

## OA Southbay Intergroup Speaker List

Name	Phone #	City	Email	Food Spon	Step Spon	Abstinence	Experience codes
Angie Mc	562-598-0080	Long Beach	<a href="mailto:angiepopcorn@msn.com">angiepopcorn@msn.com</a>	x	x		
April P	323-439-1348	Torrance	<a href="mailto:aproven410@aol.com">aproven410@aol.com</a>	x	x	2 yr 3 mo	YP, OE
Betsy R	562-400-2022	Long Beach	<a href="mailto:betsy@3ddigitalphoto.com">betsy@3ddigitalphoto.com</a>		x	3 yr	OE
Bill M	562-522-3076	Los Alamitos	<a href="mailto:w Omaas@yahoo.com">w Omaas@yahoo.com</a>			11 mo	OE, RS, #
Cara	949-606-3348	Lakewood	<a href="mailto:cara.buenaventura@gmail.com">cara.buenaventura@gmail.com</a>	x	x		OE, M
Cathy C	424-263-4268	Torrance	<a href="mailto:ccpvd@yahoo.com">ccpvd@yahoo.com</a>	x	x	2 yr 5 mo	
Catherine R	562-881-5702	Long Beach	<a href="mailto:lynnroadz@yahoo.com">lynnroadz@yahoo.com</a>	x	x	1 yr	BY, OE, #, M
Chelsea	310-529-0106	Manhattan Beach	<a href="mailto:chelseapotthast@gmail.com">chelseapotthast@gmail.com</a>				
Cheryl S	562-480-2836	Long Beach	<a href="mailto:cseagram@verizon.net">cseagram@verizon.net</a>	x	x	18 yr 8 mo	AN, OE, M
Christina B	858-4057209	Lawndale	<a href="mailto:tinabroome@gmail.com">tinabroome@gmail.com</a>	x		3 mo	
Cristina A	213-595-5599	Downey	<a href="mailto:cristie.oa@gmail.com">cristie.oa@gmail.com</a>				
Cynthia	562-277-7777	Long Beach	<a href="mailto:cynthiaabernathy@yahoo.com">cynthiaabernathy@yahoo.com</a>				
Debbie S	562-714-4184	Long Beach	<a href="mailto:oa.debs@yahoo.com">oa.debs@yahoo.com</a>		x	11 mo	
Denise D	310-430-8873	Gardena	<a href="mailto:evangdeni@aol.com">evangdeni@aol.com</a>	x	x	8 yr 6 mo	OE, #, M
Denise G	714-585-7152	Long Beach	<a href="mailto:dpg7711@yahoo.com">dpg7711@yahoo.com</a>			4 mo	OE
Diane H	562-803-3925	Downey	<a href="mailto:trecken7777@yahoo.com">trecken7777@yahoo.com</a>			6 mo	
Eileen C D	562-493-2920	Seal Beach	<a href="mailto:ecdpopcorn@msn.com">ecdpopcorn@msn.com</a>		x	11 yr	OE
Frank C	310-784-8864	Lomita	<a href="mailto:frankc310@gmail.com">frankc310@gmail.com</a>			5 yr 10 mo	OE
Heather D	949-903-4476	Torrance	<a href="mailto:heatherdgratitude12@gmail.com">heatherdgratitude12@gmail.com</a>		x	1 yr 6 mo	OE, BU, AN
Heather O	714-244-9996	Santa Ana					
Jack Z	562944-4566	Whittier	<a href="mailto:jz4hp3@aol.com">jz4hp3@aol.com</a>	x	x	40 yr 2 mo	OE, RS, M
Jean H	626-315-0395	Los Angeles	<a href="mailto:blesst@yahoo.com">blesst@yahoo.com</a>				
Kathy R	310-547-5669	San Pedro	<a href="mailto:kathy_rogers@apl.com">kathy_rogers@apl.com</a>			22 yr	
Kathy S	818-669-9892	Downey					
Kris G	310-874-5747	San Pedro	<a href="mailto:kris@krisgarard.com">kris@krisgarard.com</a>		x	5 yr 4 mo	OE
Lenard L	714-642-6940	Long Beach [only]	<a href="mailto:leomund@aol.com">leomund@aol.com</a>			2 yr 5 mo	OE
Margie M	562-676-5497	Long Beach	<a href="mailto:xrolerderbygirl@yahoo.com">xrolerderbygirl@yahoo.com</a>	x	x	1 yr 6mo	
Nataly B	310-487-2295	Long Beach	<a href="mailto:natbirch@yahoo.com">natbirch@yahoo.com</a>	x	x	8 yr 5 mo	OE
Sherry L	310-519-8056	San Pedro	<a href="mailto:learlaw@earthlink.net">learlaw@earthlink.net</a>	x	x	22 yr	OE BU
Steve F	818-262-9557	Long Beach	<a href="mailto:steveisgr8ful88@yahoo.com">steveisgr8ful88@yahoo.com</a>			2 yr 3 mo	BU
Tom F	562-920-4133	Lakewood	<a href="mailto:tjfirpo@verizon.net">tjfirpo@verizon.net</a>	x	x		OE
Val S	310-514-3025	San Pedro	<a href="mailto:palley_12000@sbcglobal.net">palley_12000@sbcglobal.net</a>	x	x	20 yr	

Experience Codes: AN=Anorexic BU=Bulemic M= Maintenance OE=Overeater YP=Young Person #=Hundred Pounder 00+0000000000 01+000

## OA Southbay Intergroup Speaker List

Veronica M	310-503-3837	Hermosa Beach	<a href="mailto:veronicamono@yahoo.com">veronicamono@yahoo.com</a>	x	x	2 yr	OE
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