

DRAFT - Oregon Area Assembly Minutes

March 19, 20, 21, 2010

Host: District 7

The Assembly was called to order by Chairperson, Rita, B, at 8:30 AM with a moment of silence followed by the Serenity

Prayer. The Steps were read by Colleen and the Traditions were read by Shannon.

Roll Call - New GR Introductions and Welcome – Mary W.

;Excused: DR District 3, Vickie H; DR District 13 Bonnie A, was represented by Tedie H, Alternate DR

The District Representatives introduced their GRs, and welcomed visitors from their districts.

Announcements: Rita B., Chairperson

Read the 'Microphone and Voting Statement'.

Housekeeping: District 7 – Sue

Secretary's Report: Mary W

§ A motion was made and seconded to approve the minutes of the November 21-22 2009 Assembly.

§ Motion carried

Treasurers Report: Bunny G (see p 15 for budget)

- Checkbook balance is \$3980.25 as of 3/21/2010, and we need to request for groups to donate money to Area.
- The Treasurer has changed name of the Treasurers report from Expense & Income name to Cash Flow Statement.
- Request that GRs let Treasurers know that Bunny has replaced Glen even though address is still the same.
- Checks sent to Oregon area need to have group name, district # and AWSC #.
- As of Dec 15 the Treasurer has sent out 55 letters requesting this information from groups that have sent checks without this information.
- There was a Discussion on whether we need to vote on Treasurer's report; consensus was that we don't need to so will not do in the future.
- Treasurer's report was accepted.

Delegates Report: Bette R.

- "Embrace the group conscious expand our circle of recovery" theme for panel 50
- Had Roland explain what panel is – 60 areas across the US, Canada and Bermuda- 1/3 of delegates rotates in and 1/3 rotates out each year.

- Returned from NW delegate meeting in Alaska
- Embrace the controversy it is part of your spiritual growth was one delegate's message to Bette.

The job description for the Area Delegate is found on page 146 of the Service Manual.

e-communities are part of members web site with information for each of the area's coordinators and delegate.

e-community report:

- Cindy, Alternate Delegate has begun recertification process for Al-Ateen, Billie is helping Cindy with this. See p 6 for full report.
- Helen M, Group Records Coordinator – report on p 3 & 4.
- Glenn G, literature coordinator – there were to be two conferences to choose from one this Saturday, the other is Wednesday. I received a phone call saying Saturday was canceled because only three people chose it. I changed to Wednesday as 28 different areas have already signed up. In checking lit e-communities I came across a literature question and answer sheet. I sent a copy to the Chairperson and she plans to use them during breaks.

- Joanne C. and Colleen M, Public Outreach and Cooperating with Professional Community:
 - Carrying message of hope. e-community has lots of information.
 - The current focus is on the Lois W story that will be on CBS.

- Carolyn, Forum Coordinator, likes how simple e-community has made getting on to site. Has received quarterly update. The number of Forum subscriptions has dropped below 20,000 for first time. GRs are forefront for encouraging Groups to utilize the Forum. Each group is given free subscription. We need to raise awareness of the Forum.

- Jodie, Archives Coordinator – responsible for collecting history of groups, and for storage of Oregon Area historical materials.

Delegates Report ; Bette R

Highlights of WSO 2009 report

Suggested as love gift (Mail sent to delegate to say thank for serving at WSO) that it have Oregon web site on it, gives

insight into area. Roland always took Oregon communicator when he was delegate. District 3 sent 2 lb bag of M&Ms

to share with other delegates.

The Trustee at Large position is open.

Thought Forces and Task Forces positions open (Short term). The best way to apply is to fill out web questionnaire at WSO.

Bunny and Bea reported on the "Empower Board of Trustees" to purchase property. A discussion about whether the trial

property ownership worked or not will be at the 2010 conference.

GR Orientation: Cindy E., Alternate Delegate

Judy J, John, and Colleen shared on their experience as GRs. Judy J. gave a workshop on acronyms.

Cindy E. went over a packet on “Why would you go to an Assembly” to the new GRs.

Gas mileage: Sue B., Audit Budget Committee

Suggested a change the last sentence in reimbursement instructions in section 4, on p 3 of the Oregon Area Handbook.

The reason for the motion is that every few years we have to change mileage reimbursement because prices

go up or go down significantly. If motion is passed, the reimbursement will be based on the price of gas at the time of the

Assembly or AWSC.

