



# The Voice of Recovery

OCT NOV DEC 2007

SONOMA COUNTY FELLOWSHIP OF NARCOTICS ANONYMOUS

voiceofrecovery@yahoo.com or Voice of Recovery, PO Box 1365, Santa Rosa, CA 95402

DEAR

POWERLESS



Dear Powerless,

*My addiction is manifesting itself in other aspects of my life. I'm not using drugs, but am behaving addictively around overeating and promiscuity. How do I work a program of recovery around these behaviors?*

*Fat and Sexy*

Dear Fat and Sexy,

For me, I would use other behaviors to change the way I felt. Drugs are actually only one symptom of my disease of addiction, not my entire disease. When I felt badly, or even when I felt good, I didn't know how to sit with those feelings. As drugs were no longer an option, I continued to look outside of myself for a fix...whether it be sex, shopping, eating, etc. I found that by working the first 3 steps around whatever behavior I was "using with" at the time, I could come to some understanding and acceptance. So when I feel like shopping, I stop and think: What is not going the way I want it to in my life? Then I look for solutions to the real issue instead of the quick fix (which, for me, never works) through a behavior.

Dear Powerless,

*I always have a hard time staying clean around the holidays, specifically Halloween, Thanksgiving, Christmas and New Years. In the past, this was a time to celebrate with friends and*

*family who use. Now I want a new way of life, and don't want to surrender to temptation and old behavior. What can I do to keep my recovery first during these holidays?*

*Confused*

Dear Confused,

Many addicts in recovery find that the holidays can be very challenging. For some addicts it is a time associated with "partying," for others, the holidays can bring about painful feelings about our families. We are often faced with invitations to social gatherings where we are confronted with alcohol, and people who are drinking.

In *Just For Today* p. 98, it states "(A) common challenge is the choice of attending a party where alcohol will be served ... We should consider our own spiritual state. If someone who supports our recovery can attend the event with us, so much the better. However, if we don't feel up to such a challenge, we should probably decline the invitation. Today we know that preserving our recovery is more important than saving face."

With the holidays being challenging in recovery, we have found ways to not only make it through them clean, but make it through them together. Many areas have speaker meetings and dances on Halloween and New Years Eve. We have marathon meetings on Thanksgiving, Christmas, and in some places, New Years Eve as well. We have recognized the need for support, and a safe place to be during the holidays. For many of us these functions eventually become a place where we can celebrate, have fun, and share our gratitude with others in recovery.

## INSIDE THIS ISSUE

Page 2 *October, November, December, Oh My!*

Page 3 *N.A. Poetry*

Page 4 *Mr. NATural, Thank You N.A.*

Page 5 *N.A. Football, Speaker Recording Wisdom, Poetry*

Page 6 *NSWSR- What is it?, Puzzle Page*

Page 7 *Events Calendar*

Page 8 *Birthdays in October, November & December*

## October, November, December, Oh, My!

This is the time of year that can be a shaky period for many addicts in recovery. This was the case during my first year in recovery. It has been proven that during the fall and winter months the human psyche has a tendency to get depressed. Some think that this is due to the day light hours being shorter. Others view this as a time of year where people get the holiday blues. However, the process of depression starts earlier than the holiday season.

While the holiday season brings sentiments of joy and celebration for some, for me it was usually a time of isolation and an increase in feelings of depression and negative thoughts. In fact, numerous studies as well as anecdotal evidence from distress centers and crisis workers confirm that there is an increase in both the numbers and severity of calls by depressed individuals during the holiday season.

When I was going through my first holiday season clean, I was given advice from several members including my sponsor, each of which had several season pass clean. Some have said that if you are feeling depressed, surround yourself with positive people who make you feel hopeful and give you encouragement. For me as a recovering addict this is the fellowship I receives at a meeting. I am not always happy or positive, nor can I always give you the feeling of hope or personal encouragement. But, with the fellowship in NA we can all work together through this time and give support to each other to the best of our abilities.

