



Nature Coast Journal



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

VOLUME 9, ISSUE 2

FEBRUARY, 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 6:00PM

Area Events

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

Holiday Inn Oceanfront

Events (Continued on page 2)

HOW ALCOHOL AFFECTS THE WORLD OF A CHILD

This article is continued from January issue

SCHOOL

Recent research shows that the human brain continues to develop into the early twenties.

- Research indicates that adolescents who abuse alcohol may remember 10% less of what they have learned than those who don't drink.
- Compared with other students, the approximately one million frequent heavy drinkers have mostly low grades (D's and F's) in school.
- High school students who use alcohol or other drugs frequently are up to five times more likely than other students to drop out of school.
- Evidence suggests that alcohol use by peers is a strong predictor of adolescent use of alcohol.

One national study found that students are less likely to use alcohol if they are socially accepted by people at school, and feel that teachers treat students fairly.

IMPACT ON CHILDREN'S HEALTH AND SAFETY

Those who begin drinking before age 13 years are much more likely even in high school to frequently drink to intoxication.

- Compared with other students, the approximately one million frequent heavy drinkers more often exhibit behaviors that pose risks to themselves and others.
- In 2000, youths ages 12 to 17 who reported past-year alcohol use (19.6%) were more than twice as likely as youths who did not (8.6%) to be at risk for suicide during this time period.
- Girls ages 12 to 16 who are current drinkers are four times more likely than their nondrinking peers to suffer from depression.

• In 2004, 1.6 million youth ages 12 to 17 needed treatment for an alcohol problem. Of this group, only 126,000 (8.0%) of them received any treatment at a specialty facility, leaving an estimated 1.4 million youths who needed but did not receive treatment.

Of all children under age 14 killed in vehicle crashes in 2005, 21% were killed in alcohol-related crashes.

IMPACT ON SOCIETY

Alcohol is the leading contributor to the leading causes of death among young people in the United States.

- In 2002, about 18 million adults in the US met diagnostic criteria for alcohol disorders.
- More than one-half of American adults have a close family member who is an alcoholic or has abused alcohol.

Child—(Continued on page 3)

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)

1300 N. Atlantic Ave (A1A)
 Cocoa Beach, FL
 Hotel Registration:
 (800) 206-2747
 (321) 783-2271
 use code (SCRU)
 Information:
www.aaspacecoast.org
[intergroup](http://www.aaspacecoast.org)
@aaspacecoast.org
 (321) 724-2247 or
 (321) 633-0052

Mar 16-18 , 2007
2007 Soberstock

Camp Brorain
 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)

**It Doesn't Happen
 Over Night**

We are not cured of alcoholism. What we really have is a daily reprieve contingent on the maintenance of our spiritual condition.

Alcoholics Anonymous, p.85

The most common alcoholic fantasy seems to be: "If I just don't drink, everything will be all right." Once the fog cleared for me, I saw -- for the first time -- the mess my life had become. I had family, work, financial and legal problems; I was hung up on old religious ideas; there were sides of my character to which I was inclined to stay blind because they easily could have convinced me that I was hopeless and pushed me toward escape again. The Big Book guided me in resolving all of my problems. But it didn't happen overnight -- and certainly not automatically -- with no effort on my part. I need always to recognize God's mercy and blessings that shine through any problem I have to face.

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Anniversaries
February 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	
Joe K.	27
Jerry B.	18
Floral City Group	
Rosita V.	8
John R.	4
Holder Way of Life Group	
Beverly C.	25
Sam M.	2
George B.	1
Last Chance Group	
Neil S.	35
Tami E.	13
Women's Friendship Group	
Verna C.	9
Jodi R.	1

Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.
 ~Tom Blandi

The elevator to success is out of order today. You are going to have to take the stairway one step at a time.
 Anonymous

From "The Three Legacies of Alcoholics Anonymous":

“We got so scared of money that we went tightwad, half-refusing to support A.A.'s simple but essential area-and-over-all services, without which we would fail to function and grow. Even now we haven't quite surmounted this one. We still drag our heels when the hat is passed to support local Intergroup offices and General Headquarters. And this holding back is not for lack of folding money either. The collective income of A.A.'s membership -- the sum of our wages, salaries, and other emoluments -- will presently reach a total of a billion dollars yearly. When sober and working, few alcoholics have any money trouble. Our earning power as individuals may actually be double the average. The material pay-off, as well as the spiritual pay-off, of A.A.'s way of life is downright incredible. Nevertheless, we still balk a bit when it comes to paying A.A.'s very reasonable service bills.”

(Written in 1959) © 2001 AAWS, Inc.; Alcoholics Anonymous Comes of Age, pg. 111

CHILD—(Continued from page 1)

- Research was conducted in 1998 to determine the total cost attributable to the consequences of underage drinking. The cost was more than \$58 billion per year, based on year 2000 dollars.
- In 1998, the estimated productivity loss for workers with past or current alcoholism was \$86.4 billion. Productivity losses were greatest for males who initiated drinking before age 15.
- In a survey of 18- to 24-year-old current drinkers who failed to complete high school, nearly 60% had begun to drink before age 16.
- Long-term heavy alcohol use is the leading cause of illness and death from liver disease in the U.S.
- Alcohol is implicated in more than 100,000 deaths annually.

The National Highway Traffic Safety Administration estimates that the laws specifying 21 as the minimum drinking age have saved 24,560 lives since the mid-1970s.