MOTION: Sue B., Audit Budget Committee.

2010 Gas mileage:

Proposed MOTION:

Make a motion to change the last sentence in the ATF reimbursement instructions in Section IV, Page 3 to:

The Area subtracts 80 miles from the round trip mileage, then pays so many cents a mile based on the formula ‘Regular price per Gallon’ divided by ‘20 miles per gallon’. The current average gas price will be found at a website [i.e. AAA’s Daily Fuel Gauge Report; Oregon Gas Prices.com]. The Treasurer and audit-budget committee will confer and announce the Area Travel Reimbursement amount to be used prior to the start of each assembly and AWSC.

Yes: 47

No: 9

Abstain: 0

Motion carried.

Chart for clarification:

The chart shown is based upon regular price per gallon divided by 20 miles per gallon and rounded up to the nearest cent. It is extensive but can be expanded if gas prices go below \$2.01 or higher than \$5.00

April 2010 State Speakers Meeting: Sue, District 6

- § Apr 23, 24 & 25 at
- § Holiday Inn will give \$99 rate if say that you are attending AI-Anon SSM
- § Babysitting will be provided - need to call by Apr 1 and let committee know that you will be bringing kids so can arrange for babysitters
- § AI-Ateen and Spanish speakers
- § Registration by Mar 23 to get discount

July 2010 Assembly report: John O., Trish M., District 11 and 12

Will be in Gresham, July 16, 17 and 18th

Holiday Inn on 257th near Stark, will give special rate of \$99 if mention AI-Anon.

November 2010 Assembly report: Sue B., District 7

- § Will be at Red Lion in Medford
- § November 19, 20, 21
- § Theme: Keep it Simple

Tools of Service: Joanne C., John O.

AI-Anon, AI-Ateen Service Manual, see report on p 6

NW Delegates report: Bette R., Bunny G., Bea J.

· Cindy E. – thank you for sending me to NW Delegate meeting. HOPE **H**ang **O**n

Pain **E**nds; **H**ealthy **O**ptions **P**ositively **E**xist

- Alaska assemblies are teleconferenced

· Bea J. - new delegates that meet delegates from other states so when go to WSO, they know other people, alternate delegates are better prepared if they need to fill in for delegate

· Bette R. - Alaska, Nebraska, South Dakota, North Dakota, Washington, Oregon, Montana, and Idaho are part of NW territory,

- Bette is on task force to look at procedures for state opting out of hosting NW meeting.
- Voted to rotate meeting the same way that it has been rotated for the past 9 years. Rotate through states in regular pattern; state can opt out.

GR Sharing

- Judy and Ted presented that two new meetings have been started in District 17
- Vicki F, GR from Dallas Tuesday Night Ongoing AFT – involved in a lot of public outreach. Reached out to the one and only treatment center in town and to a home for women who have experienced domestic violence. Both turned them down. They decided to purchase 100 copies of AL-Anon Faces Alcoholism 2010 and distribute them to professionals within the community to educate them about Al-Anon.

Meeting closed at 5 pm with the Al-Anon Declaration

Sunday March 21, 2010

The Assembly was called to order by Chairperson, Rita B at 8:30 am.
Joanne C. read the Concepts and Warranties

Housekeeping report: Host District 7

Need to clean tables and then fold them up at the end of meeting

Group Records Report: Helen M.

Helen presented what her job is and isn't. Full report on p 5

TEAM Presentation: Bette R & Roland, C

Reported on what TEAM is, what TEAM events are happening and a potential collaboration with Washington to put on a TEAM event third weekend in June, 2011 on SeaBeck.

Taskforce appointed to look into TEAM event at SeaBeck.

Colleen, Billie, Norma, Joanne, Paula Shannon and Judy

Timeline - April 15

DR reports (see p9-13)

March 2011 Assembly bid

District 6, Eugene and District 13, Roseburg bid. The March 2011 Assembly will be in District 13, Roseburg.

May 2012 SSM bid

District 14, Klamath Falls bid and was unanimously awarded the bid for the May 2012 SSM.

Reports from Action Committees

E-Community Sharing

Group Records Coordinator Report: Helen M.

- A thought force has been established to address what are really Beginners' Meeting or whether the box on the GR-3 form was checked to encourage newcomers' attendance at a regular AI-Anon meeting.

