

The Nightcap


THE NIGHTCAP IS PUBLISHED MONTHLY BY THE CENTRAL SERVICE OFFICE
8804 TRADEWAY, SAN ANTONIO, TEXAS 78217, PHONE 210-828-6235
OFFICE HOURS: 9 AM TO 5 PM MON-FRI 24 HR ANSWERING SERVICE
FAX 822-4491

VOLUME 30

JAN 1999

NO 1

Fighting the Dragon of Procrastination



Let me employ all possible care not to mistake the bridge for the land: the Tenth Step is not a stopping place. It's a connecting point between my efforts to get to know myself better and my desire to get to know God better - God as I understand him.

But that wasn't the way I saw it to start with. It looked to me as if Bill W. had run out of steam and in order to round out to twelve (the magic number), he put in another inventory Step.

Because of my religious upbringing, and my later revolt against religion, the wording of the Fourth Step in the "Twelve and Twelve" had been very difficult for me, with its emphasis on the moral. More helpful was the big Book because it talks of "personal" rather than "moral" inventory, thus freeing the way for this battle-scarred veteran of the religious wars.

On Step Ten in the "Twelve and Twelve," I found discussion of "spot checks." I'd been doing that from the beginning of my AA life. But with a difference. I did it only when I thought of it, usually when I was hurting. Now my spot-checking became more conscious and regulated. As a result, I was better able to deal with such problems as criticizing, losing my temper, sulking, and seeking to dominate.

I found it helpful to review the foregoing Steps, in the light of the one I was focusing on. As I came to believe that I could be restored, I began my brand-new adventure in faith. By making an act of trust, I was admitting again that my power-driven ways, my reliance on self to the exclusion of accepting any kind of help from outside myself - did not work.

My undertaking of a fearless and searching personal inventory was yet another exposure to the deflation at depth that Doctors Jung and Silkworth saw as requisite in the recovery of an alcohol. In my willingness to detail the exact nature of my wrongs (and of my virtues as well), my old defect of intellectual arrogance was dealt another major blow.

In the Sixth and Seventh Steps, I mustered faith and trust and willingness, drew heavily on the hope and courage that my fellow AAs shared with me at meetings, and - in the fashion of our AA pioneers - on my knees asked that my character defects be removed.

In the amends Steps, my intellectual pride was put on the spot as I reached out to others, both in and out of AA. My plea was for forgiveness and for the chance to set right my harmful actions done in drunkenness or through emotional drunkenness in sobriety.

There is one thing about the Tenth Step that confounds some of us. The leader of a Step meeting at my home group summed it up: "I don't mind admitting when I am wrong," he said, "but why do I have to do it promptly?"

In a series of pieces on the Steps published by the Grapevine some years back, the author had this to say: "Promptness is of fire-alarm importance whenever, through Step Ten, we find ourselves to have been in the wrong. If we delay admitting the wrong itself...and fester into misery."

For me, the need for promptness cannot be stressed too much. I don't know about you, but I have a distorted perception of time. It comes into play whenever there is a question involving remedial action that ought to be taken. Time structures seem to crumble, and once again the dragon of procrastination has his day. At such time, the need for promptness becomes an academic matter, and I can rationalize quite easily why I should deter action or not take any at all.

It is fairly easy to spot this distortion in others, since it is so evident in myself. But whether it's the Tenth or the Fourth Step, I owe it to myself to keep the focus on me. My taking of your inventory is not going to help me one bit. And it certainly wouldn't help you.

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AA in SA Registration Blank on page 5

COR Meeting - Minutes - December 20, 1998

Dewey S opened the meeting with a moment of silence followed by the Serenity Prayer. Burton C read the Twelve Traditions. Dewey read the COR Guidelines. The sign-in sheet was passed around. One new COR was present, Danny from the Goliad Group. The minutes from the last COR meeting were accepted as printed in the Nightcap.

