

The 29th Annual South Bay Family Roundup



When the weather gets hot in the San Fernando Valley, the most refreshing place you can go is toward the ocean. And on July 4th – 7th, 2013, you can enjoy cooler temps at the annual South Bay Roundup held at the Marriott South Bay, 3635 Fashion Way, Torrance, CA. If you've never been to the South Bay Family Roundup, you'll enjoy the Opening Flag Ceremony which is both colorful and moving. It's a parade of flags carried by members of A.A. to acknowledge and pay homage to their Home Groups.

David Barge, chairman of the Roundup Steering Committee, told me "We'll have speakers coming from all over the country for all of our Speaker Meetings. We have three days of block party BBQs with live music on two stages, non-stop. Mainly, it's rock 'n roll, but we also have hula and belly dancers – all program people. We have a choir from the Mary Lind Foundation, plus we'll have activities for the kids like face painting and jumpers. There are also special events like the Golf Tournament, the Banquet and Dance and a Poker Run. For the price of registration, \$30.00, you get four days and nights of meetings and events, such as our A.A. coffee house with live music and comedians and a meditation room where people can learn how to meditate or just relax."

Friday will be the busiest day: There's the Longtimers' Meeting from 10:00am – noon. Each speaker has 25+ years of sobriety. The names for speakers will be drawn out of a hat and each person will have 2 – 3 minutes to share. Also on Friday, there's the Biker Meeting at 4 p.m. which features someone sober who represents motorcyclists. (David says, "It could be a cop or it could be a Hell's Angel). Many people will attend in their leathers but all are welcome to attend, including Dave's 89-year old mother who never misses this meeting! The Biker's Meeting is followed by the AA Musicians Meeting from 6 p.m. - 8 p.m. with a professional musician speaking and performing music. At the closing of the meeting, everyone sings Amazing Grace followed by the Lord's Prayer. Later Friday evening, there's a Las Vegas Night event with blackjack, roulette wheels, poker and craps tables.

On Saturday, the main Banquet Show & Meeting takes place as well as the Saturday Night Young People's meeting and a Biker's Poker Run. On Sunday, the Family Breakfast Meeting, AA Birthday Meeting and Roundup Closing Meeting are held.

Anyone who would like to register can do so online at: www.southbayroundup.org or by calling the Roundup Hotline at: (310) 354-7660.



June 2013 CALENDAR OF A.A. EVENTS

Stepping Stones Alcathon, June 21 – 23, 2013, 26111 Bouquet Cyn. Rd., H1 & H2 Santa Clarita, CA 91350, www.steppingstonesalanoclub.com

29th Annual South Bay Roundup, July 4-7, 2013, Torrance, CA,
<http://www.southbayroundup.org>

21st Foothill Roundup, July 26-28, 2013, Flintridge Prep. La Canada, CA,
www.foothillroundup.org

39th Annual MAAD Dog Daze Convention, August 2 – 4, 2013, Doral Desert Princess, Palm Springs, <http://www.maaddogdaze.org/location>

35th Annual Ventura County A.A. Convention, August 23-25, 2013, Westlake Village, CA

The 4th Annual "Take Your Sponsor to Breakfast" Breakfast, September 28th, DAV, Woodland Hills

SERVICE COMMITTEES SCHEDULE:

