



Nature Coast Journal



P.O. Box 2015 ☆ Crystal River, FL 34423-2015 ☆ Intergroup Hotline: (352) 621-0599

VOLUME 9, ISSUE 1

JANUARY, 2007

**NATURE COAST
INTERGROUP**
MEETS ON LAST
SUNDAY OF EACH
MONTH 4:30PM AT THE
COMMUNITY CENTER
IN HOLDER.
PLEASE GET INVOLVED!

WE NEED YOUR
SUPPORT.

DISTRICT 28
MONTHLY MEETING
FOLLOWS AT 6:00 P.M.

Area Events

January 12-14

March 23-25

July 13-15

October 12-14

Area Assemblies

Paramount Resort and
Conference Center
Gainesville, FL

Hotel: (352) 377-4000

There is a 30 day cut-off for
registration at the hotel.

Make reservations early.

Info: (877)992-9229

Feb 8-11, 2007

**2007 Spacecoast
Roundup**

Events (Continued on page 2)

Happy New Year!

HOW ALCOHOL AFFECTS THE WORLD OF A CHILD

THE FAMILY

Alcohol is the #1 drug of choice for children and adolescents.

- Before the age of 18, approximately one in four children is exposed to family alcoholism or addiction, or alcohol abuse.
- Children of alcoholics are significantly more likely to initiate drinking during adolescence and to develop alcohol use disorders.
- Parents' drinking behaviors and favorable attitudes about drinking have been associated with adolescents' initiating and continuing drinking.
- Research studies indicate that children are less likely to drink when their parents are involved with them and when they and their parents report feeling close to each other.
- Adolescents drink less and have fewer alcohol-related problems when their parents discipline them consistently and set clear expectations.
- Any drinking during pregnancy presents a risk to the fetus.
- Older siblings' alcohol use can influence the alcohol use of younger siblings in the family, particularly for same sex siblings.

Child—(Continued on page 3)

2007 Leadership Changes

Congratulations to all the newly elected trusted servants at Nature Coast Intergroup and District 28! May the New Year be one of progress and serenity for all them and for all the groups and individuals they serve. Also many thanks to all those outgoing trusted servants whose selfless dedication and service have led us through another challenging, but productive year.

New Intergroup Officers and Trustees:

Toni T.	Chairperson
Martha G.	Vice-Chairperson
Mary R.	Secretary
Vacant	Alt. Secretary
Susan C.	Treasurer
Rock	Trustee (1 year)
Neal S.	Trustee (2 years)
Rick T.	Trustee (2 years)

Intergroup Committee Chairs:

Beverly H.	Literature
Ron B.	Webmaster
Frank S.	Hot Line
Ed P.	Journal Editor

New District 28 Officers:

Jim K.	DCM
Don G.	Alt. DCM
Tish O.	Treasurer
Tami E.	Secretary

District 28 Committee Chairs:

Beverly H.	Literature
Janet B.	CPC & PI
John O.	Treatment
Eddie H.	Men's Correction
Sandy H.	Women's Correction
Toni T.	Intergroup Liaison

DISCLAIMER

The Nature Coast Journal is a monthly publication of the Nature Coast Intergroup. It is about, by and for members of A.A. Opinions expressed herein are not to be attributed to Alcoholics Anonymous. Publication of an article does not imply endorsement by either A.A. or Nature Coast Journal, except where indicated.

Events (Continued from page 1)

Holiday Inn Oceanfront
1300 N. Atlantic Ave (A1A)
Cocoa Beach, FL
Hotel Registration:
(800) 206-2747
(321) 783-2271
use code (SCRU)

Information:
www.aaspacecoast.org
intergroup@aaspacecoast.org
(321) 724-2247 or
(321) 633-0052

**Mar 16-18, 2007
2007 Soberstock**

Camp Brorein
16901 Boy Scout Rd.
Odessa, FL
Tent only camping
Website: www.soberstock.com

**Aug 8-12, 2007
51st Florida State
Convention**

Caribe Royale
8101 World Center Dr
Orlando, FL 32821
Hotel Reservations:
(800) 823-8300
web: www.CaribeRoyale.com
Information:
www.flstateconvention.com

National Events

**Feb 15-18, 2007
43rd International
Women's Conference**

Detroit Marriott
Renaissance Center
Detroit, MI 48243
Reservations:
(800) 266-9432
online: www.marriott.com

Events (Continued on page 3)

**Reflections
On the New Year**

*Hope smiles on the threshold of
the year to come, whispering
that it will be happier.*
--Alfred, Lord Tennyson

At the start of this new year, we look back at what has been and we look forward to the future. Our path has been filled with healing and hope. Rewards have come to us each day. Now, looking toward the year ahead, we can't know much of what will happen, but we can recommit ourselves to our healing and sober path. We can have renewed comfort and optimism that we will not be alone and that we will be able to handle whatever comes our way.

