

Twinky's Notes

Hi and welcome to this issue of the Alateen Express. Inside, you will find some really useful information including a calendar of events – **Westminister Woods & NoCACs first bash** are just around the corner and a list of useful Al-Anon/Alateen Links. You will also be able to read about what some of your fellow Alateens had to say about NoCAC 2002 and catch up with Jennifer, our Alateen Coordinator, on what she has been doing for Alateen in Northern California!

Thanks again for taking the time to read the Express, I hope that you will enjoy the issue.

John C., Santa Clara

Calendar Of Events

April 20 from 12:00 – 4:00 pm, Growing Together Weekend – Alateen/Al-Anon Fundraiser, Samiel P. Taylor State Park, The Redwood Grove Picnic Area. For Info call Mike C at 510-376-7711

April 27 starting at 6pm: NoCAC Pajama Jam Speaker Mtg, Potluck & Dance, 6320 Fair Oaks Blvd, Carmichael. For Info call Nikki S. 925-855-4678.

May 31, June 1, & 2: AFG Growing Together Weekend, at Occidental, CA. For Info call Mike C. at 510-376-7711

June 21, 22 & 23: NoCAC Bash 1, Greenhorn Lake Campground. For Info call Nikki S. 925-855-4678.

August 16, 17, & 18: NoCAC Bash 2, Lake Chamanche. For Info call Nikki S. 925-855-4678.

October, 2002 NoCAC Last Chance Dance. For Info call Nikki S. 925-855-4678.

November, 2002 Northern California Alateen Conference. For Info call Nikki S. 925-855-4678.

For additional event info, registration and consent

forms, log onto the NCWSA website, go to the calendar section and select the month of the event.

The Express 2002 Send Us Your Stuff!

We are always looking for input from fellow Alateens, so if want to share your experience, strength, and hope PLEASE send us material for publication. Of course, we publish only with first name and last initial, and city of residence. Please understand that we cannot guarantee that we will be able to publish all material and that the material may be edited.

Also, we are constantly looking for photographs of each district. So if you would like a photograph of your district printed up in the Express, please send us either a digital picture via our email address: nocalalateen@yahoo.com or mail us a picture addressed to Alateen Express, 2314 Talia Ave, Santa Clara, CA 95050. Please note that mailed pictures **cannot** be returned.

Finally, we are interested in feedback about the format and content of the Express, so if you have any suggestions please let us know.

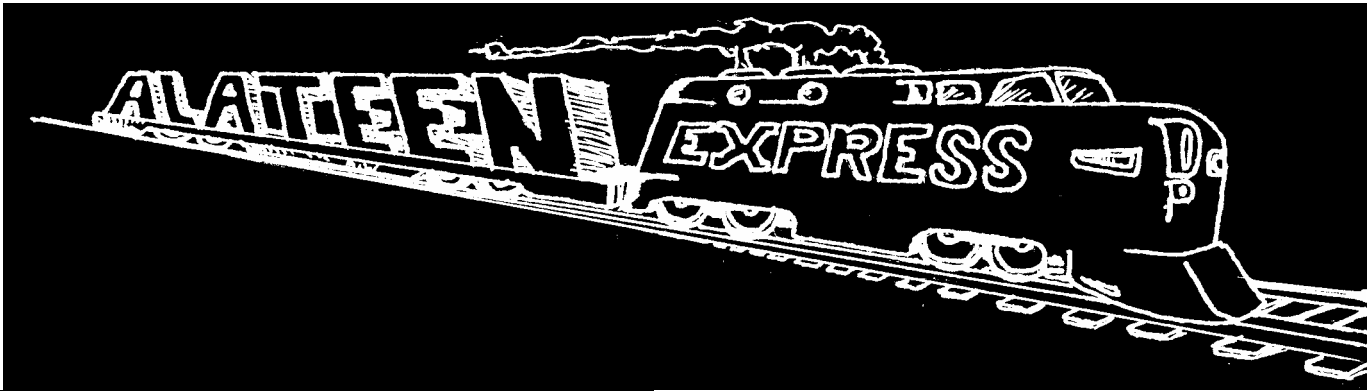
Al-Anon/Alateen Links

Al-Anon/Alateen Web site:
<http://www.al-anon.org>

Alateen Sharings from Alateen Talks:
<http://www.al-anon.org/sharex.htm>

Northern California Al-Anon/Alateen Web site:
<http://www.ncwsa.org>

Alateen Express Web site:



<http://www.ncwsa.org/>

Taz's Twist

Hi Jen, Just Put your stuff here. Thanks!

Love in Service,
Jennifer F., San Jose

Points of Contact

Have a question or comment for the Alateen Coordinator, the NoCAC committee, or the Westminster Woods Growing Together Weekend Committee? Give 'm a call.