The reason for the "thought force" is to see if the Beginner Meetings are meeting the needs of newcomers and how those meetings are supported by AI-Anon groups that meet at the same time and location. Beginner meetings. I have a list of those meetings and there is a note the DR folders if you have Beginner meetings in your districts. A questionnaire sent to the thought force indicated there is little consistency in their Areas regarding what meetings are actually Beginners meetings.

RESOURCES ON E-COMMUNITIES

Forms, guidelines and latest version of the Service Manual are posted on the site. In my case, the latest version of our change form, GR-1, is posted there. I can download and copy these forms. The one I am and have distributed is the most up-to-date copy.

CONFERENCE CALL

- I was advised of conference call to be held Feb. 27 by E-Community website, and very shortly thereafter a summary was posted. A separate document on this summary is to be shared.
- MULTIPLE MEETINGS – It is better to register separately, especially if more than 3 meetings a week. Reason for this is that sometimes all groups do not get the same information and it is easier for group records to retain accuracy.
- NAMES OF GROUPS – This is addressed on p33 and p 78 of Service Manual. Sometimes the group and Group Records will get a marked up version of the name if it is not in keeping with AI-Anon principles as outlined on these pages in the service manual.
- WHY DOES IT TAKE SO LONG FOR CHANGES TAKE SO LONG FOR CHANGES TOTAKE PLACE AT WSO? - When changes are sent electronically, they are put into their database, this could take several days since they now do not have the capability to input directly into the database.
- INCOMPLETE INFORMATION - Last names must be included on current mailing address. Address for meeting must be exact location, not post office box, and meeting zip is important because used as search criteria on the toll-free meeting line to provide meetings in surrounding areas.

OREGON AREA GROUP RECORD PROCEDURE – Helen M.

In accordance with an Oregon Area Motion passed at the Oregon Area Assembly District Representatives work with their respective Group Representatives to maintain current and accurate District Group Records. This creates more participation of the Group Representatives, therefore creating more understanding about how important it is to keep current information and to make sure it is accurate.

· WHEN CHANGES ARE NECESSARY:

- District Representatives send meeting changes (updates) to the Oregon Area Group Records Coordinator, EXCEPT Alateen. Alateen changes and new Group registration are to be sent directly to Area Alateen Process Person.
- The Oregon Area Group Records Coordinator would then verify that all information (Group ID#, District #, Area#) is accurate and the appropriate WSO form is complete. Once verified, the Oregon Area Group Records Coordinator will then electronically send updates to WSO and Web Site Coordinator, when applicable. When the current WSO change form is used, it is only necessary to fill in the Group#, District#, and the change that is to be made.

· BI-ANNUAL PRINTOUTS

§ The Oregon Area Group Records person receives, in Excel, a bi-annual printout from WSO. This can be filtered by District and then transported into a meeting format for distribution to the DRs. The DR compares their current meeting list to the printout supplied by the Area Group Records person and responds back if there are any differences.

§ The Area Groups Records Person in turn electronically notifies WSO and Web Site Coordinator, as the final step in this cycle of change.

ACTION COMMITTEES BREAKOUT report – Judy J

Purpose: provide time and place to work together to find ways to strengthen Al-Anon in Oregon.

Ways to carry our

message of hope. Meet and brainstorm ideas. Promote ideas to carry the message.

Action committees were started 9 years ago. Some areas love it and some don't. Let's give it our best and see how it goes.

[CHART- DR's have and it is on line, see 1 pg 3: *Mary, this is unclear. If you can't fix it then just delete it.*] It has guidelines and purposes of each committee.

Coordinators are divided into ACTION COMMITTEES

#1 – GROUP SERVICES – Group records, Alateen, archivist

#2 – MEMBERSHIP OUTREACH – Communicator editor, web coordinator

- #3 – FELLOWSHIP COMMUNICATION – Forum and literature coordinator
- #4 – PUBLIC OUTREACH, CPC
- #5 – BUSINESS SERVICES.... Treasurer and audit budget members

All have chosen a chairman...

ALL HAVE AWSC MEMBERS, DR'S, PAST DELEGATES, AIS LIAISONS

We need only 5 people FOR BUSINESS SERVICES

Hope is to get at least 1 GR from every district on each committee.

GR's and AWSC members will share at district meeting and the groups will follow up on projects...