The start of a new year is a good time to make lists of the things we fear, the things we hope for, and the things we are grateful for. These lists serve as a kind of snapshot inventory of our attitude toward the world and our relationship with our Higher Power. They point a direction for us today and for the year ahead. We can put these lists in a safe place until next year when we will bring them out as a reminder of where we were and a measure of how far we've come.

*Today I once again turn my life
and will over to the care of God.*

*"Wisdom to Know" — Anonymous
(Hazelden Foundation)*

**Anniversaries
January 2007**

To post your group's anniversaries ask your Group Secretary to contact Ed P. at 422-0144 or send email to news@ncintergroup.com prior to the first of each month.

	<u>Years</u>
Attitude Adjustment Group	
Price O.	48
Steve H.	6
John O.	3
Holder Way of Life Group	
Russ M.	28
John T.	23
David D.	21
Vince M.	8
Robert H. (belated - December)	17
Freddie (belated - December)	15
Ron N. (belated - December)	11
Tom B. (belated - December)	5
Last Chance Group	
Ron B.	31
Toni M.	27
Frank F.	21
Lorraine F.	21
Joan C.	16
New Beginnings Group	
Mary R.	18
Susan R.	4
Nancy M.	3
Amy	2
Women's Friendship Group	
Johanna N.	26
Gayle W.	24
Kim S.	23
Sally Q.	19
Pam B.	8

Heard At Meetings

"The Big Book is the roadmap; meetings are the filling stations."

"Some of life's biggest hurdles are those we plant in our minds."

"I tried to drown my sorrows, until I realized they know how to swim."

"Ten out of ten people die, so it's best not to take life too seriously."

"The past is what it took to get me where I am today."

"Don't leave five minutes before the miracle and one day you'll discover that the miracle includes you."

When Things Go Wrong

When things go wrong, as they sometimes will,
When the road you trudge, seems all uphill,

When incomes low and debts are high,
When you want to laugh, but you have to cry,
When caring is pressing you down a bit,
Rest, if you must, but just don't quit.

Life is queer with its twists and turns,
As everyone of us sometimes learns,
That many a failure turns about,
When you might have won had you stuck it out.

Don't give up though the pace seems slow –
You may succeed with another blow.
Success is failure turned inside out,
The silver tint of clouds of doubt.

You can never tell how close you are,
You may be near when you're hardest hit –
It's when things seem worst that you must not quit.

Anonymous

Events (Continued from page 2)

Mar 30 - Apr 01
IAAMC07
20th International AA Men's Conference
Riveria Hotel & Casino
2901 Las Vegas Blvd
S. Las Vegas, NV 89109
Reservations:
(800) 634-3420
web: Riveria Hotel
Information:
web:
www.iaamcvegas.org

Group Support 2006	YTD
ABC Group	50.00
Attitude Adjustment Group	200.00
CATS Group	0.00
Citrus Springs Closed Step	0.00
Crystal River Big Book Group	175.00
Crystal River Group	500.00
Dunnellon Group	0.00
Early Birds Meeting	0.00
Floral City Group	67.50
Floral City Men's Group	0.00
Hernando Men's Group	0.00
High Noon Group	281.00
Holder Way of Life Group	300.00
Inverness Friday Night Group	300.00
Inverness Monday Night Group	375.00
Inverness Wednesday Night	50.00
It's in the Book Group	65.00
Keep in Step Group	20.00
Last Chance Group	25.00
Lecanto Group	0.00
Monday Night Men's Step Group	60.00
Never Too Early Group	0.00
New Beginnings Group	0.00
No Name Group	0.00
Quail Run Closed Step Group	0.00
Red Eye Group	0.00
Resentment Group	40.00
Share at Noon Group	250.00
Wahoo Group	50.00
Wednesday Inverness Step Group	0.00
What's the Book Say Group	0.00
Women's Friendship Group	140.00
Works For Me Meeting	0.00
YANA Group	0.00
Total	2948.50
Average Monthly	245.71

CHILD—(Continued from page 1)

THE CHILD

Each day, 7,000 kids in the United States under the age of 16 take their first drink.

