



### What's Inside:

#### AUGUST EVENTS!

Intergroup Minutes for the July 2017 Meeting

#### Fish Oil?

#### Upcoming Events

#### Step Eight:

"Made a list of all persons we had harmed, and became willing to make amends to them all."

#### Tradition Eight:

"Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers."

# Western Slope District 22 News

Newsletter Email: [d22news@gmail.com](mailto:d22news@gmail.com)

August 2017

Volume 1, Issue 7

AA Intergroup Newsletter for the Western Slope of El Dorado County

## Hot Enough For You?

Although the weather has been a bit toasty lately we still would love to see you at the campouts and other events our Intergroup members are hosting this summer. Next up is the

### West Slope Unity Campout

August 11-13

at Jenkinson Lake. Get more info and a sign up sheet at the web site: [https://westernsloped22.org/flyers/WestSlopeAA\\_JenkinsonLakeFlyer.pdf](https://westernsloped22.org/flyers/WestSlopeAA_JenkinsonLakeFlyer.pdf)

### New Step 11 Meeting @ High Flyers!

Sundays • 1:30 p.m.

Never have time to stop and meditate lately?

We have a solution in the new Meditation meeting now offered at High Flyers.

Join them to find that missing calmness and focus that mindful meditation can bring.

3077 Alhambra Dr., Suite E  
Cameron Park, CA

### 2nd Annual Unity & Service Conference

Concord, CA

August 18-20

There is also an event this month in Concord which was promoted at the last Intergroup meeting by one of their members. Please consider supporting this event. More info can be found on Page 4 of this newsletter.

## July 2017 Intergroup Meeting Minutes

### Intergroup of Alcoholics Anonymous Western Slope • District 22 Meeting Minutes for July 17, 2017

Meeting called to order at: 7:00pm

Attendees: Cari, Morgan, Darren, Butch, Jeanine, Jeff, Tom, Mike, Paula, Nate, Donna, Bob, Kaylynn

Pettiness Prayer was read by: Butch

Purpose was read by: Tom

Long form of the tradition was read by: Donna

Agenda Modifications: None

New members: Kaylynn – Sisters of Sobriety, Annie – Women in Recovery, Marti, Nate – George Town Group

AA Sobriety Milestones: Annie – 12 yrs, Jeanine – 11 yrs, Kaylyn – 1 yr, Bob 38 yrs

Minutes from last meeting: Approved

Chair Report: Morgan – Nothing new

Intergroup Meeting Minutes continued.....

**Treasury Report:** Mike— stated that he will keep his commitment, report is that there was a \$40 contribution last month, \$60 paid for rent, balance \$5596.00

**H&I Report:** Morgan – Nothing new to report could always use help if interested attend business meeting.

**General Service:** Rocklin – no report

**Tele-Service:** Charley C – via email – 1 call for directions, 3 meeting inquiries, 3 calls for hotline operator, annual bill coming up in Aug for \$531.00 approved to pay and email invoice to Mike.

**Newsletter:** Tom – went out on July 2<sup>nd</sup>, included event in Concord in the issue.

**Schedules:** Jeff – new schedules are in help yourself. They are multi colored.

**Activities:** Darren for Cindy – Has plans for Big Book study however was conflicting with West Slope Fellowship and will push it out for now.

**7<sup>th</sup> Tradition collected:** Collected

## Group Reports

- **Darren – High Flyers** – 4<sup>th</sup> of July event was a huge success lots of good food, great attendance, new meeting going well, new living sober meeting in the works.
- **Cari - WS Fellowship** – going great new meetings are going good.
- **Jeanine – Cameron Park Women’s Group** – good attendance, lots of sobriety, and new comers.
- **Marti – Homeless Meeting** – 4:30pm Mondays at the Christian Life Center, there are several homeless that want to stay clean and would like to go to the Tri tip dinner at Campout donations were made, meeting needs support.
- **Jeff – Cameron Park Group** – looking for Inter Group representative and coffee person, going well.
- **Marti – Sierra Step Sisters** – well attended, going great, rent issue settled.
- **Butch – Men at Work** – camp out had lower attendance then expected, meeting geared towards newcomers.
- **Annie – Women in Recovery** – everything great, well attended.
- **Kaylynn – Sisters of Sobriety** – new rep, loves meeting, great meeting room, Saturday mornings.
- **Nate – George Town Group** - meeting going great, active had elections and he was voted in.

