



SONOMA COUNTY INTERGROUP FELLOWSHIP NEWS

February 2003

SCIF Committee Chair Elections

As reported in last month's newsletter, elections for SCIF Committee Chairs will be held at this month's Intergroup meeting on Monday, February 24 at 8:00PM. The following Committee positions will be available:

Activities Coordinator

Coordinates monthly dances, Summer picnics, and other activities and functions within Intergroup. Creates and organizes activities and functions. Must be able to delegate responsibility.

Average monthly commitment: 20 hrs.

Communications Coordinator/ Newsletter Editor

Coordinates efforts to produce Directories, Newsletter & Website; gets meeting updates to Directory Coordinator

for inclusion in monthly Newsletter. Arranges for printing and distribution of schedules & Newsletter. Coordinates Newsletter mailing to paid subscribers. Attends Steering Committee meetings, S.C.I.F. meetings, special events, and workshops when possible. Is aware of information that needs to be presented to membership in written form, especially SCIF business & events.

Average monthly commitment: 20+ hrs.

Outreach

Checks attendance for registered groups. Checks with groups to encourage them to send reps to Intergroup. Volunteers to attend meetings are a necessary part of this committee, whose main emphasis is to encourage groups

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History Seminar Was A Hit!

On Saturday January 18th, I attended the fantastic "History of AA" Seminar put on by Sonoma County Intergroup. Bill S., from Sonoma, one of our most treasured old timers, with 55 years of sobriety, showed three films about AA's origins and history, and also spoke at length to a crowd of about 120. He is a tremendous resource for us, because he got sober in Ohio and knew many of our founding members quite well.

Bill, who is 83, was, first and foremost, *really* funny. What moved me most about him, though, were his incredible humility and kindness, which remained evident throughout his story and his answers to our many questions. Several AA's made pointedly challenging queries about familiarly controversial topics, and he was gracious and patient to a fault. Though his answers were enlightening, it was simply the strength and clarity of his presence that was most instructive. I said, at one point, to the friend with whom I'd

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Reflections and Gratitude

Viewing the early rainy morning on the last day of 2002, and waiting for the sun to rise so I can go for a walk, I reflect upon my sobriety. In just 3 short years of involvement with AA, my life has changed such that the actively addicted person I left behind is often someone I can barely relate to.

I was angry then; I'm interested now. The world was unfair, hopeless, bleak, futureless and unmanageable. Daily tasks seemed insurmountable. I felt defeated and weak. Nightly I had dreams where no matter how hard I tried, I could not stand up and walk - I was

stuck in a crawling position, barely moving as my muscles would not respond.

Today, I see that life has so many learning experiences. My philosophies have changed. Previously I believed myself a victim of the dramas life has to offer and even perhaps acted the martyr. Today, I believe that God places people and situations in my path for a reason or for a lesson to learn. I try to practice mindfulness and live in the present rather than focus on instant gratification, dwelling on the past, or leaping to the next distraction. I must make healthy choices

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SCIF BUSINESS MEETING

INTERGROUP OFFICERS

- ◆ CHAIR: Tim P.
- ◆ VICE-CHAIR: Bruce G.
- ◆ SECRETARY: Bruce McL.
544-6958
- ◆ TREASURER: OPEN
- ◆ REGISTRAR: Amy

INTERGROUP COMMITTEES & CHAIRS

- ◆ SEMINARS: Kay S
526-5502
- ◆ ACTIVITIES: OPEN
- ◆ OUTREACH: Tom R.
- ◆ HOTLINE/TELESERVICE:
Kim C.
- ◆ ALCATHONS:
Dennis

AA HOTLINE TELESERVICE

- ◆ CHAIR: Kim C.
584-5831
- ◆ SCHEDULER: Loretta D.
- ◆ 12 STEP COORDINATOR:
Teri T.
664-0768
- ◆ SANTA ROSA HOTLINE
544-1300
- ◆ LONG DISTANCE ONLY
800-224-1300
- ◆ PETALUMA HOTLINE
762-5122
- ◆ SONOMA HOTLINE
938-2027
- ◆ SPANISH HOTLINE
545-7417

SCIF MINUTES

December 23, 2002

The **Serenity prayer** was recited. Tradition 12 (long form) was read by Susan and Concept 12 by Wes.