Financial Report: Wayne D explained the new format of the financial statement. It has three pages; a YTD budget, an income statement for the current month, and a balance sheet. As of November, CSO is only .11 cents off budget. Group contributions are way down. Rent for the COR meeting location, which is shared with SAMSO, is in the process of being renegotiated since the CSO pays for all mailing expenses to send meeting reminders to both CORs and GSRs. Question from Bill H about where was the YTD entry for the group contributions. Wayne explained that it has been left off to simplify the financial report and that groups will still have that information by accumulating all twelve monthly financial reports during the year. The group contributions YTD are also printed in the Nightcap each month. It was mentioned that the average contribution of the 111 groups in the area is about \$7/month/group. Noel expressed a vote of confidence in the financial statement and the Board saying that it is all overseen by CPAs, committees, etc. On Friday, January 22, the CSO will be closed for a physical inventory. The budget for next year should be available for the COR meeting next month. Noel suggested a yearly statement should be mailed to each of 111 groups at the end of the year to encourage contributions and attendance at the COR meeting. There was a favorable response, so it will be considered. Sheryl H. mentioned that this meeting was well attended by CSO board members.

Telephone Service Committee Report: Kim C. reported that the 12th Step List call down has not been done yet, but will be completed hopefully by the next meeting. It has been harder to fill the calendar the last couple of months, so a push is on to inform groups of the urgent need for volunteers. There are several regular volunteers who have been carrying the bulk of the work. We hope to attract new volunteers by making available a panel of experienced phone volunteers that can attend the group conscience of business meeting of any group that would like to learn more about phone service work. There will be an ad in the next Nightcap with more details. Bill suggested a workshop on phone service work. We have had some workshops in conjunction with conventions and such, but a specific workshop is a good idea and will be set up in the near future. The December and January calendars were passed around for the volunteer sign-up.

Old Business: Dewey discussed proposed changes in the CSO Board of Trustees by-laws. The Board is legally responsible to the State of Texas and to taxing bodies for the operations of CSO. These changes are needed to clarify vague language in the current by-laws and specify who constitutes the "voting membership". See the CSO Board meeting minutes for specific proposed changes. Copies of the current bylaws and Articles of Incorporation are available at CSO. CORs were asked to take this issue back to their groups so we can vote on them at the next COR meeting. Burton asked what constitutes a quorum of CORs for a ratification vote and are Board Members included in the quorum count. We need at least 10% of the 111 groups represented, or 11 CORs at the next meeting. Board Members are not included in the quorum count. Bill asked about the participation of the Board members at the ratification meeting. The Board has already passed those changes, but they must be ratified by the groups to go into effect. The Board members therefore cannot be counted as part of the quorum to avoid their voting twice. Noel asked how the actual number of CORs needed will be determined. It will be from the COR sign in list, which is printed current each month. We have 60 days in which to vote. We discussed ways to increase group participation at the COR meetings and the importance of a quorum. Dewey stated that these changes are necessary to make our operation legal and hopefully avoid some of the confusion between the Board and the groups that we had last year. Burton pointed out a possible mistake in the sentence number of the first proposed change in that it might be the second sentence and not the third, as stated in the Board minutes.

New Business: Bonnie at CSO has mailed Nightcaps to CORs and GSRs for their groups. If it comes back because the address is wrong, that person will be dropped and the group will not receive a Nightcap. Returns add greatly to the expense of mailings. Be sure we have the correct address for CORs and GSRs on our sign in sheet. Nightcaps will continue to be available at COR meetings. Bill said that SAMSO is doing a call down of the address list for the GSRs. CSO will be closed all day January 1 and 22. Sheryl asked who to contact if there are errors in the Nightcap. Al is the one to contact.

Announcements: Club 12 is having a New Year's Eve party. There will also be a Seven Days of Christmas at Club 12. Sheryl said to see the Nightcap for details, although the event is not listed as being at Club 12.