**Old Business:** Mike would like to keep his service commitment to inter group even though he is in West Sac now. Mike will remain the treasurer.

**New Business:** None

**Meeting adjourned at 8:00pm with the Serenity Prayer.**

## Intergroup business meetings:

Meetings are held at 7:00 pm the 3rd Monday of each month.

### Senior Citizens Center

937 Spring Street  
Placerville, CA

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## Member Contributions . . . .

### Fish Oil May Help Treat Bipolar Disorder and Alcoholism

A new study has found that omega 3 fatty acids (found in fish oil) may provide therapeutic benefits for those suffering from alcohol abuse and other psychiatric disorders.

Researchers at the Indiana University School of Medicine conducted a multi-year study that showed conclusive behavioral and molecular benefits of omega 3 fatty acids given to mice that exhibit symptoms similar to bipolar disorder. The fatty acid DHA, one of the main active ingredients in fish oil, normalized the mice's behavior, according to Alexander B. Niculescu, MD, PhD, associate professor of psychiatry and the lead author of the study.

Dr. Niculescu and colleagues used a stress-sensitive mouse model of bipolar disorder to study the effects of DHA. The mice displayed symptoms similar to bipolar disorder in humans, including being depressed and becoming manic when stressed.

Dr. Niculescu said that the mice that were given DHA normalized their behavior and no longer seemed depressed or manic when stressed. When the researchers examined the mice's brains using gene expression studies, they found that genes that are known targets of psychiatric medications were normalized by the DHA.

The mice given DHA also showed a reduced desire for alcohol. Dr. Niculescu said that like some bipolar humans, the bipolar mice craved alcohol. The mice given DHA, however, drank much less alcohol than the other mice. To verify these findings, the researchers used another well-established model of alcoholism and saw similar results.

Dr. Niculescu said that he believes a diet rich in omega 3 fatty acids may help in the treatment of bipolar disorder and alcoholism. He added that there is now substantial evidence that omega 3 fatty acids produce similar effects on the brain as psychiatric drugs.

Omega 3 fatty acids are known to be good for general health and the brain, and also lack major side-effects, unlike some other psychiatric medications. Dr. Niculescu said that although a great deal of research still needs to be done, hopefully omega 3 fatty acids can be used in the future as an alternative treatment for bipolar disorder and alcoholism, especially for pregnant women or women who intend to become pregnant.

Dr. Niculescu's work was supported by a National Institutes of Health Director's New Innovator Award grant.

Source: Science Daily, Fish Oil May Have Positive Effects on Mood, Alcohol Craving, New Study Shows, May 26, 2011

Thanks to Jeff R. for this contribution to our August newsletter.

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*2<sup>nd</sup> Annual*

# UNITY & SERVICE CONFERENCE



**August 18-20, 2017**

**Concord, California**

***Sharing Our Experience with A.A. Traditions,  
Concepts, and Services***

*Relationships & the 3 Legacies – Debbie & Kent D., Concord, CA*

*Ending Loneliness Using The 12 Traditions - Bob D., Las Vegas, NV*

*Our Twelve Concepts – Gail L., Akron, OH*

*AA Myths & Misconceptions – Billy N., Buford, GA*

*Controversial Topics – Madeleine P., Happy Valley, OR*

*Ward Ewing – Past Chair Of The A.A. General Service Board*

**Register at:**

**[www.UnityAndServiceConference.org](http://www.UnityAndServiceConference.org)**

Sponsored By the Love and Service Group

Event Registration \$35

Register early for a special discount on the audio recordings

Concord Hilton ~ 925.827.2000 ~ 1970 Diamond Blvd, Concord, CA 94520

Conference room reservations: <https://goo.gl/2rhYse>

## Upcoming Events Recap

### West Slope Unity Campout • Alcoholics Anonymous

Sly Park - Jenkinson Lake / Group Area 5

**August 11-13, 2017**

**More Info at:** <https://westernsloped22.org/event/west-slope-unity-campout/> or for a signup sheet go to [https://westernsloped22.org/flyers/WestSlopeAA\\_JenkinsonLakeFlyer.pdf](https://westernsloped22.org/flyers/WestSlopeAA_JenkinsonLakeFlyer.pdf)