REMEMBER TO HAVE A RECORDER/SECRETARY THAT WILL TAKE NOTES, REPORT BACK TO THE ASSEMBLY TOMORROW, AND GIVE THE MINUTES TO THE SECRETARY AND WEB MASTER TO BE PRINTED ON THE WEB SITE.

Alateen recertification: Cindy E

WSO purposes AAPP single contact will not notify sponsor. AAPP Area is responsible for updates to WSO recorder.

Encourage people to be certified even though no Alateen group – just in case: Chaperone, driver. [19 states voiced. Mary, Incomplete sentence. Please correct or delete. Love, Rita]

- **Tools of Service:** John O. & Joanne C.
- The Laws of Al-Anon
 - No Laws in Al-Anon
 - The Rules of Al-Anon
 - No Rules
 - But there are Guidelines
 - Where do you find the guidelines?
 - Al-Anon/Alateen Service Manual
 - Preface of Al-Anon/Alateen Service Manual tells a lot of what is in the manual
 - The 4 Books of Service, not written to be together, some subjects will be found in 2 or more sections
 - Now in 1 Service Manual
 - What is in the Service Manual?
 - Check the contents in the front and the Index in the back of the Manual.
 - History of Al-Anon and Alateen
 - World Service Office – WSO, What it is and what is it's purpose
 - World Service Conference - WSC
 - WSC Structure, Procedures, Elections, Duties

- Area Structure
 - AWSC - Area World Service Committee, Who is on this committee? Area officers, including Delegate and Alt Delegate, Co-coordinators, DR's, AIS Liaisons and Audit Budget committee.
 - District Structure
 - Groups - Starting a Group to Meeting Format, each group gets one vote and that is the Group Rep (GR) for that group.
 - Members
 - How do they all work together
- Oregon Area 47 Guidelines
 - Oregon Area Al-Anon/Alateen Handbook
 - This is what is specific to our area.
 - General Area Information
 - Area Position Descriptions
 - Oregon Area Motions
 - Budget/Finances for Area
 - District Information
 - Area Events/Assemblies
 - Area Alateen Guidelines

DR Breakout – Facilitator: Melissa Recorder: Chris K.

Meeting opened with introductions and Melissa asked for possible topics to be discussed.

TOPICS:

1. Information on Group Records by Helen. - Helen will be giving a full report on Sunday but she wanted to go over some of the details with the DR's. All DR's received a printout. Please check and make sure they are correct. Follow the links of service to get information to WSO about the groups. GR to DR to Oregon Group Records Coordinator to WSO. When Helen receives the information she usually has a 24 turnaround time to WSO. Annual update from WSO comes out in July from WSO. You can send that back directly to WSO after you receive it and check it.

She also said that the information on the website is not all correct and she and the web master are working together to resolve this issue. Only Helen should give information to the web master about changes on groups. Any group information/changes can also be e-mailed to Helen. She needs three things when you put a change in for a group. 1) Group #, 2) Registered Group name; 3) District name.

2. Announcement about June AWSC – there is a group rate available at the Pioneer Villa Travel Lodge. If you make a reservation tell them you are with Al-Anon to receive the discount.

3. Questions on the process of how to get an Alateen Sponsor registered. Roland was present and assisted with this discussion. The process is:

- a. Get fingerprints and fill out application. Finger prints go to OSP; Applications go to DR. DR can also mail fingerprints.
- b. DR contact references, verifies the information (DR signature is verifying info on application is true and applicant meets the minimum safety requirements. (If DR signs off on references and application then send to the AAPC - Area Alateen Process Coordinator (Alternate Delegate – Cindy E.)
- c. If DR can't sign off on the application because applicant does not meet the safety requirements contact the AAPC about the matter.

4. Information from the Archives Coordinator. A printout has been put in the DR's mailboxes. Please check to see what is there for your district and turn in Group History Forms for groups that are not on the list.

Melissa asked if anyone wanted to facilitate the DR breakout group in July and Trish volunteered.

Topics suggested for July DR breakout meeting: 1) Information from other districts on Local Al-Anon Information lines and answering machines –Input from all; 2) Information about Yahoo groups for communication between meeting purposes; Sue will gather information about this.