Tim read the **Preamble**.

Intro of new reps: Colleen of Bridging the Gap, Eli of Sat. Afternoon Winners, Stu of Sun. Night B.B. Review, Richard of Sat. morning 3rd Step Mtg., Rebecca of Sharing & Caring, Gary of We Are In The Now Group.

December Birthdays: Larry - 8 yrs., Wes - 9 yrs.

The **Seventh Tradition** was practiced.

The November minutes were approved.

Registrar: Amy. There were 60 reps at the November meeting, 7 of whom were new.

Outreach: Tom R. passed around the list of un-represented meetings.

Liaison Reports:

General Service: Coop reported that elections for service positions within GS have been completed. There will be a Spanish forum in Bakersfield in January. Agenda topics season is approaching, your GSR's will be bringing them to the meetings for input & feedback. Donna K. is our new liaison.

H&I: Dave. Explained what H & I is and invited all interested to attend the monthly business meeting, listed in the calendar.

PI/CPC: Dagmar. There will be no business meeting in Dec.; the next one will be on Jan. 8th. Several positions are open, help needed.

Bridging the Gap: Colleen H. is our new liaison. She reported that this past month BTG made 7

presentations. We made 55 contacts; 29 local, and 26 going out of the district.

Officer Reports:

Chair: Tim P. reported that we still need a new Activities Chair, the position is up for election in February. Discussed elections coming up in January, job descriptions will be in NL. Tom gave a synopsis of the Outreach Chair's duties, and Amy did the same as Registrar.

Vice Chair: Bruce G. Absent. Thanks to Kay for filling in on Orientation.

Treasurer: John S. Written report on page 5 of the Newsletter.

Bookstore: Gloria. 25 people attended the volunteers' Christmas party. 7 shifts have been uncovered so far this month. The store will be closed when this happens. Please encourage volunteers to avoid this.

Seminars: Kay reported that the next Seminar will be January 18th at the Senior Center. "What was it like 50 years ago?" Flyers are available.

Activities: Flyers are available for the New Years Dance.

Teleservice: Kim. Absent. Bob reported that the schedule is relatively full at the moment. Help is needed on the committee.

Communications/Newsletter: Bruce W. absent. Rory made a call for Newsletter submissions. Rory introduced a housekeeping motion to add links to Mapquest for meeting sites on our webpage. Passed.

Alcathons: Dennis M. Absent. Larry reminded us that the New Years alcathon ends at 6 pm.

ICSC: Terry T. was nominated. The election will be held at the January

(Continued on page 3)

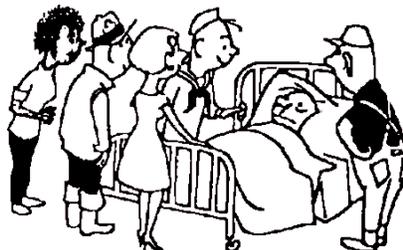
HOSPITALS & INSTITUTIONS

"[I developed] a terrific desire to excel, a terrific desire to show people and myself that not only was I their equal, but I was by far their better. An early incident illustrates this very well.

"I was raised by my grandfather, a magnificent old gentleman. And he saw in me what he thought was a great persistence in accomplishing whatever I set out to do. My grandfather thought this was a good trait to encourage. He did not realize that this persistence was actually a pride philosophy based on an effort to compensate for my childhood inferiority. One day when I was not more than 11 or 12, to goad me on to an impossible task, Grandfather produced a book about Australia which made the statement that nobody but a native Australian had ever made and thrown a boomerang. I remember how in a childish way I thought to myself, "The hell you say, Granddaddy. I will be the first native American to learn to throw the boomerang." So I set about whittling and making boomerangs, trying to imitate the pictures I saw in the book. At first it was all failure. I went the public library; I got our every book on Australia. I determined that I would be the first American ever to throw the boomerang."

