

HIGH SOBRIETY

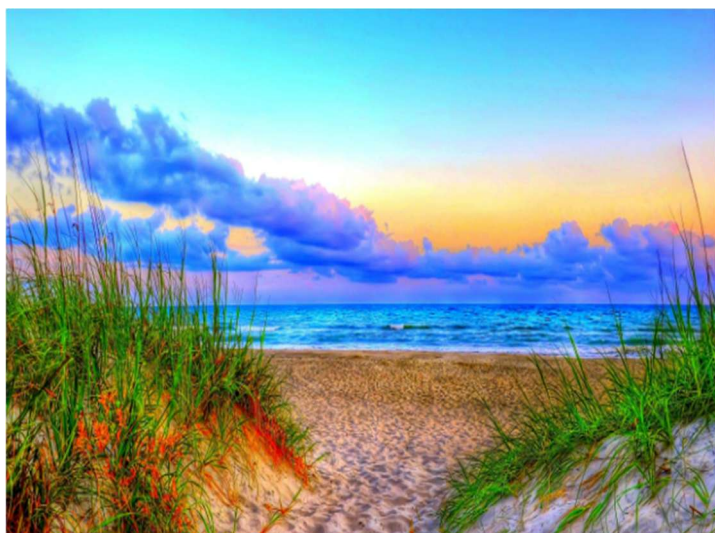
2215 S. El Camino Real, Suite 204
San Mateo, CA 94403

Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP
OF AA

650-577-1310
aasanmateo.org
aasanmateo@gmail.com

August 2026

SMC Fellowship News August 2026



Smell the sea and feel the sky. Let your soul
and spirit fly. — Van Morrison

CENTRAL OFFICE ANNIVERSARY PARTY Saturday October 3

The Central Office Anniversary Party Committee continues to work on this year's event which will be held Saturday, October 3rd at the San Mateo County Event Center. Come join the fun!

Volunteer opportunities available include: set up and decorations, reception, food service, coffee service, silent auction, parking, and cleanup.

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To volunteer or for further information, please contact Trish at aasmparty@gmail.com or 650-392-5374. For information on donations for the Silent Auction, see page 3. Planning meetings are the first Friday of each month pm Zoom at 6:30pm. Next meeting: August 7. Zoom ID: 825 1613 6372.

Please stop by the office to pick up a book of raffle tickets to sell. Last year raffle tickets sales were low, and we are aiming to get more people out there selling tickets this year. Same as last year, you get one free ticket for every book of 10 tickets that you sell.

Central Office:

Central Office is now accepting Zelle. You can pay through your Zelle to our email aasanmateo@gmail.com.

Monthly Service Committee Meetings

BRIDGING THE GAP**Aug. 3, 7:00 p.m. on Zoom**

Meeting ID: 563 554 9920 Passcode: 54321

TELESERVICE**Aug. , 7:00pm on Zoom**

Meeting ID: 858 4259 6364

DELEGATES TO CENTRAL OFFICE**Aug. 11, 7:30 pm on Zoom**

Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

CENTRAL OFFICE ANNIVERSARY PARTY**August 7, 6:30 p.m. on Zoom****Zoom Meeting ID: 825 1613 6372****PI/CPC****Aug. 11, 6:45 pm on Zoom**

Meeting ID: 475 062 9806 password 483492.

GENERAL SERVICE**Aug. 18, on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting**

Meeting ID: 884 8540 6474, Passcode: 443303. To phone in: +1-669-900-6833

H&I (Hospitals & Institutions)**Aug. 25, 6:15 orientation; 7 p.m. business meeting****Central Peninsula Church, 1005 Shell Blvd. Foster City (Student Room)****PENYPAA (Peninsula Young People in AA) Aug. 9 and Aug. 23, at 5: 30 p.m., Central Peninsula Church, 1005 Shell Blvd. Foster City**

UPCOMING EVENTS

Brisbane Breakfast Bunch

Invites You to Our

REGULAR A.A. MEEING
At the community center
(Under old library)

250 Visitation Avenue
Brisbane CA 94005

each Sunday, at
11:00 a.m. for an A.A. meeting
and 10:45 for arms' length

August 2026 Speakers:

8/02/26	Rick T. 16 years	Colma Eye Opener
8/09/26	Kit B. 44 years	Dunsmuir AA Monday
8/16/26	Eva J. 16 years	Traditional Women's group Sacramento
8/23/26	Carlos M. 21 years	Men's No BS group SSF
8/30/26	Brad R. 20 years	Friday Big Book study San Bruno

Become a Faithful Fiver!