Meeting was adjourned with the Lord's Prayer. **Submitted by:** Kim C.

*Happy
Sober
New
Year
from the
CSO Staff
and
Volunteers!*

**CSO
will be closed
Friday
January 22
for physical
inventory**

**WILL
NEWCOMERS
FIND
MEETING
DIRECTORIES
AT YOUR
HOME
GROUP?**

**THERE
IS NEVER A
RIGHT WAY
TO DO THE
WRONG THING!**

MEETING CHANGES

Foxhall, Sat. Nite Live & Live Oak Group have all folded.

New Groups: Life Support Grp - Tues. 7-8 PM, O-Disc. , 6201 Broadway, at Presbyterian Church.

LaQuinta Travicion - Mon, Wed., Fri., 6:30 PM, O-Disc., 1305 N. Flores. Spanish meeting.

CLUB 12 ACTIVITIES

1/16	8-12 Midnite	Dance/SS Express
1/19	7 PM	Group Conscience
1/29	7:30 PM	Sobriety birthday night.
1/30	8-12 Midnite	Dance/SS Express

HIGHLANDS 48TH ANNIVERSARY

JAN. 20TH @ 8:15 PM

Speaker will be Nelda T. Meeting will take place in fellowship hall behind the church. Everyone is encouraged to bring a side dish or dessert.

THANKS to the VOLUNTEERS at CSO...

answering the phones...
helping with office chores..
coming in on short notice...
making coffee...
making ice...(Bob)
taking out the trash...
folding newsletters.....
helping take inventory....
and the many other services you provide to CSO.

Thanks for all you do!!

ANNOUNCEMENT!

Experienced Telephone Service Volunteers are available to attend the group conscience or business meeting of your group to make a brief presentation on **TELEPHONE SERVICE WORK** and answer questions about the role of the after-hours AA telephone volunteer.

For more information or to schedule a visit, call Kim C at 522-0488.

PLEASE CALL!

Without volunteers, callers to the AA hotline just get an answering machine!

The Nightcap is about, by, and for members of the A.A. fellowship. Opinions herein expressed are not to be attributed to Alcoholics Anonymous as a whole, nor does publication of any article imply endorsement by either A.A. or the Nightcap. (Exceptions: Quotations from A.A. books, pamphlets and the 12 Steps and/or 12 Traditions are reprinted with the permission of A.A. World Services, Inc.; the A.A. Preamble, slogans, etc. are reprinted with the permission of The Grapevine, Inc.)

JANUARY 1999 BIRTHDAYS

1 YRS

JOHN A.
DONALD B.
CHRIS J.

2 YRS

GLEN B.
ANGELA D.
PATRISHA D.
JOE D.
MIKE E.
ROBERT G.
MARY H.
MARY H.
MARK H.
RAYN M.
KIMBAL P.
LISA D.
VINCE R.
PAT S.
JEFFERY S.
FRED T.

3 YRS

TERESA M.
MELISSA S.
RONALD D.
SERGIO DE LA R.
ALLEN G.
MATT G.
DIANE H.
TOM H.
HAVEN K.
STEVE P.
KEN S.

4 YRS

TERRI W.
MICHAEL W.
KEVIN B.
RANDY B.
CHARLIE H.
KIRSIE I.
RICH S.
DOROTHY T.

5 YRS

NANCY C.
TERRY S.
MARIO S.
MARK S.

6 YRS

JOE D.
BRIAN McB.
STEVE N.
RANDY R.
PAGE S.
BILL W.

7 YRS

BETH A.
STEVEN M.
LOUIS N.
JIMMY R.
LOUIS R.

8 YRS

RAMON P.
BRUCE B.
JIMMY R.

9 YRS

CHERI G.
NEIL B.
JACK L.
PAM M.
PATT T.

10 YRS

JAN A.
JESSIE G.
HUGH M.
JOSEPH S.
SUE ELLEN W.