I had to keep things simple, give only what I could afford. As for many of us in recovery, we can afford little in material things. I for one chose to give everyone in the fellowship a gift. Even to ones I didn't know or even like. I gave a gift that only I could afford and that was a dedicated promise to stay firm in my recovery and stay clean during this daunting season.

If you are alone or far away from family and friends, like I was, then make sure you make it to a meeting as often as you can. That was one of the tools that helped me. I kept in constant contact with my sponsor and just as importantly, I kept in constant contact with others in the fellowship of recovery.

For those who enjoy the excitement and energy of the holidays, be aware of those who may have gone through some difficult changes in the past year and, in the true spirit of the season, invite them to celebrate with you, and remind them that there is hope.



As for myself as a recovering addict I try to also take heed to stay balanced when helping another addict. It can be difficult for me to separate the emotional attachments to the pain shared by others. One of the best ways I have learned to do this is in the rooms and through the fellowship of NA is to not cosign someone else's drama. There is a fine line to being sympathetic and empathetic to another recovering addict and becoming a codependent cosigner to the mist of illusions and self delusions we as addicts cast upon ourselves during this time of year.

This is my 3<sup>rd</sup> season being clean and I have used the tools I mentioned above in the previous years. So far it seems to have worked for me. I have received many gifts of recovery from those that have much more time than I do and even the newcomers. I can trust in the program and the fellowship even if I don't always trust the individual. For me it goes beyond one person and I hope that this season finds you safe, clean and free

There's nothing like the festive season to force me to face the fact that life isn't always as joyful and triumphant as I was once led to believe. Regardless, relapse is NOT the answer and it does NOT have to be part of my life today. Many of us have gone through this and emerged without relapse. You can do it also. Join us in a meeting and help yourself and another recovering addict through this time of year. We can't do it alone. We can do it together.

*Kevin R.*

# Newsletter Reprint!

I wrote this as a prayer to my Higher Power, I had a little over a month clean and was fighting the urge to use. I prayed the Serenity Prayer over and over, until the desire to use was lifted. I decided that very moment that I would leave my using boyfriend, having nowhere to go I became homeless. I knew that my Higher Power would carry me through, and keep me strong. I didn't want to give up, and I never did. Today I have found my home, it is in the rooms of N.A. and the arms of the fellowship world-wide.

I love you family! *Aldona D.*

“I'll Move Along Ahead”

I will find a way  
 To what I know is right.  
 I will reach that place...  
 Where I won't have to fight!

The road may have some turns,  
 Maybe a bump or two,  
 But if I stay aware...  
 I know I'll make it through!

Keep my eyes well aware,  
 Of the things that are there...  
 And please tell me at times when I'm wrong.

Help my ears hear Your voice,  
 When I need to make a choice...  
 And please help me when I need to be strong!

With each passing day,  
 And as the time goes by,  
 I'll move along ahead...  
 When I wont know just why.

My heart may find a home,  
 Maybe I'll reach the sky,  
 I know just what I have...  
 A willingness to try!

## POETRY

all the nights i couldn't sleep  
 all the days i didn't dream  
 all the times i passed me by

all the todays when today wasn't enough  
 all the tomorrows i had to make up  
 all the yesterdays when nothing changed

falling up and standing down  
 admittance made  
 surrender came

now there's this second  
 to moment  
 to day

today

sleep filled nights  
 dream filled days  
 i sit with me

admittance made  
 surrender came  
 regrets at bay for yesterday

remember, i may  
 the worst will fade  
 today is today

i have today

*Doreen B.*

**Answers: 1. 1953 2. 1980's 3. Nothing 4. Los Angeles  
 5. Insanity 6. HOW 7. Recovery 8. Just for Today  
 9. Jimmy K. 10. Hope, Freedom**