ASK YOURSELF

As Parents

- Do you know how to discuss alcohol use with your child and where to get information to help you?
- Do you know your child's friends, and do you feel that they provide positive influences on your child's activities?
- Do you know the extent of drinking by children in your neighborhood and how to find local organizations that are working on the issue?
- Do you know the legal consequences if your child is caught drinking alcohol?

Do you know your State's laws about providing alcohol to anyone under 21?

For assistance in answering these questions, please visit the National Institute on Alcohol Abuse and Alcoholism Web site at <http://www.niaaa.nih.gov>, and the *Leadership to Keep Children Alcohol Free* Web site at <http://www.alcoholfreechildren.org>.

As Teachers, Administrators, and School Counselors

- Has your school or community assessed student drinking to determine the extent of the problem?
- Do you know what factors may be contributing to student drinking in your school or community (e.g., easy access to alcohol, peer pressure, adults' failure to address the issue)?
- Do you know what steps, if any, are being taken within your school system to help kids resist the pressure to drink?
- Is your school currently working to educate parents about alcohol use among children? Does your school have an active partnership with the families of its students?

As Concerned Citizens

- Do you know how easily children in your community can obtain alcohol and what communities can do to prevent access to alcohol by young people?
- Does your community have educational programs and policies to prevent children from drinking?
- Does your community have "alcohol-free" events? If not, do you know how to initiate them?
- Is there collaboration among public and private schools, community businesses, local government, and the police force to develop and enforce policies related to youth alcohol use?

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.

Events (Continued from page 2)

March 1 - 4
20th Anniversary
Jekyll Island
Unity Weekend
 Holiday Inn
 Beach Resort
 200 Beachview Drive
 Jekyll Island, GA
 \$82/night (1-4 persons)
 Info: Call Fred or Martha
 (FUN) 677-6037 or email
fwb34@bellsouth.net
 website:
www.jekyllislandaa.com

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

May 4 - 6
Serenity Weekend
Women's Spring
Conference 2007
 Holiday Inn Town Center
 1950 Glades Road
 Boca Raton, FL 33431
 \$89/night (1-4 persons)
 Reserve: 1-561-368-5200
 M-F 9:00am -5:00pm
 and Mention "Serenity
 Weekend Women's Spring
 Conference"
 \$30 Registration and Info
 Call: Ann 1-407-876-4430

TREASURER'S REPORT		28-Jan-07	
Beginning Balance	4146.28	2007	
2007	Jan	YTD	
Income		0.00	
Support - Individuals	14.00	14.00	
Support - Groups	240.00	240.00	
Book Sales	183.90	183.90	
Medallion Sales	100.59	100.59	
Other Sales	24.00	24.00	
Sales Tax Collected	18.52	18.52	
Events	77.94	77.94	
Misc Income	0.00	0.00	
Total Income	658.95	658.95	
Expenses			
Rent (pd for yr in Oct)		0.00	
Alltel	55.97	55.97	
Books	347.79	347.79	
Medallions	9.90	9.90	
Recovery Items	10.00	10.00	
Sales Tax Paid	95.23	95.23	
Journal	138.08	138.08	
Website (pd for yr in Oct)		0.00	
Treasurer Expenses		0.00	
Bank Fees		0.00	
Events	181.96	181.96	
Misc Expenses	80.00	80.00	
Total Expenses	918.93	918.93	
Ending Checking Balance			
	3886.30		
Reserved for Events			
	0.00		
Available Funds			
	3886.30		
Inventory Value			
	1647.05		
Accounts Receivable			
	417.70		
Reserved for Office (MM)			
	4517.58		
Reserved for Office (CD)			
	2584.00		
Total Assets			
	13052.63		
Group Support 2007			
	YTD	January	
ABC Group	-	-	
Attitude Adjustment Group	-	-	
Citrus Springs Closed Step	-	-	
Crystal River Big Book Group	-	-	
Crystal River Group	-	-	
Dunnellon Group	-	-	
Early Birds Meeting	-	-	
Floral City Group	-	-	
Floral City Men's Group	-	-	
Hernando Men's Group	-	-	
High Noon Group	-	-	
Holder Way of Life Group	-	-	
Inverness Friday Night Group	80.00	80.00	
Inverness Monday Night Group	-	-	
Inverness Wednesday Night Step	-	-	
It's in the Book Group	-	-	
Keep in Step Group	-	-	
Last Chance Group	160.00	160.00	
Lecanto Group	-	-	
Monday Night Men's Step Group	-	-	
Never Too Early Group	-	-	
No Name Group	-	-	
Quail Run Closed Step Group	-	-	
Red Eye Group	-	-	
Resentment Group	-	-	
Share at Noon Group	-	-	
Wahoo Group	-	-	
What's the Book Say Group	-	-	
Women to Women Group	-	-	
Women's Friendship Group	-	-	
Womens New Beginnings Group	-	-	
Works For Me Meeting	-	-	
YANA Group	-	-	
Total	240.00	240.00	

Wanted: Alternate Journal Editor

Qualifications: Hard working, attend Intergroup meetings regularly, computer savvy, internet and email access, good literary skills, fundamental Word and Excel skills, Microsoft Publisher skills preferred (if not, willing to learn), willing to accept lead Journal Editor's position, if necessary. Call Ed P. 422-0144

Webmaster Needed

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

Our current webmaster is planning to resign very soon, 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. January Hotline Report: Total Calls Incoming were 107: 90 for information/meetings, 2 wet drunks, 7 Alanon, and 8 NA.

Hotline Volunteers 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

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489-8752

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465-4381

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