[Part 5 of Bill W.'s chair at San Quentin in the early years of H&I, reprinted from a 1951 *Grapevine*]

Several new meeting reps introduced themselves at the H&I Committee's first meeting of the year. They are: Joan, Kevin M., Rick, Cory, Robin, Eli, Jean B., Freddie H., Jeff, Duncan and Juan. Welcome—we're glad you're here!



A total of 60 years and one month of sobriety was being celebrated by Brian S., with 7 years; Alison C., 2; Carol, 1; Anne Marie, 5; Mary L., 5; Barbara R., 6; Donna K., 11; Larry F., 12; David, 2; Eli, 5; Sherwood, 2; Matt, 2; and Martha with 30 days. What a great way to start the New Year!

David B. shared his experience with H&I, how he had gone out and come back to his first meeting—and it was an H&I meet-

ing. His sponsor "suggested" he get into service and he began by making coffee. From there he proceeded to "grab the whole package" and became more and more active. He had been feeling discouraged by sponsees who couldn't stay sober; then he realized that he still had H&I, was forging life-long friendships there, was getting out of himself—and *he* was staying sober. He related that he was recently visiting someone in the hospital and, as he was getting ready to leave, the man in the next bed called him by name, saying, "I remember a few years ago when you brought a meeting to the jail." And that's why we does H&I work.

The next meeting of the committee will be on February 5, at 6:15 p.m. at the Santa Rosa Senior Center on Bennett Valley Road. If you'd like more info on H&I, you are welcome to attend the brief orientation that begins at 5:45. Come on down and bring a friend!

In service,
Mardi

SCIF Minutes

(Continued from page 2)

meeting.

Old Business: None.

New Business: None.

Group Concerns and Sharing:

Teresa made the suggestion of waiving the sobriety requirement for the Activities chair, since we are having trouble filling the position. Discussed, no action taken.

Summation: Tim highlighted these points-

- 1) Officer elections in January.
- 2) Bookstore needs help.
- 3) Newsletter needs article submissions, 12th Step stories.
- 4) Teleservice needs help on the committee.

Closing: Lord's Prayer

-submitted by Bruce McL.

ACTIVITIES REPORT

Dancing seemed to do the trick again. The new year arrived, and I didn't even mind. We convert a huge empty space to a celebration. The setup was done by Turning Point, and the tear down by folks from the Orenda Center. The lights were supplied by Laurie E. The compressor by Eddie, and the bag by Big John. Larry O. Came by to see how it all goes together, and ended up saving the show. Dave and Carolyn, Ken and Tom P., Sunshine and Tom N., put it together. Mark went to Costco to get the coffee. But I forgot to tell him to get coffee stirrers. Speaker Bonnie Jean said it all for us.

I must admit that it makes me tired, it makes me afraid that I am going to commit just one act of forgetfulness, and then instead of you all applauding me, you will all point your fingers and laugh. This year we had finished putting the place together and I went to the bookstore to get coffee stirrers and sugar. There were no coffee stirrers. So I went to Safeway, and they had not a single coffee stirrer. I knew that Coffee Stirrers were going to

be the end for me. I just Did Not Care. I drink my coffee black, and those of you who put white stuff in yours should learn to drink it black. It's good for you. But, I knew the ruckus that was going to be raised as I calmly said to person after person after person that "I'm sorry, there are no coffee stirrers." I was too tired to even to think that this was the final act of forgetfulness and arrogance. But I was saved, Larry O. asked what he could do. I replied, "I don't have any coffee stirrers." He dashed off, and came back with thousands of the things. I wonder what your reaction would have been if we hadn't had any coffee stirrers? I'm done now with both of my commitments, and I have learned a lot. I can do things I never thought I could do. I started the Activities chair scared, but needing to do something, and it turned out o.k. I started out with the Seminars Commitment wanting to learn more about our way of life. I learned that I do things by intuition, and that I can trust myself. I can trust you to put it together for me.