The Group Services Action Committee Report:

The Group Services Action Committee job description is as follows:

1. Strive to maintain accurate current mail addresses for each group.
2. Educate the Area membership about Alateen and continuously promote active involvement.
3. Educate and reach out to new and seasoned GRs and the Groups they represent to assist them with group issues.
4. Encourage and educate GRs to pass information through the links of service.
5. Encourage Groups to maintain an ongoing Group History, providing education as needed.

The meeting was attended by the following 11 group representatives: Billie L, Joan W., Judy J., Mandy, Dawn B., Barb K., Kerri C. Marianne M., Jim N., Norma P., and Pat T.

Also attending were our Chairperson, Rita B., Past Delegate, Judy J., Alateen Coordinator, Loretta P., Archives Coordinator, Jodie P. two DRs, Lynda S., District 17, Trish, District 11, and Area Delegate, Bette R. Also present was Guest, Alateen member.

The first item on the agenda was a discussion on Archive issues. Jodie indicated that we may want to scan documents that are not in fireproof safes. After much discussion about costs, methods, etc, it was decided we would have a Thought Force to do research including checking with WSO about possible methods. They are to report back at our next meeting.

Jodie indicated she will bring a display of Archive material to future Assemblies. A discussion was held concerning the need for that. There were opinions on how it would be presented. Jodie will take that discussion under consideration and make a decision on what to do. Jodie put a list of group history

forms that have been collected by Archives to date in each District Representative's mail box. She asked that all DR's check to see which groups HAVE NOT submitted a group history form, and assist them if needed. The forms are available on Oregon Area website. Next on the agenda was an Alateen discussion led by Alateen Coordinator, Loretta P. She indicated she is available to hold workshops on Alateen, especially regarding recruitment of sponsors. She made the point that we need to acquire certified sponsors before talking about starting a meeting. A discussion was also held about how to acquire participants. Our guest Alateen member felt that schools are a good source through counselors and principals.

Group records was briefly discussed. All changes should have three items: Group #, Group Name and District #. These should be submitted following the links of service, GR to DR, DR to WSO, Webmaster and Portland AIS.

Groups and Bank accounts were briefly discussed. Groups should have a bank account under the group name approved by WSO with a federal ID number. There will be more on this at next meeting.

Respectfully submitted,

Norma P.

GR, West Linn Sunday Night

Membership Outreach Action Committee Report

Opened meeting with the Serenity Prayer –

Did introductions and sent a Roster around so we can send it out to member so we can communicate between meetings.

Chairperson handed out Committee Purpose Statement and Read Committee Purpose Statement-

To find ways to communicate within the fellowship about AI-Anon and Alateen activities. To cooperate and share information encouraging AI-Anon and Alateen participation in service meetings, Regional Service Seminars, State Speakers Meetings, International Conventions. To create a meeting environment to renew the commitment to serve, strengthen unity and actively listen to the concerns of members.

Additionally to:

- *Make suggestions in maintaining website – have current area, district and group events on web.
- *Challenge each district to bring at least on new person to each assembly.
- *Suggest ways for GR's to talk about service events with enthusiasm (maybe 5 minute reports).

We had a brief conversation about some of the past projects; Links of Service bookmarks and the flip books for the new GR's.

Chairperson also handed out a summary of 2007 Survey regarding the communicator for History purposes:

Communicator Survey Results November 2007 Assembly

Barb L read summary of survey. There was a 50-70% response.

Barb gave her feedback on the comments, especially the strong encouragement for Alateen participation in Communicator. She reminded us the Communicator is only a forum for OR Area, not designed to be a serial magazine but an educational tool. It is defined by guidelines in the Oregon Area Handbook and printed 3 times a year at specific times—BEFORE EACH ASSEMBLY. She noted the positive feedback she got for the color version online this month.

She reminded us all groups get 4 copies of the Communicator, and Bunny said that 4 copies are going to past delegates, which is not necessary.

2010 - We are now sending 1 copy per group.

Meeting was turned over to Lisa to focus on talking about the Communicator. There is a \$1500.00 budget for the Communicator and it is sent out 3 times per year.

Lisa shared that the Communicator is a newsletter to keep groups and members informed. The purpose is to: Encourage attendance at group events; communicate AIS and local AI-anon area events; give members information about what is going on in the area; and attract AI-anon members to service. She read excerpts of the Guideline put out by WSO on newsletters.