A	L	T	4	G	A	S	Z	H	1	9	7	0	I	R
S	I	R	B	1	R	O	M	Q	Y	6	B	G	Q	4
K	I	U	K	L	O	S	A	N	G	E	L	E	S	Z
3	M	J	S	6	2	N	4	L	3	6	9	1	X	J
F	M	C	I	T	P	9	D	A	5	7	P	9	G	H
T	Y	Q	F	J	F	4	3	X	K	I	W	5	N	O
D	K	Y	P	8	M	O	D	E	E	R	F	3	I	6
2	X	R	E	0	1	Z	R	C	J	0	P	N	H	N
M	6	E	P	O	H	9	I	T	5	V	0	3	T	Y
E	1	V	5	F	3	W	8	B	O	Y	O	H	O	W
O	N	O	7	E	1	9	6	0	U	D	Q	M	N	F
O	D	C	G	2	C	H	V	T	H	X	A	8	S	K
4	5	E	U	4	I	N	S	A	N	I	T	Y	I	T
9	U	R	V	9	C	S	W	L	R	9	D	L	7	U
1	9	4	5	Z	M	I	B	8	G	W	2	E	V	A

# Mr. NATural



## Thank You N.A.

I had been crying for hours knowing I could know longer live like this. A life full of lies and hard ache. I was done just didn't know how to do it on my own.

I picked up the phone and dialed. Just trying to hold it together long enough to try and find a different way. A friendly voice on the other end told me where I could find a N.A. meeting in my town. He asked if I was O.K. but all I could do was cry.

That night a friend brought me to my first N.A. meeting. I walked in a mess not knowing what to expect. Everyone greeted me with open arms and smiles.

Over three years later I still attend that same meeting. I have found a new way to live and today I know I don't have to do it alone.

Thank you N.A.

*Anonymous*

One of the goals of the newsletter is to maintain a high standard with regards to carrying a clear Narcotic's Anonymous message of recovery. By Submitting your written work to the Voice of Recovery, you automatically give up all rights to your work and give permission to S.C.F.N.A to edit, modify, or change the language and/or format, if we feel it is necessary. All articles are reviewed by this committee before they are put into print.

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I would like to receive Voice of Recovery via e-mail. My address is:

\_\_\_\_\_

## N.A. POETRY

Recovery is obtainable by working the steps  
You're not gonna suck it up through your seat  
I know because I tried, and almost died,  
I had to go back out and get beat;

Some people come back from going back out,  
But more than a few end up dying,  
This is the deal' "You're gonna get honest,"  
Because "You're gonna die if you don't stop  
the lying."

Don't try to portray some phony façade  
Pretending that you're doing the deal  
You can't transmit what you haven't got.  
Until you've worked the steps, you've got  
nothing real.

Talk is cheap and takes no effort at all,  
Running your mouth gets the easy part done,  
Walk your talk, or go get beat some more,  
If you make it back, you'll begin with step one.

*Jeff W.*

## Speaker Recording Wisdom

I've found myself buying and listening to a lot of speaker discs recently and found them to be simply priceless, so I thought, "Wow!"

I've got 1,735 twenty-four hours clean, and I'm just getting started, maybe I can encourage others to check out this added support feature.

Anyway, I'm going to share a couple of great sayings I found on these discs and recommend a few speakers that I find truly inspirational.

I got both of these sayings from John A. from Seattle when he spoke at Contra Costa Unity Day on Sept. 11, 2004. "N.A. won't open the gates of heaven for you to get in, but it will open the gates of hell to let you out!" He also said, "There's no growth in the comfort zone and there's no comfort in the growth zone!" This recording quality is not great, but the speaker is!

I also recommend Brenda B. from Seattle when she spoke at the San Fernando Valley Area Convention of N.A. (SFVACNA) on January 19, 2002.



Now that the season is here; how about a little NA football?