11 YRS

DAVID K.
JAMES McK.
BUTCH W.
LESLIE D.

12 YRS

LES B.
MARY ALICE G.
RICH McB.

13 YRS

JEANNIE G.

14 YRS

CAROL S.

15 YRS

GORDON B.
SUZANNE C.

16 YRS

PEGGY C.
ARN G.

20 YRS

TOM H.

21 YRS

DERRICK D.

22 YRS

PETE C.

23 YRS

DAVID G.

24 YRS

ED H.

26 YRS

DONNA M.

27 YRS

JOHN A.

28 YRS

STEVE S.
CAROL S.

30 YRS

GENE L.

34 YRS

ALEC G.

35 YRS

LIBBY S.

36 YRS

BOB M.

38 YRS

GENE S.



IF YOUR BIRTHDAY DOES NOT APPEAR ON THIS PAGE, PLEASE CALL CSO BEFORE THE 20th OF THE MONTH PRIOR TO YOUR BIRTHDAY AT 821-6325.

*It's time again to make ready for our convention!!
Are you participating this year?*

SAN ANTONIO

weekend in SA with AA
April 30, May 1, 2, 1999

GIFT CERTIFICATES

Available Now
will be mailed to purchasers address

Your help will be
welcomed!

If you would like to
become a volunteer,
and help make
our convention
a success...
call 821-6325.

This blank may be

used as a

registration blank

or a

gift certificate.

PLEASE PRINT:

NAME OF THE PERSON THAT PAID FOR THE GIFT CERTIFICATE

ADDRESS AREA CODE / TELEPHONE

CITY STATE ZIP CODE

NAME OF THE PERSON TO RECEIVE THIS GIFT CERTIFICATE

PRE-REGISTRATION (per person) \$17.50 _____
 DANCE (per person) \$ 5.00 _____
 DONATION FOR SCHOLARSHIP \$ _____
 TOTAL VALUE OF GIFT CERTIFICATE \$ _____

(CASH) _____ (CHECK) _____

Credit Card
 {VISA _____} {MC _____} {AMEX _____}
 {DISCOVER _____} {DINERS _____} {CARTE BLANCHE _____}

Card Member Name (Please print or type)

Card Number (Please print or type) Exp. Date

Signature

Area Code — Telephone Number

Fax to 210 493 3946
MAKE CHECKS PAYABLE AND MAIL TO:
CHAIRMAN, WEEKEND IN S.A.
P.O. BOX 34701
SAN ANTONIO, TEXAS 78265-34701

- SCHEDULED SPEAKERS**
FOR THE 1999 WEEKEND IN SA WITH AA
- Friday April 30 - Bill S. (AA) Atlanta, GA
- Saturday May 1st -
 Hispanic Speaker (AA) (not scheduled yet)
 Lorna K (AA) New York, NY
 Maxine O. (AFG) Laguna Niguel, CA
 Judith R. (AA) Norman, OK
 Paul O. (AA) Laguna Niguel, CA
 "Doctor, Alcoholic, Addict"
- Sunday May 2nd - Larry A (AA) Louisville, KY

**SAN ANTONIO METROPOLITAN SERVICE ORGANIZATION
MINUTES OF THE DECEMBER 20, 1998 MEETING**



In attendance: DCMs and Committee Chairmen:

Dist 1A Ed D, Chairman	Dist 1F Joe G
Dist 16 Glenn C, Secretary	Dist 17 John S
Dist 19 Mary Lynn H	Grapevine Mary S
CFC Liddy S	CSO Liaison to SAMSO David W
H & I Shawn S	PI/CPC Lin P Treasurer

Absent: DCMs and Chairmen:

Dist 1E Ed K	Dist 18 Wayne B
Archives Mike J	SAMSO Liaison to CSO Bill T

Meeting called to order by Ed D at 6:30 pm with a moment of silence and the Serenity Prayer. Shawn S read the Concepts. New GSRs: (Alt) Rodney-Entire Abstinence Group.