- **SFV Central Office Board Mtg: July 3, 2013**, 6:30 p.m., Valley Central Office
- **SFV Intergroup: Mon., July 8, 2013**, New IGRs: 6:30/7 p.m., St. Innocent Church., 5657 Lindley Ave., Tarzana
- **Gen Service, District 1: (1st Wed.) July 3, 2013**, 6:30 p.m., 7552 Remmet, Canoga Park
- **Gen. Service, District 2: (1st Tues.) July 2, 2013**, 6:30 p.m., 4011 Dunsmore, La Crescenta
- **Gen. Service District 7: (2nd Sat.) July 13, 2013**, 9 a.m., Women's Club:33201 Agua Dulce Canyon Road, Agua Dulce, CA
- **Gen Service, District 11: (1st Mon.) July 1, 2013**, 6 p.m. New GSR 6:30 p.m., 315 W. Vine Street, Glendale,
- **Gen Service, District 16: (1st Mon.) July 1, 2013**, 6:15 p.m. meeting, 15950 Chatsworth, Granada Hills.
- **Gen. Svc., District 17 : (1st Mon.) July 1, 2013**, 6 p.m. New GSRs/6:30 p.m. Bus. Mtg, 5000 Colfax, Noho.
- **SFV H & I: (3rd Monday) June 17, 2013**: 7 p.m. Orientation/8 p.m. Bus. Meeting, 5657 Lindley Ave., Tarzana
- **SFV AA Convention Planning Committee**: Tuesday, June 18, 2013, St. Innocent, Tarzana (see above address)

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 or call Central Office: 818 988-3001.

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.

SF 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. See information above (SFV H & I).

San Fernando Valley Convention Committee: Volunteers are welcome to participate in the planning of the 2014 Convention. The committee meets on the 3rd Tuesday of every month starting in April.

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: 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. 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. **To serve as an Intergroup Rep, call Central Office: 818 988-3001.**



A.A.
CENTRAL

OFFICE: 818 988-3001

MAINTAINS LIVE 24/7 PHONE

SERVICE for A.A.s. Visit our website,
www.sfvaa.org to find meeting info,

upcoming events, service meeting info,
or download a copy of Recovery Times.
Want to be of service? Why not answer

phone calls to help others? Or call to

speaking with a sober AA member.

Intergroup Board Meeting: May

13, 2013

Quotes from Our Founders

*"MAY WE NEVER FORGET THAT WE
LIVE BY THE GRACE OF GOD -- ON
BORROWED TIME."*

*AA CO-FOUNDER, BILL W., APRIL
1948*

"Two or three years ago the Central Office asked the groups to list their membership rules and send them in. After they arrived we set them all down. They took a great many sheets of paper. A little reflection upon these many rules brought us to an astonishing conclusion. If all of these edicts had been in force everywhere at once, it would have been practically impossible for any alcoholic to have ever joined Alcoholics Anonymous."
Bill W., August 1946

Heard Around A.A.

"God's answer is always "Yes," or "Hold On," or "I'm Working On It," or "I've Got Something Much Better For You."

"I spent years in horrible pain trying to make my life stop killing me!"

"No one ever told me I was an alcoholic; you don't hang out with people who tell you you're an alcoholic!"

"IF I TRY TO SOAR WITH THE EAGLES, I'M LIKELY TO APPEAR MORE OF A TURKEY." *LAKE WORTH, FLA.*

"I like to say that AA is a program you can use to learn to follow the will of your higher self."
San Pedro, Ca.

Chairperson Andre W. Andre W. opened the meeting at 7:00 p.m. with *The Serenity Prayer*. Niva read "*The Twelve Traditions*." Dawn H., Recording Secretary, accepted a motion for approval of Minutes from April's Intergroup meeting. The minutes were approved as submitted.

Treasurer Brian H. reported: Central Office is in the black \$1,955.05 MTD, and in the black \$1,956.83 YTD. Reflected in the YTD total is approximately \$5,800 in group donations toward the computer fundraiser, which far surpassed our original goal of \$3,500. Any overage from the fundraiser will be allocated toward the pending relocation of Central Office. Group donations are up approximately \$4,000 over last year, and Gratitude Month donations were up approximately \$1,800 over the previous year.

Executive Secretary Bob F. reported everything is running smoothly at Central Office. Relocation options are being explored - We hope to identify potential new locations soon. Our volunteer staff is currently running well, but Central Office can always use new volunteers. Interested parties should contact Larry at Central Office.

Website: Everything is running smoothly with the www.sfvaa.org website.