She then went over the costs of distributing the Communicator now: To print 300 copies of the Communicator (12 pages) and send one copy out to all the registered groups in Oregon at bulk mail rate is \$242.77. Need at least 200 pieces of mail to get bulk rate. Can only send one Communicator per address under current rules of bulk mail. Then it is also posted on the Oregon Area Website for anyone to access and print as they want.

Alternative Distribution Ideas and Costs were then discussed.

- 1) Printing more copies and sending 4 copies to each group in an envelope for registered group. \$1.39 for postage + .17¢ per envelope. Cost above printing newsletter would be \$ 340.98.
- 2) On-line Mailing Service: Up to 500 e-mail addresses \$15.00 per month; Up to 1500 e-mail \$30.00 per month; + \$ 5.00 extra per month for graphics and we could pay an additional charge for archiving. Misty mentioned that she has worked with Constant Contact e-mailing before and it is an easy program to use.
- 3) UPS / Fed Ex will not take the Communicator and deliver it is too small.
- 4) Stop the Communicator all together – No Cost
- 5) Only post on the Oregon Area Website – No Cost

After Lisa presented costs the floor was opened up for discussion. Topics that were brought up for discussion were:

- Electronic Mailing is Green
- Using a mailing service provides a report that will show how many e-mails have been opened..
- Oregon area has budget to print & send Communicators, groups should not have to pay to print them.
- We could use a combination of sending hard copy to groups and e-mailing.
- Should we resend the survey done in 2007? – (last time there was only a 40% response.)
- Some people don't want to read Communicator because it is only focused on service.
- Should we have more GR sharing's about what is going on in individual groups?
- Would a change in content to the Communicator attract more interest?

There was a short side line discussion about putting information about all the Round-ups, conventions and all functions and dates in the Communicator and Lisa gave information about what is necessary to get an event in the Communicator or on the website: It has to be Al-Anon Sponsored; Flyer guidelines are in the Oregon Area Handbook and the purpose is to announce Al-Anon events. Some events suggested would not fall under these guidelines.

CHALLENGE #1: Go back to groups, introduce the Communicator to them and ask for input on what they would like to see in it and how they might like to see it distributed and have information and survey questions ready to present by July Assembly.

CHALLENGE #2: Committee needs to make a commitment to get all of the groups to fill out a survey if one is presented.

District Reports

District #1 - North Oregon Coast; Clatsop and Tillamook Counties.

Greetings! As in the past several years District #1 is busy, busy, busy. Our new district officers and GR's took on their roles in January. We eased into the year with a request to think about what kinds of goals they would like to have for this year. They were asked to bring their suggestions back to the February meeting so we could set an agenda. We had four different areas to look at:

1. District Meeting Goals –
2. Public Outreach Goals –
3. Fund Raising and Convention Participation Goals-
4. District Representative Goals-

Our District Meeting Goals are as follows:

Have Fun; Have Fellowship; Have Workshops; Have Speakers. So this is what we decided on.

1. A Workshop on Concepts led by myself.
2. A Workshop on Service led by our LCD Coordinator Kathi R and;
3. A Workshop on Being an Alateen Sponsor and its Rewards led by Priscilla C.
4. We also agreed that we would love to have our Delegate visit us so I will be contacting Bette to set that up.

The next set of Goals we wanted all surrounded Public Outreach. We are very lucky to have Carol K. as our Outreach Coordinator and with her guidance and the districts enthusiasm we look forward to the following:

1. Send District #1 Al-anon meeting schedules to all the motels in District #1.
2. Continue with Al-anon panel one time a month at the local treatment center in Seaside to inform the friends and family members of patients about Al-anon.

3. Continue to stock an Al-Anon brochure rack at an outpatient drug and alcohol counseling center in Astoria.
4. Distribute 400 copies of Al-Anon faces Alcoholism that we have ordered this year.
5. Donate at least one Al-Anon book to the five major libraries located in district #1. (So far we have donated one book a year for the past three years.)
6. Participate in or have literature and meeting schedules available for two different community events – Project Homeless and Medication Turn-in and Safe Destruction Event.
7. Collect past issues of Forum Magazines to hand out for free at the two community events and the two conventions that District #1 will participate in this year. This is also a good spring cleaning effort and allows us to show new comers to Al-Anon how wonder getting a subscription to the Forum would be.