- Of the people who began drinking before age 14, 47% became dependent at some point, compared with 9% of those who began drinking at age 21 or older.
- 64% of 8th-graders and 84% of 10th-graders believe that alcohol is readily available to them for consumption.
- Almost 20% of 8th-graders, and 42% of 10th-graders have been drunk at least once.
- Ninth-grade girls now report consuming almost as much alcohol as ninth-grade boys: 36.2% of girls and 36.3% of boys reported drinking in the past month, and 17.3% of girls and 20.7% of boys reported binge drinking.
- 33.9% of ninth-grade students reported having consumed alcohol before they were age 13. In contrast, only 18.6% of ninth-graders reported having smoked cigarettes, and 11.2% reported having used marijuana before they were age 13.
- Rates of drinking differ among racial and ethnic minority groups. Among students in grades 9 to 12, 29.9% of non-Hispanic white students, 11.1% of African American students, and 25.3% of Hispanic students reported binge drinking.
- A study of 5th-through 11th-grade students found that those who are exposed to and enjoy alcohol advertisements have more favorable beliefs about drinking and say they are more likely to drink in the future and consume more alcohol.

CHILD—(Continued on page 4)

Group treasurers please check your records and notify Beverly H. of any discrepancies.

Child—(Continued from page 3)

THE COMMUNITY

An overwhelming number of Americans (96%) are concerned about underage drinking, and a majority support measures that would help reduce teen drinking, such as stricter controls on alcohol sales, advertising, and promotion.

- In a national survey a majority of respondents supported policies restricting access to alcohol: – 80% supported the minimum legal drinking age of 21 – 87% believed there should be penalties for adult providers of alcohol to youth – 70% supported compliance checks – 81% supported higher alcohol taxes.

- A majority of the respondents in the above survey supported restrictions on advertising and marketing of alcohol: – 67% supported bans on liquor ads on TV – 59% supported bans on beer and wine ads on TV – 61% supported bans on billboard alcohol ads – 62% supported bans on sports promotion.

- In a national study, 8th-and 10th graders reported disapproval of certain drinking behaviors among their peers: – 51% of 8th-graders and almost 39% of 10th-graders disapprove of those who try one or two drinks of alcohol – 79% and 77% disapprove of those who take one or two drinks every day – 83% and 74% disapprove of those who have five or more drinks once or twice each weekend.

The statistics in this article are current at the time of publication. We continually update these statistics and post them on our Web site, www.alcoholfreechildren.org. Please refer to the Web site for the most recent statistics. For more information contact: leadership@alcoholfreechildren.org NIH Publication No. 99-4670 Updated March 2005.

This article to be continued in February issue.

Ham on Wry

A car sped off the highway, went through a guardrail, rolled down a cliff, bounced off a tree, and finally came to a stop.

A passing motorist, who witnessed the entire accident, helped the miraculously unharmed driver out of the wreck.

“Good grief, mister!” the man cried, “Are you drunk?”

“Of course,” said the man, brushing the dirt from his suit. “What do you think I am? A stunt driver?”

Grapevine, August 2006

Webmaster Needed

To maintain Nature Coast Intergroup Website (<http://www.ncintergroup.com>).

Our current webmaster is resigning as of Jan 2007 and we need someone to take over maintaining and updating our website. This is a volunteer position. Knowledge of html is essential and a working understanding of CSS and ftp protocol is desired. (Some training will be provided). Dreamweaver or Front Page skills are helpful. If you feel you are qualified for this position please contact Ron B. at 489-7216 or email webmaster@ncintergroup.com or contact Beverly H. at 344-5939.

This is a wonderful way to be of service.

For Your Information

The Nature Coast Intergroup Website is located at www.ncintergroup.com. Please note: Website features printable AA meeting schedules and directions/maps, and Nature Coast Intergroup and District 28 Meeting Minutes.

Intergroup Telephone Hotline chair Frank S. December Hotline Report: Total Calls Incoming were 52: 41 for meetings, 3 wet drunks, 3 rides, 3 Alanon, and 2 NA.

Hotline Volunteers are greatly needed to carry the phone. Call the Hotline at 621-0599 to volunteer.

Book Sales

In addition to the A.A conference-approved literature, Nature Coast Intergroup stocks a supply of some Hazelden books. We also have Grapevine Literature.

Call Beverly H. to order Ph: 344-5939

COPIES OF NATURE COAST JOURNAL ARE AVAILABLE FOR PICKUP AND DISTRIBUTION FOR ALL THE GROUPS EARLY EACH MONTH FROM

TWO LOCATIONS:

EAST COUNTY

1ST LUTHERAN CHURCH,
INVERNESS (FRIDAY BEGINNERS'
MEETING 6:30 PM)

WEST COUNTY

SERENITY CLUB, ST. BENEDICT'S,
CRYSTAL RIVER

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382-7578

VICE-CHAIRPERSON

MARTHA G.
489-8752

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MARY R.
465-4381

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VACANT

TREASURER

SUSAN C.
344-5153

INTERGROUP TRUSTEES

ALFRED L.
NEAL S.
RICK T.
ROCK

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