**Quarterback Sneak:** Members quietly leave during the meeting.

**Draw Play:** What many children (and members) do with the flyers during the meeting..

**Benchwarmer:** Members who just sit there with a blank look on their face and do not share or contribute.

**Backfield in motion:** Members who continually go out for a smoke, get coffee, or go to the restroom during meetings.

**Staying in the Pocket:** What happens to a lot of the Seventh Tradition.

**Two Minute Warning:** End of the meeting gathering of children and belongings for the door dash.

**Instant Replay:** Continuous repeating of the same sentence or sharing.

**Sudden Death:** What happens to everyone's attention span if the meeting goes overtime.

**Blitz:** The rush for the door when the meeting is over.

**End Run:** Members coming in five minutes before the end of the meeting and wanting their papers signed.

*Anonymous*

**Want More Dances? Better Dances?  
Picnics, BBQ's, Potlucks, New Activities?**

**We Need You!**

The SCFNA Activities Sub-Committee wants your support. Let us know how we're doing, or what we can do differently. We meet the first and third Wednesday of every month in the East Conference Room of the Santa Rosa Veterans Memorial Building at 6:30PM, as printed in the back of the NA Meeting Schedule. Can't make it in person? No problem. Just send your comments to:

SCFNA P.O. Box 3922 Santa Rosa, CA 95402

**Help us carry the message!**

# NA Puzzles

By Erin G

**Directions:**

Answer the trivia questions by filling in the blanks, and then find the answers in the word search puzzle

What year was NA founded? \_ \_ \_ \_

In what decade was NA's "Basic Text" first published?  
\_ \_ \_ \_ 's

How much does it cost to belong to NA?  
\_ \_ \_ \_ \_

What city did the first meetings of Narcotics Anonymous emerge in during the early 1950's?  
\_ \_ \_ / \_ \_ \_ \_ \_

"\_ \_ \_ \_ \_ is repeating the same mistakes and expecting different results."

Honesty, Open-mindedness and Willingness are the \_ \_ \_ of the NA program.

"Although we are not responsible for our disease we are responsible for our \_ \_ \_ \_ \_ ."

"\_ \_ \_ \_ / \_ \_ \_ \_ / \_ \_ \_ \_ \_ , you never have to use again."

In the early days of NA, who stated that the reason literature needed to be written was because there were addicts who had not even been born yet that would someday need it? \_ \_ \_ \_ \_ / \_ .

"Our Message : \_ \_ \_ \_ . Our Promise:  
\_ \_ \_ \_ \_ ."

A L T 4 G A S Z H 1 9 7 0 I R  
S J R B 1 R O M Q Y 6 B G Q 4  
K I U K L O S A N G E L E S Z  
3 M J S 6 2 N 4 L 3 6 9 1 X J  
F M C I T P 9 D A 5 7 P 9 G H  
T Y Q F J F 4 3 X K I W 5 N O  
D K Y P 8 M O D E E R F 3 I 6  
2 X R E 0 1 Z R C J 0 P N H N  
M 6 E P O H 9 I T 5 V 0 3 T Y  
E 1 V 5 F 3 W 8 B O Y O H O W  
O N O 7 E 1 9 6 0 U D Q M N F  
O D C G 2 C H V T H X A 8 S K  
4 5 E U 4 I N S A N I T Y I T  
9 U R V 9 C S W L R 9 D L 7 U  
1 9 4 5 Z M I B 8 G W 2 E V A

Answers on page 3.

# NSWSR—What Is It?

It's the Napa Solano Women's Spiritual Retreat! My sponsor and I left early Friday morning. We stopped at Starbuck's for the usual and were headed off on a three hour drive toward Arnold, CA to camp with 350 women in recovery. The ride was full of singing, fun, laughs, and the hope that it could only get better. It did!

We pulled into camp only to be greeted by lots of smiling, beautiful women. We laughed as we set up camp and got ready for the recovery ahead. We attended meetings and did a lot of fellowshipping. We also experienced a beautiful thing I had never experienced before called the Angel Walk. I walked blindfolded guided by angels on either side of me and had beautiful things about me whispered in my ears.

My sponsor and I had a blast all weekend. I walked away from that weekend with lots of love, compassion, and gratitude in my heart for the women of the NA fellowship, and most of all, myself and my sponsor.

To all the women at the retreat, thank you for the experience, and to all the women who weren't there, I hope to see you next year!