### 2nd Annual Unity & Service Conference

**August 18-20, 2017 • Concord, CA • \$35**

Concord Hilton • 1970 Diamond Blvd, Concord, CA 94520 • 925-827-2000

Register at: [www.UnityAndServiceConference.org](http://www.UnityAndServiceConference.org)

Conference Room Reservations: <https://goo.gl/2rhYse>

### National A.A. Technology Workshop

**September 8-10, 2017**

National annual conference for AA technology specialists. Hosted by Area 07.

Hilton Sacramento Arden West • 2200 Harvard St. • Sacramento, CA 95815 • 916-922-4700

Hotel special rate (limited rooms, lock in as soon as possible):

Group Name: National AA Technology Workshop

Group Code: NAA

Room Rate: \$109 for King or 2 Queen bed rooms

Room rate reservation deadline: August 19, 2017

Event website: <http://www.naatw2017.org/>

### Women's Day of Unity

**September 9th at 8:00 am to 4:30 pm Cost: \$25**

11th Annual Hand in Hand Women's Day of Unity • "Willingness is the Key"

Speakers: Vikki R. - Yuba City • Marilyn H. - Eugene, OR

Vinewood Community Church • 1900 West Vine Street • Lodi, CA 95242

**More info at:** <https://westernsloped22.org/event/womens-day-unity/>

### August Dates to Remember

Monday, August 7  
Civic Holiday (Canada)



**Sorry! Not much going on this month!**



### ***Your story could be here!***

We are always looking for stories and contributions from our Intergroup members. Send your tales of hope, joy or adversity to share with and inspire those who still struggle. Event updates, birthdays or other items can also be used if sent to [d22news@gmail.com](mailto:d22news@gmail.com)

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NEWSLETTER  
E-MAIL:  
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Please use this email  
address to send stories  
and shares, to notify us  
about upcoming or  
recent AA birthdays or  
for event notices to be  
posted.

We're on the Web!  
See us at:  
<https://westernsloped22.org>

## Birthday Announcements

Please submit birthday announcements to be included in the newsletter by the 15th of the month before. This will allow time to get all of them into the current issue. We usually will not be able to get the current months birthdays in but can post the prior months if they are submitted. Let's give a well deserved shout out to those who have earned it!

Please state how you wish the name to appear in the newsletter keeping in mind that anonymity is only maintained by this. The newsletter will be available for viewing to everyone visiting the District 22 web site. If you like you can also list the group submitting the birthday announcement.

### *About Intergroup...*

Any group within our service area wishing to affiliate with Intergroup may do so simply by observing the 12 Traditions and designating one of their group members as their Intergroup Representative. It's good practice to also name a second person as alternate. It's suggested that AA members be elected who show a desire to be of service and are willing to carry out their obligation to the best of their ability in the spirit of unity and cooperation.

### **What is the deadline for newsletter submissions?**

The deadline will vary from month to month depending on holidays and other factors. If you email your story to [d22news@gmail.com](mailto:d22news@gmail.com) by the 15th of the month, it will usually be in time for the next month's issue. We will make every effort to include all submissions no matter when submitted.

### **A.A. Meeting in Spanish**

#### **Nueva Reunión de habla Hispana de Alcohólicos Anónimos**

Mother Lode Fellowship of Alcoholics Anonymous  
677 Pleasant Valley Road, Suite A, Diamond Springs, CA 95619  
Reuniones Sabados a las 6:00 pm • Saturday at 6:00 pm  
530-391-7765

**Intergroup**  
P.O. Box 1434  
Placerville, CA 95667

First Class  
Postage  
Required  
Here

MEMBER NAME  
STREET ADDRESS  
CITY, ST 22134