Announcements: None

CSO Liaison to SAMSO: David W-The CSO Board recently held their elections for officers. They are Chairman: Dewey S, Alt: David W, Finance Officer: Wayne D, Secretary: Kim C. CSO will be closed on Friday, January 22nd for physical inventory. It will also close on Christmas Eve and New Year's Eve. The list of GSRs for the groups is still somewhat inaccurate as they had some 12 Nightcaps returned.

SAMSO Liaison to CSO: Absent-no report-Bill T.

Chairman's Report: Ed D-SWTA Winter Workshop will be held in McAllen-January 8-10, fliers with maps are available. Cut off to call for reservations is Dec. 21.

Secretary's Report: Glenn C-motion made by John S and seconded by Lynn G to approve the minutes as printed in the Nightcap. All approved. Handed out wallet sized business cards showing the latest information regarding the SWTA Officers and Committee Chairmen.

Treasurer's Report: Lin P-Copies of the treasurer's report through November were made available on the table. Donations: \$268.00. Expenses: \$83.00. Balance: \$4043.94. Motion made by Shawn S to approve report and seconded by Rocky S. All approved.

Archives: Mike J-absent-no report.

Grapevine: Mary S-absent-no report.

CFC: Liddy-Shared that it has been a privilege to serve the AA community and the committee in this capacity. Committee meeting fliers are on the table. Please pick one up and take it back to your group.

H & I: Shawn S-Passed around a clipboard with a list of service opportunities. Thanks to all who signed up for January service. Committee meetings are now held on the second Saturday of each month at the Serendipity Group at 10929 Nacogdoches # 5 at 2 pm. Please attend. A new H & I contact program is being developed.

PI/CPC: Lin P-March is targeted to do a mass mail-out to the professional community. Lin has been given lists of address info for those persons. Committee meeting time has changed to the first Wednesday of the month at 6:30 pm at Winners Club.

Dist 1A: Ed D-District doing well. There will be a district workshop on April 3rd. The topic will be the First Four Concepts. Details as to time and location will follow later.

Dist 1E: Ed K-Not present.

Dist 1F: Joe G-District doing well. Taking meetings to prison in Dilley and are looking into taking meetings to the SAMM Shelter. Grupo Santa Fe will hold a marathon meeting from New Year's Eve through New Years Day. Everyone is invited. There will be food and fellowship for all. There will be a workshop in San Angelo on February 19-21.

Dist 16: Glenn C-District is doing very well. The DCMs at the Steering Committee discussed, and it is now brought forward to the groups of SA the direction(s) of service in which they wish SAMSO to pursue. Please take it back to your groups and seek their input as to what and how we can better carry the message.

Dist 17: John S-District doing well. The Serendipity Group is holding a Spanish speaking meeting on Sunday at 6:30 pm, as announced in the Nightcap.

Dist 18: Wayne B-not present

Dist 19: Mary Lynn H-District doing well. The Foxhall and Saturday Nite Live groups have folded. New groups at new locations to be announced soon. Will be looking forward to seeing everyone in McAllen.

Old Business: Ed D-Yolanda F, SWTA Chairman, attended the Steering Committee Meeting, and said she had gone to the District 18 organizational meeting which had been called at the Goliad Group for all the present GSRs in District 18 so that they might elect a new DCM. Only one GSR, Steve S, of the Goliad, showed up. Yolanda said there is a past GSR of Highland, who is willing to serve as DCM, and to take the necessary action to help the District become active in the service structure.