Kay S.

GENERAL SERVICE

Greetings Sonoma County Fellowship!

First of all, I would like to thank Jay B. who served in this capacity for the past two years and did an outstanding job. My name is Mary W. and I have the privilege of serving as your new General Service Newsletter Correspondent. Jay continues to serve District 12 as our current DCMC, bringing a wealth of service experience to his newest position.

General Service kicked off the New Year with a brand new panel of trusted servants. The energy at this month's meeting was enthusiastic as Jay B. led the business meeting. The spirit of rotation has once gain proven to be a healthy principle, as new vitality and fresh ideas infiltrated the meeting. GSRs got a glimpse of the Preliminary Agenda Topics and seem eager to present them to their AA groups.

We welcomed nine new GSRs who are ready to serve their groups and the fellowship. There were also nine January sobriety birthdays. Keep coming back, one day at a time! You are proof that some resolutions stick!

Our area guest was Greg T. who came from Oakland to share his experience, strength and hope on the upcoming Agenda Topics. Greg served our fellowship as the Treasurer for CNCA Panel 51 the past two years. He is currently serving as the Area Grapevine/Literature Chair. He can be found at every assembly, and even with his incredible responsibilities to the fellowship, Greg is never too busy to lend an ear if you have questions or need service support.

PRAASA, or the Pacific Region of

Alcoholics Anonymous Service Assembly, is coming up on March 7-9, 2003 at the Reno Hilton. Devoted General Service AAs attend RAASA from our nine western states. District 12 funded four GSRs to attend this year

GENERAL SERVICE DISTRICT 12 ANNOUNCES: AGENDA TOPICS WORKSHOP

Date:
Saturday, February 15, 2003

Time:
9AM-3:30PM

Location:
Santa Rosa Senior Center
704 Bennett Valley Road

Who's invited:
GSRs, DCMs and the entire Fellowship!

Join us for a day of workshop about the upcoming Agenda Topics

Learn about Sharing Sessions and how to obtain a Group Conscience

Information:
Contact Siobhan S. at **824-9775**

as names were chosen from the basket. Congratulations to Victor, Katherine, Deborah and Isae.

On the local front: **Saturday February 15, 2003, Sonoma County General**

Service, District 12 will be hosting a workshop on the Agenda Topics from 9AM to 3:30PM at the Senior Center, 704 Bennett Valley Road in Santa Rosa. This is an excellent opportunity for new GSRs to learn about sharing sessions, however, everyone in the fellowship is invited to attend. Siobhan S. and Steve B. graciously offered to be the Chair and Co-Chair of the committee for this special event. If you are available to assist the planning committee, please contact Siobhan S. at 824-9775. We welcome any and all help! The Theme of this years 53rd General Service Conference held on April 27-May 3, 2003 in New York, NY is: **Living AA's Principles Through Sponsorship**, which will be your GSR's focus as they proceed with setting up "Sharing Sessions" with your group. There will be a lot of active discussion as AA groups in Sonoma County and beyond meet to gather their "Group Conscience" on a variety of topics. This is the spiritual process by which changes are made in AA, and it is true that all final decisions rest in the hands of the AA groups. If you have never attended a sharing session, then please ask your GSR about it and let them know you are interested.

If you would like to learn more about General Service, please attend the 1st Monday of the month at Faith Lutheran church on Newanga in Santa Rosa: New GSR Orientation is 7pm, Business meeting is 7:30. Our next meeting is February 3rd. Just show up, have some coffee and enjoy! If you are ready to expand your service horizons, then General Service is a good place to be. We look forward to seeing you there.

In love and service,
Mary W.

