



# 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](http://www.aaspacecoast.org)  
[intergroup](http://www.aaspacecoast.org)  
[@aaspacecoast.org](mailto:@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](http://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](http://www.CaribeRoyale.com)  
 Information:  
[www.flstateconvention.com](http://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](http://www.marriott.com)

*Events (Continued on page 3)*

### It Doesn't Happen Over Night

**W**e 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

**T**he 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](mailto:news@ncintergroup.com) prior to the first of each month.

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

**O**ur 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

**T**he 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":

**“W**e 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](http://www.alcoholfreechildren.org). Please refer to the Web site for the most recent statistics. For more information contact: [leadership@alcoholfreechildren.org](mailto:leadership@alcoholfreechildren.org) NIH Publication No. 99-4670 Updated March 2005.*

**Events** (Continued from page 2)

**March 1 - 4**  
**20<sup>th</sup> 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](mailto:fwb34@bellsouth.net)  
 website:  
[www.jekyllislandaa.com](http://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](http://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

<b>TREASURER'S REPORT</b>		28-Jan-07
Beginning Balance	4146.28	2007
<b>2007</b>	<b>Jan</b>	<b>YTD</b>
<b>Income</b>		<b>0.00</b>
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
<b>Total Income</b>	<b>658.95</b>	<b>658.95</b>
<b>Expenses</b>		
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
<b>Total Expenses</b>	<b>918.93</b>	<b>918.93</b>
<b>Ending Checking Balance</b>	<b>3886.30</b>	
<b>Reserved for Events</b>	<b>0.00</b>	
<b>Available Funds</b>	<b>3886.30</b>	
<b>Inventory Value</b>	<b>1647.05</b>	
<b>Accounts Receivable</b>	<b>417.70</b>	
<b>Reserved for Office (MM)</b>	<b>4517.58</b>	
<b>Reserved for Office (CD)</b>	<b>2584.00</b>	
<b>Total Assets</b>	<b>13052.63</b>	
<b>Group Support 2007</b>	<b>YTD</b>	<b>January</b>
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	-	-
<b>Total</b>	<b>240.00</b>	<b>240.00</b>

## 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](mailto: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](http://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

## INTERGROUP

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#### ALT. SECRETARY

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## DISTRICT 28

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