando Valley but only 50-60 meetings represented at IGR.

San Fernando Valley AA Convention: *Joel said the theme for next year's convention is "Freedom Through Recovery," taking place February 1-3, 2013. The next meeting for the 2013 SFVAAC Planning Committee takes place on Tuesday, August 21 at St Innocents at 7:00 p.m. All are welcome to help plan the 2013 convention.*

Meeting Announcements: The Pacoima Group is hosting its 57th Anniversary Alcañon August 10-12.

IGR Rep Birthdays: Sandy – 2 years and Loretta – 24 years.

Motion to adjourn was recognized and seconded. The meeting adjourned with *The Lord's Prayer* at 7:14 p.m.



**Illustration by
Leslie Z**

THINGS ARE NOT ALWAYS WHAT THEY SEEM: THE A.A. DESERT POW WOW, June 7- 10, 2012, Indian Wells, CA

After my recent tour of A.A. meetings at the Navajo Nation in April, I fully expected the A.A. Desert Pow Wow in “Indian Wells” to be a Native American event. However, I saw that wasn’t the case when I arrived at the Renaissance Esmeralda Resort for the start of this A.A. three-day event.



Formerly known as the Palm Springs Round Up, the A.A. Desert Pow Wow was founded in 1991 and is now in its 21st year. With A.A.s streaming in from Los Angeles, the South Bay, Orange County, and the surrounding desert communities, the Pow Wow is one of the largest A.A. events in So. CA with over 2,000 attendees this year. Notable among those participants were a large contingent of young people from DCYPAA (Desert Community Young People in A.A.) who added a nice contrast to the older attendees who come every year to this event.

“Whether you are 18 or 80, the Desert Pow Wow offers a chance to mix, mingle, and share sobriety in meetings, at events, or even when sitting by the pool,” states a Committee Member. “It’s a chance to enjoy life in sobriety and meet other A.A.s who want to do the same.”

When I arrived at the “Pow Wow,” I quickly recognized this was a well-orchestrated event that had something for everyone in all ages ranges. There were golf and tennis tournaments, Ice Cream Socials to cool down from the desert heat, a “Young at Heart Disco Dance” and a late-night Karaoke event. There was also a 10K/2 mile fun run/walk, a banquet, a fabulous Sunday morning brunch, and lots and lots of meetings.

As this was my first time in the Palm Desert area, I was impressed by the stately 50-foot palm trees and manicured, green lawns that lined the main boulevard on the way to the hotel. While the desert air was 100-degrees most of the time, it was quite comfortable and once inside the Resort, my focus was on the beautiful facility, its pool, sushi bar and gelato and gift shops.

Over the course of the three days, I saw people I knew from other A.A. meetings including Central Office’s own Bob F. who led the affectionately titled “Losers’ Meeting” which provides an alternative to those not attending the Banquet. All in all, the meetings offered plenty of variety in themes of sobriety. My personal favorite was the Long timers’ Meeting where each participant got three minutes to share, thus providing a wealth of experience to those listening. If they went over their time limit, a gong was sounded and they were “clapped” off the stage!

Outside the Pow Wow, the local attractions were at off-season rates so I ventured out to the Palm Springs aerial tram for a ride to the top of 10,834’ Mt. San Jacinto State Park. With a bird’s eye view of the desert from the top, one could just about see the Desert Pow Wow in the distance.

In describing the Desert Pow Wow, I would say it is a welcoming A.A. event in a beautiful setting with lots of attendees who have long-term sobriety. But that pretty much describes every A.A. event I’ve ever been to really. I liked this event for many reasons but I realize I also made a presumption in thinking I knew what it was about – when I really knew nothing!

Whether Native American or some other ethnic/cultural group, what we share in A.A. cannot be defined by our upbringing or genetics. We share the despair that drinking alcohol has caused and the joy that we’ve found in recovery. Being able to come back from that place of despair is the best gift we can share, no matter where the road of A.A. takes us. Editor, Pat K.

Don't Drink and Go to Meetings? That didn't work for this AA, but the Steps did

I was at a meeting at one of the AA clubs around here, and it was a young man's turn to speak. It became obvious that he was new to our fellowship. He went on about his plans for staying sober in AA. He thought that if he didn't drink and went to meetings that everything would turn out OK. As the different people added their comments most agreed that that was a good strategy which would work for the new guy.