History of AA Seminar

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attended, "I want to be like him when I grow up." He spoke of the "addict/alcoholic" issue with compassion, for example, refusing to fan strong emotions either way. He spoke of the importance of appropriate language in meetings, and of our quests, as sober people, to find a moral way of life, and said that there was a stronger focus on both in the old days. Far from self-righteous in these observations he expressed regret that he had not done a better job over the years, due to his own fears, of working to preserve that focus and flavor of those early day's meetings. It made me want to be more mindful of my own focus in recovery and at meetings.

I was also very impressed with the simplicity of his emotional honesty, speaking, as he did, of his vulnerability,



anxiety and loneliness since losing his wife three years ago. He shared this in the context of his gratitude for his program, fellowship and meetings, revealing himself as a person still very much growing and changing in his sobriety

even now. He told us his story, describing his bottom as the day he looked in the mirror and said, "I am unacceptable to myself." This seems the clearest description of the bottom we AA's come to that I have heard. The three old films he showed demonstrated the many, many miracles (or God's anonymous coincidences— whichever you prefer!) that allowed Alcoholics Anonymous to come into existence, and then grow as a movement. They made me truly proud to be a member of this amazing and unique program. They made me grateful to be a drunk.

Kalia

HAPPY TRAILS

The Happy Trails Meeting/Hike resumes on Sunday, February 23. Our first hike will be at Foothill

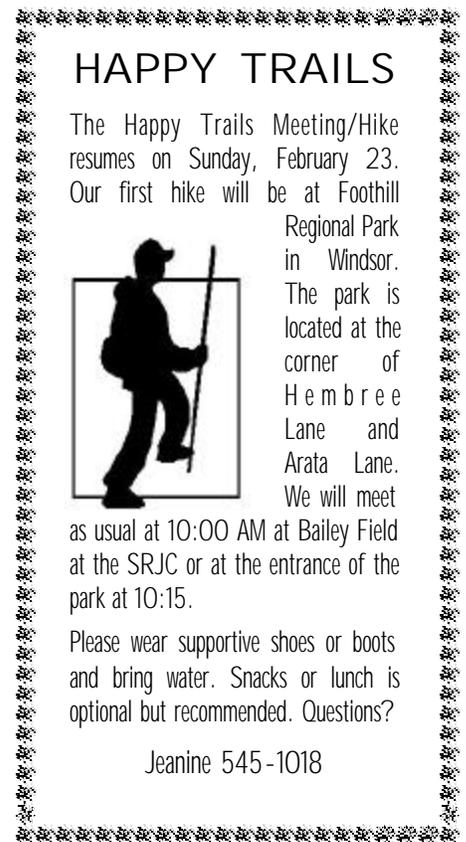


Regional Park in Windsor. The park is located at the corner of Hembree Lane and Arata Lane. We will meet

as usual at 10:00 AM at Bailey Field at the SRJC or at the entrance of the park at 10:15.

Please wear supportive shoes or boots and bring water. Snacks or lunch is optional but recommended. Questions?

Jeanine 545-1018



SCIF CALENDAR • FEB 2003



SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3 General Service Faith Lutheran Church 6:45: Service Manual Study 7:00: New Rep Orientation 7:30: Business Meeting	4	5 Hospital & Institutions S.R. Senior Center 5:45: New Rep Orientation 6:15: Business Meeting	6	7	8
	10 SCIF Bookstore 6:30: AA Teleservice Business Meeting 7:15: ICSC Meeting 8:00: Intergroup Steering Committee Meeting	11	12 PI/CPC S.R. City Hall 7:00: Speaker Training 7:30: Business Meeting	12	14	15 General Service Agenda Topics Workshop SR Senior Center 9AM-3:30 PM District 18 (Spanish) 5519 Old Redwood Hwy. Windsor 4:30PM
16	17	18 Bridging the Gap SCIF Bookstore 6:30: New Rep Orientation 7:00: Business Meeting	19	20	21	22 General Service Area 6 Petaluma Community Center 320 N. McDowell Blvd 12:00
23 Happy Trails Foothill Regional Park 10:00: SRJC Parking Lot at Bailey Field	24 SCIF Elections Intergroup St. Luke Lutheran Church 7:30: Newsletter Collating 7:30: New Rep Orientation 8:00: Business Meeting	25 General Service District 12 Officers Meet- ing - 6:15 SCIF Bookstore	26	27	28	

SCIF Committee Chair Elections

(Continued from page 1)

in Sonoma County to be active in the A.A. community and Intergroup.