**Pledge \$5 per month (or more) to support
Central Office. You can pay monthly, quarterly
or annually. Your personal contributions
make our vital services possible.
Call 650/577-1310 or stop by Central Office to
enroll. All fivers receive a copy of High
Sobriety!**



CENTRAL OFFICE ANNIVERSARY PARTY
Featuring our fun SILENT AUCTION
Saturday, October 3rd—San Mateo Event Center

The Anniversary Party is our Central Office's main fundraiser, and a big part of that is our very successful Silent Auction. Having a large variety of baskets and items is key to its success. Items can be contributed by groups or individuals and can be large or small.

Popular items include:

- Gift cards/Tickets/Passes to stores, movie theaters, coffee shops, restaurants, sporting events, etc.
- Gift baskets with themes like gourmet foods, recovery, relaxation, coffee/teatime, movies, sweet treats, or whatever creative ideas you can think of.
 - o Feel free to decorate your basket, however, don't worry if you don't – our Silent Auction Committee will be able to spruce it up for you!
- Services such as haircuts, massages, manicures (should be donated by AA members)
If you or your group will be submitting an item, please let us know by emailing us at AASMParty@gmail.com



SAN CARLOS PENINSULA FELLOWSHIP'S ANNUAL BBQ AND POTLUCK!!!**SUNDAY, AUGUST 2 11:00-3:00 PM****RED MORTON PARK, RWC****AA SPEAKER MEETING AT 1:00 PM****1120 ROOSEVELT AVE, REDWOOD CITY, 94061****FOR POTLUCK OR VOLUNTEER INFO CONTACT DAN BANCHERO 650.921.9398**

GENERAL SERVICE

**LOOKING FOR
SUMMER ASSEMBLY
VOLUNTEERS**

SCAN TO VOLUNTEER

**Setup
Breakfast
Coffee
Lunch Prep
Lunch Service
Parking
Accessibility
Clean Up**New to service?
Perfect.Years of experience?
Wonderful.

Everyone is welcome!

**AUG. 8 | 8 AM - 5 PM
AMERICAN LEGION CLUB
651 EL CAMINO REAL, REDWOOD CITY**Questions? Contact:
assembly@district04cnca.org

San Mateo County AA Campout

August 20th – 23st 2026

Once again, it's time for our annual campout under the beautiful redwoods at Memorial Park. For all those who have not yet had the opportunity to attend, come on out, *"to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. We know you will not want to miss it".*



LOCATION: Memorial Park, 9500 Pescadero Creek Rd. Loma Mar, CA 94021

Wurr Flat #1 group campsite

COST: \$30.00 per tent / per night, includes parking for one vehicle

For More Info, see <https://aa-san-mateo.org/event/san-mateo-county-aa-campout-2>

MEDITATION

1. OHANYMR _____
2. PLECEFUA _____
3. EIRSTNEY _____
4. CIMUS _____
5. TNREUA _____
6. FIDSEMSNLUN _____
7. FTILENCERO _____
8. LNIMOTCAETNOP _____
9. UITQE _____
10. DNRGOIPNE _____

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Step Eight

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



TORN APART

Recently I was reading a story in the Steps section of Grapevine and I remembered how, in early sobriety, I learned the true meaning of the Eighth Step. What I found interesting about gaining understanding about this Step is that the lesson didn't come from a fellow member of AA. It came from my sister. When I first heard about the Eighth Step, I understood it to mean that I would need to go around saying sorry to everyone for all the harm that I'd caused. And because I still had a lot of guilt and shame about the things I had done in my past, I almost felt like I needed to go around introducing myself, saying, "Hi, I'm sorry and I'm Gail."

The relationship I had with my sister, who's six years younger than me, had been very unhealthy. I got sober when I was 18. She was just a kid then and I had been an abusive tornado in her life. I was about two years sober when one evening, she and I got into a verbal fight. Today I can't recall what the fight was about, and neither can she. At the time though, it was important to us. During the fight, she ran upstairs to her room and slammed the door. I instantly felt bad about my behavior toward her and how I had reacted. I didn't want to be that person anymore and I was disappointed in myself. I wanted to go up to her room and tell her that I was sorry for yelling and fighting with her, but I knew she wasn't going to listen to me.