New Business: Elections for new officers for SAMSO were held at the last Steering Committee Meeting. Beginning in January-John S will serve as Chairman for the next 6 months. Glenn C will continue to serve as secretary and Mary Lynn H will serve as treasurer. AGENDA ITEM # 1 - an ad hoc committee of GSRs: Shawn S (308-1050), Kevin H (822-6826), and Tamara H (930-4584) was set up to do a call down of all the listed GSRs in the SAMSO community. They will be able to correct the information as we currently have it from CSO and SWTA. When this is accomplished, the information will be provided to the SAMSO secretary so that our database will be correct for use by the standing committees. This corrected list will then be passed on to the CSO so they may also correct their list for the mailing of the Nightcap. AGENDA ITEM # 2 - A 12 month calendar of events is being compiled to show when events within the SWTA and SAMSO will occur. The GSRs present were asked to indicate on the calendar their group anniversaries. If they did not know the exact date, or if they knew of any GSR who is not present, please call our secretary, Glenn C at 342-2330 and let him know so this information can be entered in the calendar prior to publication at the end of December. This calendar will be used by the groups and districts for the planning of events and workshops in San Antonio Community next year. AGENDA ITEM # 3 - All the GSRs were asked to go to their groups and ask if anyone might be interested in serving the community as the SAMSO Archives Chairman. It was pointed out that anyone in the community may serve in this position. They need not be a GSR or group officer. Mary Lynn H said she would be willing to assist whomever might be willing to serve. Contact her at 1-800-828-8017. PROPOSAL - Rocky S., GSR of Group 12, proposed showing the 15 minute AA video, HOPE: Alcoholics Anonymous to those present at the next meeting. Shawn S explained it is this video that is currently in use by the H & I Committee for their presentations at the treatment facilities. It has much valuable information, that can be of use to any group. Shawn volunteered the use of his VCR and television. Motion by Mary Lynn H to show the video at our next meeting. Rocky S seconded. All approved.

Adjourned at 7:40 pm with the Lord's Prayer. Respectfully submitted: Glenn C, SAMSO, Sec.

H & I SCHEDULE FOR JAN 1999

MONDAY				THURSDAY			
8pm	O-Disc	Patrician Movement 222 E Mitchell	Unknown	8:15pm	O-Disc	V.A. Hospital 7400Merton Minter	V.A. Home Group
7pm	C-Disc	19th St Meeting 1600 Saltillo		8pm	O-Disc	Women at the Well 221 Post	S.A. North (Women)
		Good Samaritan Center	Unknown	7pm	O-Disc	Laurel Ridge 1604 @ Redland Rd	
7pm	O-Disc	Drug & Alcohol Center				Ask for F.A.O.	Unknown
		10975-A Applewhite Rd		8pm	O-Disc	Community Hospital 8026 Floyd Curl	Lambda
		Zero Tolerance Unit	Entire Abstinence			SATURDAY	
TUESDAY				SUNDAY			
8:15pm	O-Disc	Alpha Home 419 E Magnolia		8:15pm	O-Spk	ARC 10290 Southton Road	Colonies North
		Rubel Center	Unknown	3pm	O-Disc	Patrician Movement 222 E Mitchell	Unknown
7:30pm	O-Disc	Salvation Army 226 Nolan	Acceptance			(Detox)	
8pm	O-Disc	Community Hospital 8026 Floyd Curl	SW Loop			SUNDAY	
7pm	O-Disc	Laurel Ridge 1604 @ Redland Rd		11am	O-Disc	Baptist Hospital 111 Dallas St	
		Ask for F.A.O.	Unknown		O-Spk	5th Floor--Room 5A	Rd to Happy Destiny
WEDNESDAY				Note: DAC & Zero Tolerance require a Photo I.D. Nothing "in" or "out"--letters or cards, etc. Proper attire required. Big Book is permitted.			
8pm	O-Disc	Baptist Hospital 111 Dallas St		H & I Chairman - Shawn S. 308-1050			
		5th Floor--Room 5A	Unknown	The H & I Committee meets the second Saturday of each month at the Serendipity Group at 10929 Nacogdoches #5 at 2pm.			
7:30pm	O-Disc	Juvenile Center Bexar County		If you are interested in "Passing It On", please attend.			
		3621 Farm Road	Unknown				
7pm	O-Disc	Center for Health Care Services					
		711 E Josephine	District 19				
7pm	O-Disc	Drug & Alcohol Center (DAC)					
		10975-A Applewhite Rd	Men				
			Women				
			Unknown				
			Unknown				