Average monthly commitment: 6-12 hrs.

Teleservice Chairperson

Oversees day-to-day operations of Teleservice. Conducts monthly Teleservice business meetings.

Average monthly commitment: 8-10 hrs.

Seminars Coordinator

Determines what workshops the Fellowship is interested in. Arranges for speakers and/or panels; contacts participants; sets up time and room for meetings; gets information into Newsletter; encourages participation; attends monthly S.C.I.F. and Steering Committee meetings.

Average monthly commitment: 6-10 hrs.

Reflections on Gratitude

(Continued from page 1)

each day to strive for the highest good. These are not concepts I understood when drinking!

Yes, occasionally I have the frightening drinking dream, which I view as a great reminder. However, those dreams of being trapped in a useless body have disappeared; I think due to the new free life I'm living. Now, I frequently have dreams of flying and running and swimming.

Tomorrow will be the first day of the year and it seems to bring forth an excitement and adventure with the sound of 2003. However, currently I must live for today. This morning I pray for the ability to add something positive to this planet rather than be the ineffective consumer I once was.

On this last day of 2002 I thank God for the program sent to me, the magnificent women friends I've met in AA, of course my sobriety, and my newfound ability to be in the moment and enjoy a walk on a rainy day.

Stefanie

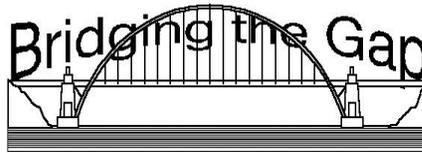
BRIDGING THE GAP

Gifts of Time

Sharing our sobriety by doing 12th step work is like giving gifts of time to fellow alcoholics in times of need.

The goal of the Bridging The Gap committee in Sonoma County is to make a special kind of step work possible for those needing assistance.

In 2002, hundreds of alcoholics in treatment facilities around the county requested help from the hands of AA upon release. Scores of presentations were given by dozens of AA volunteers at various treatment facilities. There we shared our experience, strength, and hope and offered a little help. A multitude of wonderful volunteers gave gifts of time, and those



same hundreds of newcomers were assisted through the doors of AA after release.

We thank all the volunteers who gave unselfishly, and thank you newcomers for letting us be of service to you. Continuing to see so many of you around at meetings adds joy and spice to our sobriety.

Would you like to be a part of this rewarding 12th step work? We meet on the 3rd Tuesday of each month at the AA bookstore, 750 Mendocino Ave. There is an orientation at 6:30 followed by our business meeting at 7. For information contact us at (707) 793-0411 or e-mail at DjBridgtheGap12@aol.com.

In Unity and Service, Ron

PUBLIC INFORMATION REPORT

Public Information/Cooperation with the Professional Community (PI/CPC) is the committee of General Service in District 12 that carries the message of Alcoholics Anonymous to those outside the fellowship. The audience may or may not be composed of alcoholics. In many cases, these are people who know little or nothing about AA and our appearance before them may be their first contact with us. So, our message is what AA is and is not, what it does and does not do and how the program became critical in our lives. Our personal stories, although highly interesting, are not germane.

At our business meeting in January, new trusted servants were selected. Tom P. was elected Chairman, pending confirmation at the next General Service meeting. Mary Jo Y. will be his alternate (and new coordinator of the multiple offender program), Susan P. continues as Secretary and Dan C. will be Treasurer. New speaker coordinators are Linda S., Roger B., Coop G., and Cori W. We are pleased and grateful they made themselves available for this service.