When it got to be my turn to share I had to tell this young man that while not drinking and going to meetings was a good start, it was just that—a good start. I explained that if he wanted to stay sober for the long haul he needed to find a sponsor to help him work the steps. He didn't take my suggestion very well. I would imagine that he thought I was making too big a deal out of this AA thing and that if he just used a little willpower everything would be fine.

After the meeting, some others encouraged this young fellow, telling him that he was on the right track and that indeed all he needed to do was not drink and go to meetings. Well, I had had my say and anything I could have added would not have convinced him that he might not be on the right track after all.

You see, I've tried the not drinking and going to meetings gig. I had good intentions; so I tried it several times and was always baffled by why I couldn't stay sober. I knew about the Steps and sponsors, but never seemed to get around to actually doing the Steps or getting a sponsor. So I spent several years in and out of AA, and they were the most miserable years of my life. I couldn't stay sober, and every time I drank I ended up in detox, baffled and confused.

When I woke up after my last drunk, I knew that there were only two paths for me. I would have to kill myself or get sober, one or the other. It was then that I hit my knees and prayed to whomever might hear my prayer. I simply asked to have my obsession to drink to be removed and for the strength to get sober in AA. I don't think I realized it at the time, but I had taken the first three Steps!

On my second day of sobriety, I asked a total stranger to be my sponsor, and he said yes. All he asked was that I call him every day. I guess he could see that that was all I could manage at the time. After about a month, I told him that my thinking had cleared up and I needed to work the Steps. He was taken aback a little but told me to go ahead and start on my Fourth Step. He later told me that I was the only sponsee he ever had that actually wanted to work the Steps. I told him that he didn't know how desperate I was to stay sober.

So we started our journey together, working the Steps and getting started on service. I tried to sponsor some guys but none of them seemed to stay sober. You would think that after all I had been through I would have been able to see that sobriety lies in the Steps and that I would have encouraged my sponsees to get started on their journey through the Steps.

It finally dawned on me to do for these guys what had been done for me, and wouldn't you know it, some of them started staying sober. My strategy has been to work directly out of the examples in the Big Book. I know that there are other inventory guides and lots of other literature, and I have nothing against them, but the Big Book is so clear it just makes more sense to me.

Now when a guy asks me to sponsor him, I always ask him if he is truly willing to go to any length to get sober, and the answer is invariably yes. I explain that when I sponsor someone I expect them to start right in on the steps. If there is reluctance to work on the steps I tell them that I will not be able to sponsor him. You see, I just don't have any thing else to give them.

Some might find my way of sponsorship harsh, but I think that to string some one along letting them believe that their way will work is a much harsher fate that is doomed to failure. How do I know that? I've tried that.

—Art H., *Mount Prospect, III*. Copyright ©1944-2011 The AA Grapevine Inc. All Rights Reserved. Reprints by permission only.



Please Support Your Central Office. We really could use more support by sending a Representative from your group to the IGR meetings. We meet the 2nd Monday of every month at St. Innocent Church at 5657 Lindley in Tarzana. Please Come! We would love to see you!

Newsletter Subscriptions: If you would like a copy of **Recovery Times** mailed to you, please complete this form with your address and a \$7.00 check (donation to cover cost & delivery) to: **SFV Central Office, 7417-E. Van Nuys Blvd., Van Nuys, CA 91405**

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(Please circle): **New** **Renewal** **Additional Contribution**
Moving? Please give us your former address:

The 12 Steps through Word Search. Each month, Recovery Times features the Step of the month. This month, JULY, we are featuring Step SEVEN. **Find the words to Step Seven below: "Humbly asked Him to remove our shortcomings."**

Q	L	K	F	T	H	E	S	E	B	J	E	O	V	C
Y	H	K	R	O	M	H	T	H	F	N	N	F	R	K
G	I	U	E	E	A	S	K	E	D	B	T	A	H	E
O	M	H	M	S	I	E	R	A	W	N	I	R	A	B
D	E	F	O	B	T	S	H	O	R	T	R	U	V	E
U	U	U	V	I	L	E	U	T	R	A	D	I	O	N
I	I	R	E	G	O	Y	E	O	I	I	L	A	L	L
C	H	A	R	B	C	U	E	R	W	H	Y	D	G	G
T	B	Y	M	O	P	E	R	O	I	Q	U	S	J	W
M	J	T	R	O	E	X	Z	E	W	X	E	S	A	Q
H	I	I	K	K	R	M	E	N	U	C	S	R	Z	Q
Q	S	H	O	R	T	C	O	M	I	N	G	S	R	Y

Can you find all the words? Look closely and read across as well as up and down.

San Fernando Valley Central Office

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