January 1999

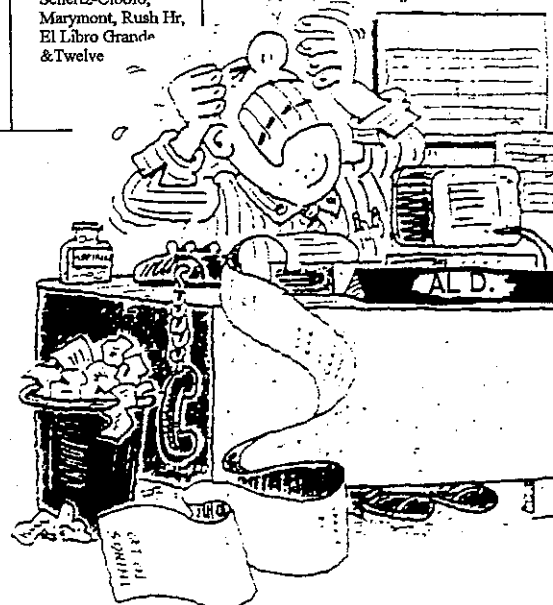
Monthly Planner



Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<p><i>Please call in calendar events prior to the 20th of the month</i></p>							
3	4:00 PM SAMSO Steering Committee Mtg Winners Club	Birthdays-Goliad	5	6:30 PM PI Committee Mtg Winners Club 7:00 PM CFC Meeting Club 12	7 Birthdays-Goliad	8 SWTA Workshop McAllen, Tx	9 2:00 PM H & I Mtg Serendipity Gp SWTA Workshop McAllen, Tx
10 SWTA Workshop McAllen, Tx	11 Birthdays-Goliad	12	13 5:30 PM CSO Board Mtg	14 Birthdays-Goliad	15 7:00 PM Dist 19 Mtg St Davids Church	16	
<p><i>Happy New Year!</i></p>							
17 5:00 PM Dist 17 Mtg Jim's Bandera & 410 5:15 PM Dist 1A Mtg St Andrews 5:30 PM COR Mtg 6:30 PM SAMSO Mtg Both at St Andrews Church	18 Birthdays-Goliad	19	20	21 Birthdays-Goliad & Devine	22 CSO 23 will be closed for inventoy		
24	25 Birthdays-Goliad	26 Birthdays-Valley-Hi, Windcrest, Santa Fe & New Acceptance	27 Birthdays-Oblate, Foxy Ladies, Lytle & Northwood	28 Birthdays-Goliad, Ft Sam & N San Pedro	29 Birthdays-SW Loop, Colonies North, Schertz-Cibolo, Marymont, Rush Hr, El Libro Grande & Twelve	30	Winners Club Birthdays
31							



Be the hand of AA
that reaches out...
become a
Central Office volunteer



NIGHTCAP SUBSCRIPTION FORM

NEW _____ RENEWAL _____ ADDRESS CHANGE _____ GIFT _____ AMOUNT PAID _____ DATE _____

SUBSCRIPTION COST \$3.00 PER YEAR 2 YEARS 3 YEARS OTHER

PLEASE PRINT:

HOME PHONE _____

NAME _____

RETURN TO:

ADDRESS _____

CENTRAL SERVICE OFFICE

CITY _____ STATE _____ ZIP _____

8804 TRADEWAY

SAN ANTONIO, TX 78217

CENTRAL SERVICE OFFICE OF SAN ANTONIO, TX
8804 TRADEWAY
SAN ANTONIO, TX 78217

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