Instead, I wrote her a letter. It was a letter of amends. In it, I did something I had never done before. I listed out a plan of action describing how I was going to change the way I behaved and the different types of tools I was going to use to implement that change. I slid the letter under her door and went to my AA meeting. When I returned from the meeting, I found at my bedroom door my letter ripped up, with a sign saying, "I don't think so, not this time," followed by some more colorful language. My immediate impulse was to run upstairs to her room, grab her and shake her and yell, "Didn't you read the letter? I said I was sorry and that I love you!" I didn't do that, thank God. Instead I realized it didn't matter that she didn't believe me because I didn't want to be that type of sister anymore. I decided to follow through with the plan of action that I had outlined in the letter.

I once heard someone share at a meeting that the word "amend" does not mean "to say sorry" as much as it means "to change." If I say I'm going to amend a document that means I am going to change something in it. That was the lesson I learned that day with my sister. Instead of just saying that I was sorry, I had written out for her—but mostly for me—a plan of action to change.

This realization has had a big impact on the way I now approach the Eighth Step. Not only do I look at what I've done to harm others, but I think about what I'll be doing now to change and not be that person again. Then I have to ask myself whether I'm truly ready to follow through on that plan, because nothing sucks more than having to go back and make an amend on an amend that I already made! Please don't get me wrong. It is important to feel remorse and to apologize for harm done to others. In fact, recognizing that I had done harm was an important internal shift for me. Before I was only concerned about what others had done to me. AA, however, is a program of action and I have learned that it's action where I've found my recovery. That's where the big changes happen for me.

So now before I move on to the Ninth Step, I make sure that the plan of action that I listed in my Eighth Step is solid and realistic. I go over it with my sponsor and other AA friends and I pray about it. I will always be grateful for that lesson from my sister. Sometimes we can learn valuable AA lessons from people outside of our meetings.

MESSAGE FROM GENERAL SERVICE

Hello District 05, San Mateo:

Great summer events, we hope to see you there. Our July 19, 2026 Unity Day was a blast! Thank you all for attending.

1. Friday, August 7, 2026 — pre-Summer Assembly dinner
6:30pm dinner, 7:30pm meeting
St. Bedes Church in Menlo Park
Lehman Hall, 2650 Sand Hill Road
Menlo Park, CA 94025
Contact: Nicole/Anthony at
Assembly@district04cnca.org
2. Saturday August 8, 2026 — SUMMER ASSEMBLY Hybrid
American Legion Hall, Redwood City
651 El Camino Real, Redwood City, CA 94063
Cal train station within walking distance, as parking is tight.
Overflow parking: 119 Perry Street, Redwood City (about 0.2 miles)
3. Saturday October 3, 2026. CENTRAL OFFICE PARTY, San Mateo County Fairgrounds.
Most enjoyable event, with catered dinner, terrific speaker and many info tables plus silent auction, games and fellowship.
4. Seeking a volunteer to administer and maintain our Google workspace District platform, pretty darn soon. Please let Denise, Caroline or Susan know if you have experience with Google Workspace and are available.
5. We have a NEW ZOOM ID for our monthly District meeting. There is no password. As a reminder, our meetings are on the 3rd Tuesday of every month.

GSR Orientation. 7pm
Concept Study. 7pm
Business meeting. 7:30pm
New zoom Id: 820 5231 8278

In service,
Susan Clancy, CNCA06
District 05, DCMC San Mateo
650-515-0950, Susanclancy5@gmail.com

Never ruin an apology with an excuse.

– Benjamin Franklin

Central Office Delegates Meeting Minutes – Tuesday, July 14, 2026

Chair, Jan M., opened Delegates Meeting- 7:30 pm & closed- 8:00 pm

12 Traditions: Carol Y. Responsibility Statement: Ann P.

New Delegates: Candice C., Early Enders; Maureen G., Pacifica Monday Night Women's Meditation Meeting

AA Birthdays: Becky N. 31 years

Minutes- Approved. Financial Report- Approved.