Although we are invited to speak at schools, churches, professional and civic groups, our most frequent mission is to the County Drunk Driver program. In most cases, these people have been cited for driving under the influence and it is not always clear whether

they are alcoholics, not very good at drinking or just unlucky. The letter below, to Tim P. who was our coordinator for the "multiple offenders program," was received just before Christmas:

*County of Sonoma
Department of Health Services
Drinking Driver Program
December 4, 2002*

Dear Tim,

As usual the speakers from PICPC have done an outstanding job. I am sure that they have planted the seed in many a person who sat in the rooms. To me, that is what AA is all about, carrying the message to those still suffering from the disease. We at DDP can not express how much we appreciate each and every speaker who shared their time and stories with our clients. Please pass this on to each and every one of them. We hope that you all have a very special Holiday Season.

ML Program Specialist.

If public speaking, distributing literature or a host of other important jobs interests you, we meet on the second Wednesday of each month at the Employees Lounge adjacent to the underground garage at Santa Rosa City Hall. There is a "speaker training" at 7:00PM followed by our business meeting at 7:30. If it wasn't fun, we wouldn't do it.

Dan

MEETING CHANGES

Gualala

NEW LOCATION FOR ALL MEETINGS

Action Network Conference Room
38550 South Highway 1
See Meeting Directory for meeting times.

Santa Rosa 11th Step Meeting
(O) (W) Monday 8:00PM

Has moved to the Santa Rosa Senior Center
704 Bennett Valley Rd. Room 17

Santa Rosa Sonoma County General Service
First Monday
4930 Newanga Ave. Santa Rosa
Meeting is now at 7:30PM

NEW MEETINGS

Petaluma Women's Step Study
(O) (W) Wednesday 10AM

NO LONGER MEETING

Cloverdale 12+12
(O) (W) Sunday Noon
208 N. Commercial

Petaluma Step Study Group
(C)(W) Monday 7:00PM
220 Stanley

Meeting Changes?

Contact Russell @ 539-5165

Gloria's Corner

Thanks to the Intergroup Reps we now have 5 new volunteers that we are training. Also, another volunteer has returned to help out.

Sales were down in December, but we're doing great in January.

Thanks Everyone!



Gloria

ADDRESSES

Sonoma County Intergroup Fellowship

750 Mendocino Ave. #10
Santa Rosa, CA 95402

Sonoma County General Service

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Santa Rosa, CA 95402

Area 22 H & I Treasurer

PO Box 192490
San Francisco, CA 94119-2490

General Service Office

PO Box 459, Grand Central Station
New York, NY 10163

CA Northern Coastal Area Treas.

PO Box 884222
San Francisco, CA 94188

Sonoma County PI/CPC*

PO Box 11350
Santa Rosa, CA 95406

*Funded solely through Sonoma County General Service

BOOKSTORE & TELESERVICE

SCIF CENTRAL OFFICE

750 Mendocino Ave., Suite 10
Santa Rosa, CA 95401

Manager: Gloria

Phone: (707) 546-2066

Fax: (707) 566-9677

E-mail: AASCIF@aol.com

Hours: Mon-Fri 10-6

Sat 11-3

The Bookstore is closed on these Holidays:

Independence Day...July 4th

Labor Day.....September 2nd

Thanksgiving.....November 22nd

Christmas.....December 25th

New Year's Day.....January 1st

CONTACT INFORMATION

Communications / Newsletter

Chair: Bruce W.
Newsletter Editor/Website: Rory B. 528-7797
Bayrisch@msn.com
Directory Changes: Russell

Sonoma County General Service

DCMC: Pam B.
PI/CPC: Dan C.
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Bridging the Gap: DJ
DjBridgntheGap12@aol.com
Correspondent: Mary W. 887-2091
Archives: Paul

Hospitals & Institutions

Chair: Kelly

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