Recovery Times: Everything is superb with the newsletter.

Vice Chair Bill S welcomed two new IGRs this month. IGRs were reminded to encourage recruitment of IGRs from meetings that are not currently represented. There are currently 300+ groups in the San Fernando Valley, with only 50-60 meetings represented monthly at IGR. Orientation for new IGRs begins at 6:30 p.m. prior to monthly IGR Meeting.

SERVICE REPRESENTATIVES

District 1: *John talked about the upcoming Area Assembly May 19th in Solvang. See: www.AAarea93.org.*

San Fernando Valley H & I: *Daniel said the H&I financial report would be available the following week.*

Santa Clarita Valley AA Convention: Bernard B. announced the dates of Oct. 18 – 20, 2013 for the 10th Annual SCV AA Convention. A Women's Day Luncheon fundraiser will be held on Sat., June 15th. Tickets are \$20.

San Fernando Valley AA Convention: Joel: The 39th Annual SFV AA Convention will be held January 31-February 2, 2014. The Convention Planning Committee meets on the 3rd Tuesday at 7:00 p.m. at St. Innocent.

ANNOUNCEMENTS FROM AA GROUPS & SEVENTH TRADITION:

- **Jason:** A Wiffle Ball Tournament will be held Sat., June 15th at Lake Balboa. All proceeds will benefit AA World Services. Bob F. will be the featured speaker.
- **Dawn H.:** The SFVAA Convention will be implementing a new guideline for 2014 that REQUIRES all attendees at the Friday Night Opening Ceremony and Saturday afternoon Longtimers Meeting to be registered with the convention. This will be announced frequently over the next few months.

IGR BIRTHDAYS FOR MAY (84 YEARS OF SOBRIETY)!

- Tracy – 2 years, James – 3 years
- Lloyd – 10 years, Scott – 10 years, Dave – 17 years
- Andre – 20 years, Tina – 22 years

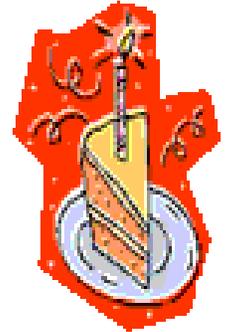
Intergroup Minutes, continued:

CLOSING: Motion to adjourn was recognized and seconded.
Meeting adjourned with *The Lord's Prayer* at 7:21 p.m.

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.

CELEBRATING AN A.A. ANNIVERSARY? 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*. For April we thank the following for their contributions:

Holly – 6 Years, Laurie B. – 17 Years, Julie L. – 20 Years, Walter H. – 27 Years.



DEATHS: THINGS WE CANNOT CHANGE:

CRAIG F. – 25 YEARS (VALLEY CLUB)

DAVE H. – 23 YEARS (QUALITY OF LIFE)

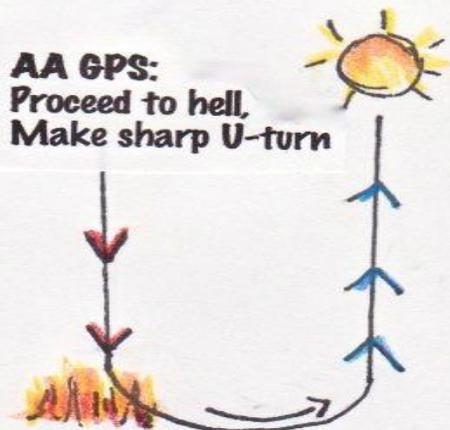
If you are aware of the passing of a member of our Fellowship, please call us at (818) 988-3001 or email an obituary to: sfvaa.org.



Please Support Your Central Office by sending a representative from your group to the Intergroup monthly 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 mail your name and address where you want us to send your issue with a \$7.00 check (for cost & delivery) to: **SFV Central Office, 7417-E. Van Nuys Blvd., Van Nuys, CA 91405.**

Illustration by Leslie Z.