SERVICE COMMITTEE REPORTS:**BTG- Bridging the Gap – Alex O.**

No report this month.

General Service Liaison - Dave C.

- Our General Service meeting was June 16, 2026. Meetings are the 3rd Tuesday of every month. GSR Orientation: 7:00pm, Concept Study: 7:00pm and Business Meeting: 7:30pm. New Zoom Meeting ID is: 820 5231 8278. No password is needed.
- District 05 Unity Day is this Sunday, July 19, 2026, 12:00PM - 4:00 PM at the Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo. Lunch will be provided at 1:00PM. Our Delegate, Chitra will present her report at 3:00PM. If you are interested in volunteering, contact Denise @ 408-520-6732.
- The CNCA 06 Summer Assembly co-hosted by District 04 (Santa Clara) will be August 8, 2026, at the American Legion Club, 651 El Camino Real, Redwood City. There are only 140 parking spots and no street parking, so please plan to carpool or use SamTrans or Caltrain.
- A Summer Assembly dinner and meeting will be held. Friday August 7th, at 6:30 at St. Bede's Church, 2650 Sand Hill Rd., Menlo Park. Cost: \$35/person.

H & I – Matheas H.

Three service opportunities to highlight:

- Project WeHOPE in East Palo Alto desperately needs volunteers on Tuesdays @ 5:30pm. They currently have about half as many volunteers as they need, so please keep spreading the word.
- RWC Men's Jails has openings—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)
- Desperately seeking Men for Spanish Speaking meetings in RWC Men's Jails—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)

Ways to learn more about additional openings and opportunities:

- Upcoming H&I Orientation and Business Meetings, July 28, August 25, September 22
 - Orientation @ 6:15—7:00pm || Business Meeting @ 7:00—8:00 pm
 - Location: Central Peninsula Church, 1005 Shell Blvd, Foster City
- Monthly emails that are sent out for H&I Updates and reminders. If you'd like to be included on those emails (or if you have any questions regarding H&I please reach out to hicsmcsecretary@gmail.com).

PENYPAA – Brooke M.

No report this month.

PI-CPC- Toni A./Juliana

- Looking ahead to the Fall
 - September is Recovery month: Coyote Point and Community College Health Fairs
 - Half Moon Bay Pumpkin Festival: Oct 17th and 18th
 - We are continuing researching best practices for connecting with the professional communities—getting contacts with HS Counselors & Faith Leaders
- We continue to learn more from the monthly International PI-CPC Working Group meetings, and we are looking for best methods to continue to build our team..

Alkathon – Brent M.

No report this month.

Trusted Servants Workshops – Bob M.

- The next Trusted Servants Workshops will take place in late October at the West Bay Alano Club and the San Carlos Peninsula Fellowship. Once dates/locations are confirmed, flyers will come out.
- New volunteers to help lead the workshops are welcome. Please contact Bob M (rhmueller@sbcglobal.net) for more information.

Advisory Committee – Janice C.

No report this month.

Teleservice -Don C.

- Shifts available, one shift per month, 4 hrs. during daytime or 8 hrs. if doing an overnight shift.
- Contact Don at aasanmateo@gmail.com or call Central Office at 650-577-1310.

Anniversary Party –Trish E.

- The 2026 Anniversary Party will be held at the San Mateo County Event Center on Saturday, October 3, 2026.
 - Volunteers are needed for: food service, silent auction, parking, decorations, and especially clean up.
 - Volunteers are what make this event possible so please consider offering to help. Please email Trish at AAAsmparty@gmail.com if you're interested or have questions.
- The committee meets via zoom on the first Friday of the month at 6:30 pm. Zoom meeting ID: 825 1613 6372. Our next meeting is Friday, August 7. All are welcome.

Central Office Report - Don C.

STATS FOR JUNE 2026: 12 STEP CALLS – 1; OFFICE VISITS – 58; PHONE INFO - 66

OTHER:

- Central Office is now accepting donations through both Venmo and Zelle.
 - To use Zelle, log in to your bank's mobile app or online banking, find the Zelle or "Send Money" section, and enroll your U.S. mobile number or email address. Then, select San Mateo County Fellowship as the recipient using our email address (aasanmateo@gmail.com), choose the amount, and send. When prompted to "add a memo" note what the payment is for.
- Please stop by the office to pick up a book of raffle tickets to sell. Last year raffle tickets sales were low, and we are aiming to get more people out there selling tickets this year. Same as last year, you get one free ticket for every book of 10 tickets that you sell.
- Delegates: To have the High Sobriety Newsletter mailed to you each month, please send an email with your name, address, and the group you represent to aasanmateo@gmail.com.