Lots of love,

*Jennifer L.*

**Are you in  
SERVICE?**

**May we have your attention!!!**

This is YOUR newsletter. Your VOICE can be heard by addicts all over the county by sending us your artwork, musings on RECOVERY, poetry, suggestions, etc., to:

**voiceofrecovery@yahoo.com**

Not a computer geek? No problem. Mail your hand written articles to:

Voice of Recovery, P.O. Box 1365, Santa Rosa, CA 95402

# Northern California N.A. Events Calendar

Date	Area	Event	Location	Contact
<b>SONOMA COUNTY</b>				
Sep 23	Sonoma	24 <sup>th</sup> Fun in the Sun Picnic	Lake Sonoma - Warm Springs Picnic Grounds	
Oct 27	Sonoma	Halloween Dance,	Sebastopol – Community Center, 390 Morris Street	
Nov 21-22	Sonoma	Thanksgiving Marathon Meetings	Santa Rosa – Orenda Center, 1430 Neotomas Ave.	(707) 548-5466
Dec 24-25	Sonoma	Holiday Marathon Meetings	Santa Rosa – Orenda Center, 1430 Neotomas Ave.	(707) 548-546
Dec 31	Sonoma	New Years Eve Dance	Sebastopol – Sebastopol Vets Bldg, 282 So. High St.	
<b>CONVENTIONS / RETREATS</b>				
Oct 12-14	San Francisco	Rainbow Convention XII	S.F. – Ramada Plaza Downtown, 8th & Market	Donald (415) 948-1345
Nov 2-4	San Francisco	11 <sup>th</sup> Step Spiritual Retreat	Watsonville – POL, 2013 Eureka Canyon Rd.	Mark (415) 552-5068
Nov 2-4	Sierra Sage	Sierra Sage Regional Convention	Reno – Circus Circus Hotel & Casino	Linda (775) 356-6751
Nov 9-11	Canada	CCNA 15, (sold out)	Victoria, British Columbia	SOLD OUT
Nov 16-17	Wild Recovery NA	Winter Retreat w/ hikes	Death Valley – Furnace Creek Campground	Anna (408) 806-7675
Jan 11-13	Lake County	Tri-Area Convention NA VIII,	Lake County – Konocti Resort	Donnie (530) 527-8520
Mar 20-23	Northern CA Region	NCCNA 30	Sacramento – Hyatt Regency, 1209 L St.	www.norcalna.org
<b>UNITY DAYS / LEARNING DAYS</b>				
Sep 29	San Francisco	Unity Day 20	SF – Int'l Studies Academy, 650 De Haro St	www.sfna.org
Oct 13	Peninsula	Unity Day 20	Palo Alto – Stern Ctr., 1305 Middlefield Rd	Tish (650) 283-9849
Nov 3	Alameda / Marin	All Service Learning Day	Berkeley – Lutheran Church, 1744 University Ave	Vince (510) 701-9191
Dec 1	916 North	Regional H&I/PI Learning Day	Red Bluff – Fairgrounds	
<b>DANCES</b>				
Sep 28	Contra Costa	Speaker Meeting & Dance	Concord - Centre Concord, 5298 Clayton Rd	
Oct 20	916 North	Pajama Jam	Oroville – Thermolito Grange Hall	
Oct 27	916 North	Chico Unified Halloween Dance	<i>to Be Announced</i>	(530) 877-6361
Oct 27	Humboldt	Halloween Dance	<i>To Be Announced</i>	(707) 444-8645
Oct 27	Mendocino	Halloween Dance	Redwood Valley – Redwood Valley Grange	
Oct 27	Sonoma	Halloween Dance,	Sebastopol – Community Center, 390 Morris Street	
Dec 31	916 North	New Years Eve Dance	Chico – Durham Memorial Hall	