(Please circle): **New** **Renewal** **Additional Contribution**

Moving? Please give us your former address:

"I'm in the business of footwork and God's in the business of results." Theresa, Culver City



Being A Caregiver in Sobriety

My name is Leslie Z. I'm an alcoholic. My sobriety date is September 2, 1981. I wanted to share this part of my story as it contains the experience of being suddenly thrust into a world of being a caregiver to a parent, the strength to do it as best as possible, and the hope that what I share will help other alcoholics who may be going through a similar situation.

I was almost 6 years sober when it happened. My early foundation was based on meetings, and more meetings so I had met many AA's who had gone through unthinkable challenges in their sobriety and stayed sober. They contributed information that helped us on our journey, and,

in turn, I'm able to do that for others today.

My mom had a stroke in 1987, a severe one with an unfavorable prognosis. She suffered a burst bowel, peritonitis, and was in a comatose state after the surgery. She had a colostomy, trachea tube and was surrounded by a constant chorus of beeps and buzzers and a bellowing respirator. The monitors seemed like a cruel light show with drastic ups and downs as her vital signs screamed out of control. For my sister and I, a very helpless limbo feeling prevailed. But the only thing to do was be there, believing, somehow, it was of some comfort to her.

After days and weeks of touching and talking with no response, I wanted to protect myself from the anguish I was feeling (my sister included). I felt like I was wearing my nerve endings, and heart, on the outside of my clothes, and the wind hurt. We tried to be mad at her. Worked for a minute.

My sister and I shared feelings we had never shared during this time. We promised each other we would respect them too, no matter if we agreed with each other or not. That promise has stood the test of time.

So many families have fallen apart under the strain of tragedy, and, much of that, perhaps, driven by money and old issues that purge like the plague. In our case there was no money, and our personal histories were up-to-date, and what to do now could only unfold a moment at a time.

After weeks of little change and the addition of challenging infections, heart congestions, every ring of the phone was jolting. My sister and I had put headphones on mom each night when we left the hospital. We played sounds of nature just "in case." The nurses had reported that mom showed distress about the same time each night. What we didn't realize was the thunder and lightening sounds of nature that were on that tape. We then knew she could hear; that was great! However, we changed the menu to classical music and Glenn Miller.

More weeks and months passed and slowly there was stabilization to her system. Her right side was paralyzed, so she had braces on her wrist and foot to control further atrophy. Around the 4- month mark, she began to come around. She knew us, so there was vision. She seemed to like us very much and we were happy. She was in pain much of the time due to the awakening of those muscles that had been twisted from stroke, as well as her neck, which was in the same position for so long because of the respirator. She cried and yelled "no, no, no." and gained enough awareness to express frustration and dismay at her physical state. There were no initiations of thought other than what she needed to express in the moment. But any expression was far more than what the doctors' had told us. "She's not out of the woods." Heard that one over and over again. (Cont., next page)



What if we left our paved road and went into the woods too? Since I grew up playing in them, I knew they could be a place with daily surprises and discovery. Rather than expect her to return to that which we knew, it was time to go into her world. (Continued, next page)

I researched effects/solutions to stroke recovery and either found extremely technical materials, or inferior drawings that were very limited. I started drawing our own pictures to help with immediate needs, i.e. bathroom etc. And it was difficult to know how she felt, and what hurt, so I drew those too. She was so aphasic that “no” meant “yes” and “yes” meant “no.” The drawings were singular and very large so as not to confuse her. This was the beginning of our journey.

She was assigned to an interim nursing home as she had a feeding tube, catheter and still needed much medical attention. My sister and I learned how to take care of the colostomy and whatever else needed to be done. We also continued extreme vigilance regarding her care that began in the hospital. That’s another very important subject.

One day my sister and I kidnapped her to her home, which she hadn’t seen in months. We wheeled her about a mile from the nursing home and through the neighborhood. The people came out of their houses, and she was happy to see them. The neighbor’s dog, Bridget, ran up to her and she called “BIDGET.” It was that day that we knew she would not stay any longer than necessary in the nursing home.