Next Meeting: Tuesday, August 11 at 7:30 pm



So, Mr. Jones. How many drinks do you actually have per day?

- Paul B. – Austin, Texas

FINANCIAL REPORT**July 2026**

	JUL	Total YTD		JUL	Total YTD
Income			Operating Expenses		
Birthday Club Contributions	0.00	254.07	Accounting Services	122.00	3,546.00
Book sales	1,398.12	8,901.77	Books Purchased	0.00	8,669.05
Central Office Annual Party	1,640.00	2,240.00	Chips	247.65	1,260.55
Chip sales	507.77	2,119.62	Central Office Annual Pa	0.00	4,791.67
Delegates Collection	0.00	0.00	Central Office Insurance	164.75	1,173.25
Faithful Fivers	356.33	2,857.92	Credit Card Charges	53.06	304.54
Group Contributions	11,431.69	73,933.84	Employee Insurance	311.90	2,147.50
High Sobriety Subscriptions	0.00	56.00	Miscellaneous	0.00	357.52
In Memoriam	0.00	10,000.00	Office Equipment Lease	350.53	2,411.08
Individual Contributions	380.55	17,942.44	Office supplies	54.18	774.45
Interest Income	0.00	0.00	Outside Services	0.00	0.00
Other (Comcast refund)	0.00	0.00	Postage	44.24	365.14
Printing	0.00	20.00	Rent	1,501.00	10,507.00
Sales Tax on Books & Chips	203.56	1,177.16	Salaries	5,081.80	37,845.23
Misc. Refund	0.00	526.52	Sales Tax on books	0.00	999.00
		0.00	Taxes (Payroll)	1,848.36	13,871.00
Total Income	15,918.02	120,029.34	Telephone & Tech	133.47	1,566.52
			Teleservice	0.00	392.02
Less Expenses	9,912.94	91,750.28	Travel Expenses	0.00	768.76
Net Income (loss)	6,005.08	28,279.06			
Starting Balance		74,318.59			
Plus Net Income/Loss		6,005.08			
Ending Balance		80,323.67	Total Operating Expenses	9,912.94	91,750.28
TOTAL PRUDENT RESERVE new		81,468.05	Net Income (loss)	6,005.08	28,279.06
			2026 Year-to-Date Summ		
			Year-to-Date Income		120,029.34
			Year-to-Date Expenses		91,750.28
TOTAL CASH POSITION		161,791.72	Year-to-Date Net Inc/(Defici		28,279.06