Dec 31	Humboldt/Del Norte	New Years Eve Dance	<i>To Be Announced</i>	(707) 444-6361
Dec 31	Mendocino	New Years Dance	Redwood Valley - Redwood Valley Grange Hall	
Dec 31	Sonoma	New Years Eve Dance	Sebastopol – Sebastopol Vets Bldg, 282 So. High St.	
<b>FOOD / ENTERTAINMENT</b>				
Sep 22	San Francisco	Recovery Rocks	San Francisco – Cell Space, 2050 Bryant St at 18 <sup>th</sup>	
Sep 23	Greater San Jose	Music Fest	San Jose - Napradak Hall, 770 Montague Exprwy	Rebecca (408)249-2141
Sep 23	Sonoma	24 <sup>th</sup> Fun in the Sun Picnic	Lake Sonoma - Warm Springs Picnic Grounds	
Sep 29	Contra Costa	Pasta Dinner	Richmond - 1095 Parkside Dr	Robert (510) 815-2076
Oct 20	East Bay North	Sponsor Sponsee Pasta Dinner	Berkeley – Lutheran Church, 1744 University Ave	Jessika (510) 253-6950
Dec 2	Sierra Sage	Gratitude Dinner 2007	Carson City, NV – Fuji Park	Darlene (530) 541-6617
<b>SPECIAL EVENTS</b>				
Sep 22	East Bay Central	1 <sup>st</sup> Women Do Recovery Day	Oakland – 1 <sup>st</sup> Unitarian Church, 655 14 <sup>th</sup> St	Alica (510) 472-6395
Sep 23	Sonoma	24 <sup>th</sup> Fun in the Sun Picnic	Lake Sonoma - Warm Springs Picnic Grounds	
Nov 21-22	Sonoma	Thanksgiving Marathon Meetings	Santa Rosa – Orenda Center, 1430 Neotomas Ave.	(707) 548-5466
Nov 22	Humboldt/Del Norte	Thanksgiving Marathon Meetings	Eureka – 6 <sup>th</sup> AT Summer	(707) 444-8645
Dec 24-25	Sonoma	Holiday Marathon Meetings	Santa Rosa – Orenda Center, 1430 Neotomas Ave.	(707) 548-5466
<b>HIKING / CAMPING</b> ( All Hikes leave parking lots at 10 AM sharp. No Dogs on most hikes.)				
Sep 22	Wild Recovery NA	Hike – 6 miles – challenging	Los Gatos – St Joseph's Hill Open Space	Rick (408) 309-5003
Oct 6	Wild Recovery NA	Hike – 5 miles – moderate	Santa Cruz – Rancho Del Oso near Wadell Beach	www.wildrecovery.org
Oct 13	Contra Costa	Hike – 5 mile – easy	Richmond - Pt Pinole Regional Park, 5661 Giant Hwy	
Oct 20	Wild Recovery NA	Hike – 5 miles – moderate	Monterey (south) – Point Lobos State Reserve	Tom (408) 307-6649
Nov 3	Wild Recovery NA	Hike – 7 miles – mod/challeng	Santa Cruz – Wilder Ranch State Park	Diane (831) 462-0262
Nov 10	Contra Costa	Hike – 5 mile – moderate	Walnut Creek – Shell Ridge Open Space (Borges Ranch)	
Nov 16-17	Wild Recovery NA	Camp – 10mi mod / 8mi hard	Death Valley – Furnace Creek Campground	Anna (408) 806-7675
Dec 1	Wild Recovery NA	Hike – 7 miles – challenging	Santa Cruz/San Jose – Forest of Nisene Marks	Angel (408) 857-8408
Dec 15	Wild Recovery NA	Hike – 7 miles – hard	Santa Cruz/San Jose – Castle Rock State Park	www.wildrecovery.org
Dec 29	Wild Recovery NA	Hike – 6 miles – challenging	Hayward – Garin Regional Park	Kent (925) 932-7695