My mom lived with my sister’s family in NJ and became strong enough to travel several months later. An AA sister introduced me to an amazing doctor and program for stroke survivors in California and I moved her to my home. The challenges began – Balancing the learning process of caring for her, and trusting those SSI caregivers to perform professionally when I worked. Of course, no one could do good enough to suit me. I learned humility and tolerance as well as “courteous” confrontation. None of this was a smooth ride, mind you. Kind of like learning to drive a stick-shift. I was able to attend fewer meetings, but, my AA support team came to my house as frequently as possible. Drinking was never an option – even in the most difficult hours. It was about my mom – not me. I certainly learned to live in the moment and the Serenity Prayer was my mantra.

Before her stroke, she had gone to many meetings with me on her California visits, and knew my friends from 4242 Radford. She especially enjoyed going to Dodger games with Alabam. So her recognition of my AA friends slowly came back.

The communication book grew, and there were drawings that mom could share with others that told of her birthplace, her family, pets, what she worked at, where she traveled, likes, dislikes, etc. It also was a great tool for caregivers who had trouble with the language, and made for meaningful interaction. Her needs were there in pictures. It expanded and changed as our world grew. The act of singing bypassed the obstacles of speech. We sang those songs she knew – those that were programmed in her brain. It kept her voice strong, and was a wonderful surprise to those who never thought it could happen.

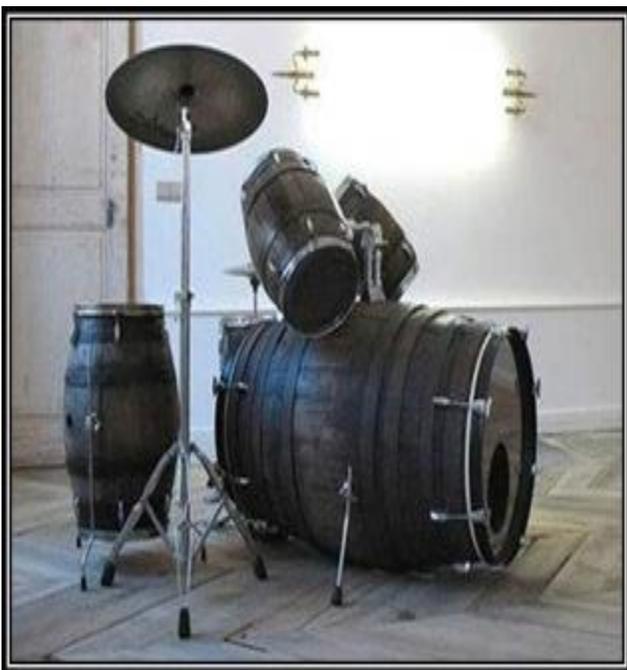
The squirrels and blue jays would eat from her hand. I think they had a special understanding that can only come from those who have been in the woods. We journeyed far. Sometimes there was not much of a glow in our path, but, then, some days we rode the wake of a magnificent light.

Betty passed away on December 20, 2006. It is her strength and courage at which I marvel. She entered a whole different world alone. I had the help of all of you to follow her with love and understanding. Keep coming back. **Leslie Z. – Valley Village, CA**



The 12 Steps through Word Search. Each month, Recovery Times features the Tradition of the Month. In June we are featuring Tradition Six: **“Were entirely ready to have God remove all these defects of character.”** Can you find all the words? Look closely and read across as well as up and down.

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



Got a story, poem or artwork that is recovery- related that you want to share? Stories should be 250-500 words. Please email to Editor of Recovery Times at: xnowisthetime@aol.com or mail/deliver to Central Office.

Submission does not 'guarantee' publication.

Creative uses to recycle old wine barrels. Submitted by Alex, Glasgow, Scotland

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ADDRESS SERVICE REQUESTED