ATHERTON	JULY	YTD	MILLBRAE	JULY	YTD	SAN BRUNO	JULY	YTD	Zoom	JULY	YTD
Horses Ass		840.00	Sobriety in the Park		242.00	12 Step Study Grp (Thurs)	34.68	58.32	12 & 12 @ 12 SM		25.00
Sunday Spirituality		99.52				Big Book Study Fri (5pm)	35.31	336.96	7AM Coastside Meet.M,F		657.24
			Misc.			Come as You Are	91.00	864.47	7AM Wake Up Group WBAC	30.00	404.00
BELMONT			Gratitude Night Coastside		800.00	Early Enders	84.00	168.19	Back to the World Group BUR	66.03	221.54
Belmont Tues. Noon Group	48.01	273.16	HMB Talent Show		80.00	Experience, Strength, Hope	10.00	249.34	BB 103 North FC	25.00	185.00
Day At a Time	105.07	174.90	PENYPAA		64.20	Grupo Serenidad		120.00	Belmont Tues. Noon Group	20.00	238.76
Sunday Sundowners	6.00	832.55				Living Sober/ HH(Tues)	48.00	319.75	Bookies SC		50.00
			PACIFICA			Spkr/Disc - Happy Hour(Mon)	297.76	1,021.47	Broken Elevator Thurs. RWC	20.00	30.00
BRISBANE			12 @ 6 Group		200.13				Chips Ahoy PV	436.46	436.46
Brisbane Breakfast		240.00	12 Noon Disc. (Mon)		44.10	SAN CARLOS			Friday Noon Big Book FC	20.00	70.00
						Broid Men's Meeting		95.50	Men's R4D Big Book MP		143.52
BURLINGAME			As Bill Sees It (Sat)		120.07	SCPF- all meetings	320.00	1,901.22	Off Broadway Beginners Mtg SM		265.14
Anson Group		545.10	B.Y.O.B. Group Thurs Noon		505.28	Sober Sundays		391.80	Sat. Morning Eye-Opener HMB		90.64
			Discussion Group Fri Library		120.00				S.C. Awareness Group SC	11.00	77.00
Any Length	20.00	749.77	Fri Discussion Noon Baptist	29.40	301.69	SAN MATEO			The Old & the New FC	40.00	125.00
Burlingame Men's Grp		232.80	Friday Night Lights Women's Big Book		179.40	Bunker Young People	524.93	524.93	The Sewer Group RWC		80.00
Burlingame Noon Men's Grp		903.00	New Comers & Old Timers		257.00	Fireside Group	55.38	517.27	Walter & Bobs HH MP	20.00	20.00
Courage to Change	100.00	259.00	Noon Pacifica Discussion (Mon,Weds)		322.46	Highlanders Grp.	212.13	421.25	Women's Candlelight Grp PAC		2.00
Ham & Eggers	800.35	3,394.81	Pacifica Live Wake Up	62.20	1,094.35	Joy of Living	40.02	350.09	Women's Celebrate Being Alive SM	20.00	94.02
Hillsborough Men's Group		370.00	Pacifica Men's Group		235.00	Lunch Bunch		115.73	Women's Sharing Choices	15.00	268.00
Peninsula Prime Time		20.00	Page 133 Group		352.35	Mid Peninsula Women	83.05	783.83	Women who wear shoes PAC	84.00	197.00
Saturday Nite Spkr/Disc.	286.03	863.56	Pedro Valley Pacifica	378.81	1,074.81	Monday Night Men's 6:30		400.02			
Senior Focus Group	32.00	518.82	Serenity in Pacifica	95.79	443.12	Morning Serenity (All)	334.35	8,954.40			
Tuesday Nite Group	242.90	792.90	Sharp Park 3rd & 11th Step		50.44	New Tuesday Nite Beginner	144.09	144.09			
			Sharp Park Joe & Charlie BB Study	99.00	310.68	San Mateo Forum		457.22			
FOSTER CITY			Sun Daily Reflections (Beach Mtg)		351.52	The Forum Group	245.00	1,409.00			
FC Men's Sharing Group	352.80	709.98	Thursday Noon Disc Baptist		335.00	Wednesday Afternoon Group	102.00	700.25			
FC Women's Pop Up Gazebo	362.78	843.86	Tuesday Noon Disc Baptist		282.41	Women's Home Grp (traveling)		750.70			
Foster City Women (Sat)		100.04	Women's Big Book Study		515.14						
Living Sober Groups Live	244.41	871.81				Keep it Simple		229.52			
Study the Text Group		400.26	PORTOLA VALLEY			Midway Group		140.05			
			Ladera Mon Nite Group	979.61	979.61	New Beginnings Women		322.92			
HALF MOON BAY			Portola Valley 11th Step	538.56	1,272.65	South City Womens	211.00	436.00			
3rd & 11th Step		155.65									
7 Miles South		305.20	REDWOOD CITY			WESTBAY ALANO					
777 Miramontes Noon Meet.M,W		320.00	Don't Drink Group		623.57	Back to Basics		120.00			
Coastside Big Book Study	124.18	460.18	San Carlos Beginners		155.00	Brown Baggers Meditation		60.00			
Coastside Serenity Group M-F	337.78	1,806.73	Sequoia Recovery Grp		205.05	Colma Eye Opener		876.94			
Coastside Talkers	144.61	244.64	Thumpers		288.35	Early Birds 12 X 12 (Fri)		120.00			
Coastside Young People		840.00	Wed. Woodside Meeting	326.22	1,188.86	Men's No BS Meeting (Mon)		240.00	</		

2215 El Camino Real, Ste. 204
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