Northern Cal Alateen Coordinator	Jennifer F.	408-951-9216
Northern Cal Alternate Alateen Coordinator	John C.	408-243-5368
NoCAC Chair	Nikki S.	925-855-4678
NoCAC Sponsor	Julie W.	510-889-7820
Woods Chair	Mike C.	510-376-7711
Woods Committee	Asia G.	510-524-4734
Woods Committee	Jessica McC.	925-485-9602 (before 9 pm)

Long Time Member Shares About Westminster Woods

Hello Al-Anons and Alateens,

We are coming up on the 20th Annual Growing Together Weekend at Westminster Woods at the end of May. As we travel towards the fundraiser on April 20th, and the Woods on May 31st, I wanted to share

with you a couple of my experiences at the Woods as an Al-Anon because it has been one of those places for me that I have really found safe, and where adults and teens alike can share, talk, and reconnect.

It is warm there, with the smell of redwood and sea air. There are many people standing around, adults mostly, a few groups of teens, and many mixed groups. It is fairly quiet, the silence broken periodically by an outbreak of laughter or a happy greeting from friends long missed. Someone comes by and announces that a workshop is starting. We wander out onto the lawn and find a comfortable spot under the trees along the creek. The meeting starts and a magical feeling begins as the Serenity Prayer is said. There is a spirit here and I am glad to sit in the house where it lives.

As many of you know I have two children. They are not teenagers anymore, although they were 3 and 5 years old when they would go with me to meetings. It was very difficult in early recovery because I had no idea what to do with these two "crazy creatures". I was able to go to the Woods many times during the last 15 years and have had an opportunity to listen to young people talk about their parents, to adults about being parents, and found help to decide what works and what doesn't.

All of a sudden my kids weren't so crazy anymore. I was awakened to a world as seen by my children, and I began to see through their eyes my own childhood memories and dreams. As my children grew older I had learned that the adults draw the lines and set the boundaries, even the difficult and painful ones. I learned this from long and boisterous conversations with a

couple of guys named Lyle and Vic. I began to realize the struggle that my own parents had and it was at the Woods that an Al-Anon told me that my parents had given me their best. It frequently wasn't what I wanted (or deserved) but it was their best. I learned about tough love, a gentle hand, and keeping my temper. I also learned that I can only do MY best.

I've made mistakes with my kids, and I have been reminded by the kids at the Woods how forgiving they can be. I have learned that the time I spent with them then was more important than how "right" I got it. I was reminded that it is what I do, not what I say that matters - with everyone! My kids and I are very close. My son is in the program and it gives me something to share it with him, my daughter is not and I let her learn life her way and not make her wrong about it.

Come to the Fundraiser in April and get a taste of the Woods. If you find it to your liking then register for the Growing Together Weekend March 31st. If you can't come but can help out then contact Asia, our registration person, Jessica McC our "Stuff Girl", or myself, and see if you can donate a bit of scholarship money to help a first time participant. The Woods has been a safe haven for me and many others, and a great place to find out just how incredible and wonderful us "crazy creatures" really are!

*Best Wishes,
Mike C, Asia G, Jessica McC*

We Remember NoCAC **2002**

This was my first year at NoCAC and I had the most amazing experience. I sponsor an Alateen group in Woodland. I have a new found respect for teenagers. I can really appreciate the deep level of honesty, open-mindedness and willingness. Thank you all Alateens.

*Sincerely,
Michelle D., Woodland, CA*

I thank you guys so much for NoCAC. It was inspiring, mind opening, eye opening and kick ass experience. I will come back; I will have fun. But most of all I will learn more, like I did this year. Rock On.

Roy K,

#3 Coming to NoCAC is like coming home. It is coming home to my family of choice instead of my family of origin. My family of choice loves me unconditionally and sometimes in spite of myself. This family welcomes me with open arms to hug instead of hit; with words of love instead of hurt and accusations; smiles instead of frowns. This family is safe to have a difference of opinion. This family is what my family of origin could have been. This group whom I lovingly call Mom, brother, sister and friend. I love them all even though I may not know every face or name. This is my home and you are my family until we meet again. Know that you are loved and thank you for loving me.

Anon, Northern California

My father is the alcoholic in my family. Growing up I had always been told he was an alcoholic. But I never really knew. About two years ago my dad had a relapse after being sober for eight years. I suddenly began to realize what this disease is all about. My father has had pancreatice twice and is a diabetic so alcohol could kill him pretty easily. I told my mom I wanted to go to Alateen again, she use to sponsor my older sisters meeting. The first time I went one person said something that I want to forget "I Understand" with alateen I know there is nothing I have to prove, no one I have to impress. Being able to go some where no one judges me is important to me. It is not often you find a place where everyone loves you, truthfully loves you.

Anon, Northern California

Alateen Express – Spring 2002