**1 Year**

Adam F 11/7  
 Annie N 11/22  
 Brandy H 11/2  
 Carlito M 11/21  
 Carole C 10/16  
 Chelie G 12/24  
 Cherie H 12/10  
 Chester 10/23  
 Christina M 11/26  
 Claud G 12/2  
 Craig C 10/15  
 Dana P 10/26  
 Eliot B 10/20  
 Forrest J 12/3  
 Frankie F 11/29  
 George M 12/12  
 Jackie K 10/15  
 Jamie N 12/28  
 Jose E 10/16  
 Kathy P 12/4  
 Kelly M 11/20  
 Ken B 10/20  
 Kendra S 12/28  
 Mark P 10/13  
 Matt P 12/22  
 Megan S 10/9  
 Mikey W 11/17  
 Phillis 10/18  
 Roderick T 11/26  
 Sabrina F 11/10  
 Sue T 11/29  
 Tish B 12/26  
 Tracy T 10/4  
**18 Months**  
 Andrew B 5/4  
 Billy C 5/13  
 Bree U 5/7  
 David R 4/12  
 Eric T 6/1  
 Heather F 5/26

Jessica 4/19  
 Larry R 5/14  
 Leslie W 5/14  
 Lisa T 4/1  
 Tim O 4/13  
**2 Years**  
 Candace A 12/26  
 Charlie H 12/21  
 Christina F 11/26  
 Cindy W 10/26  
 Colleen 11/6  
 Dale F 12/6  
 Georgeanne R 11/22  
 Greg G 11/1  
 Heather V 10/29  
 Jason H 10/21  
 Josh C 11/21  
 Martie B 12/30  
 Noel G 11/15  
 Pamela S 11/25  
 Scott S 11/6  
 Sean D 12/9  
 Seth B 11/26  
 Stephanie S 11/19

**3 Years**

Alan F 11/4  
 Andy O 12/22  
 Cher G 11/25  
 Dallas L 11/21  
 Doug D 10/20  
 Laura S 11/11  
 Lee P 10/8  
 Leland P 10/8  
 Sherry W 11/20  
 Stevo C 10/9  
 Steve C 11/30

**4 Years**

Aaron N 11/7  
 Beth M 11/11  
 Crisana L 11/11  
 Devin S 12/26  
 Frankie N 11/28  
 James H 11/10  
 Judy E 10/15  
 Lindsay C 12/21  
 Tom K 10/24

**5 Years**

Brenda D 10/1  
 Chris L 10/29  
 Greg M 11/1  
 Kathy R 10/27  
 Laura K 11/18  
 Shane C 10/11  
 Shawn P 10/15  
 Stephanie 10/19  
 Victor R 10/23

**6 Years**

Big O 10/1  
 Billy C 12/19  
 Brian A 12/17  
 Charolette H 11/7  
 Clark M 11/4  
 Diana M 12/9  
 Elisa M 10/15  
 Garrett M 11/23  
 Karen A 12/2  
 Roger B 12/23  
 Susan R 11/26

**7 Years**

Cally P 10/25  
 Erica M 10/27  
 Mary I 10/20  
 Natalia M 12/20  
 Tim H 10/10  
 Tom C 10/21

**8 Years**

Donnie Q 11/27  
 Russel P 11/20  
 Collette I 12/14

**9 Years**

Gigi 10/28  
 Margaret M 12/19

**10 Years**

Vicki L 12/24

**11 Years**

Dave J 12/21  
 Dawn D 10/1  
 Mike T 10/26  
 Rob W 10/10

**13 Years**

Brenda H 10/31  
 Craig N 11/24  
 Teresa S 12/7

**14 Years**

Kelly M 10/1  
 Maureen C 12/15  
 Michael Mc 11/28  
 Rachel M 12/26

**15 Years**

Tracy S 11/14

**16 Years**

David E 12/1  
 Jerome P 11/11  
 Rick A 10/1

**18 Years**

Kenny G 10/10

**19 Years**

Deanna M 10/23  
 Deborah S 10/16

**20 Years**

Carl H 12/27  
 Debbie H 12/27  
 Donna T 10/11  
 Joan McD 10/17  
 Keith J 11/4  
 Tania C 11/17

**21 Years**

Jennifer M 10/3  
 Patty A 10/15

**22 Years**

Rich S 10/14

**23 Years**

Pat H 12/26

**26 Years**

Char J-H 12/16  
 Micheal F 12/16

**29 Years**

Debbie J 10/7

**30 Years**

Bobbie S 10/25

**Total Years:**

**935.5**