The third thing we looked at was fund raising and convention participation; so here is our plan. We just finished a queen size quilt that we will be raffling off at the North Coast Round-up along with several baskets that have been donated by groups in our district. This is a yearly event for District #1 and is always such fun. We will have 2 Al-Anon speakers there: Kathy H. from Ohio and Vannoy S. from Texas. There will also be 7 additional Al-Anon sharing meetings during the weekend. We will also get to enjoy 4 A.A. speakers a comedy show and a dance. It's a full fun packed weekend for the 2500 people that attend this annual convention that is in its 28th Year, this year's theme is "Age of Miracles" and what a miracle it is to be able to work so closely with our local A.A. members.

We have also been invited again to head of the Al-Anon portion of the "She Thang" – an annual women's recovery conference that is seeing its 11th year in 2010. District one will sponsor 2 Al-anon speakers, 2 sharing meetings and have literature available for sale at this event, which has the theme this year of "It begins with Me."

The last thing we looked at were the goals for the District Rep. When deciding on these I asked two questions. What would the district like to see me do and what do I want to do? I settled on four:

1. Do the Workshop on Concepts; allowing the district members to grow through with "Service Through the Concepts".
2. Visit each group in the district
3. Delegate Responsibilities
4. Continue to grow spiritually by further Embracing the Legacies of Al-Anon

Well that's it from the beautiful North Oregon Coast. We are busy, and we have fabulous members in District #1. Hope to see you in our area. Stop by and enjoy one of our meetings if you are ever in our district.

Love in Service

Chris Kelso, District #1 DR

District #2 – covers Lincoln County along the beautiful Oregon Central Coast. First I want to thank Marilou K. for her dedication to this position for 4.5 years. It will be hard to fill her shoes!

1. My name is Pat G. I became DR for this district on February 6th, 2010. Starting this month we will meet once a month for a District meeting on the first Wednesday. I may be sitting there along but there will be a meeting! By the way I do NOT have a control problem! Right! I am proud to announce there are five members from District 2 at this assembly. Three GR's, one alternate DR doing double duty, myself and the district secretary.

The district did a mailed outreach by sending 25 Forums directly to rehabilitation groups; self help groups; sheriff and police departments for the entire county; medical services; abuse centers and mental health departments. We included a list of our meetings and contact information.

2. There are 6 Al-Anon groups in this district and one new one brewing. Now for the group reports:

- a. Lincoln City-Recovery by the Sea – the GR is Avette G.
 - i. Concern: “as you know, we have a problem getting a bank account. We have followed the steps in the manual and banks in our city are requiring an assumed business name registration with the secretary of state’s office at a cost of \$50.00. This needs to be brought up as a topic of concern at the state level and then maybe the manual will have to be changed. Avette L.G.
Suggested solution: Unfortunately the manual did not make it clear about the groups minute being typed.
- b. Newport – Happy Hour – GR is Paul J
 - i. Ongoing Outreach – leaving Forums with meeting lists attached
 - ii. Monthly Step Study & Tradition Study
- c. Newport – Wednesday Ones – GR is Rita A. by visiting Re connections to share information on Al-Anon to the families of those in that rehabilitation program.
 - i. Two members volunteered to do an outreach program
 - ii. This group developed a 4th Step Study group to help remove some of the fear this step causes for new members. The group is about half and half with old timers and new members. As an old timer I am learning so much more about myself with this group.
 - iii. Several members expressed how much they enjoy the Communicator and would be willing to download a copy or copies from web site and share with other members.
- d. Toledo – Self Discovery Study Group – GR is Misty L
 - i. A member’s copy of the Communicator was mailed to her PO Box number with her full name on the front and worse the back side of the mailing was covered with Al-Anon information. The anonymity for this person was exposed.
Suggested solution: Have the Communicator mailed in the groups name and use the District PO

Box. Group mail can be given out at the monthly District meetings. Or if that isn't acceptable,
ask that the back of the folded publication is blank.

e. Toledo – Yaquina – No GR at this time

f. Waldport – TGIF – New GR is Marilou K. She was just elected to this position last Friday. Some members expressed that they did not feel the Communicator was cost effective at this time.

3. As a DR newbie I am proud to present some of the goals this district plans to promote. It doesn't mean that they will happen but at least we can give them a try. Some of the ideas are :

a. Develop a better Public Outreach throughout the county. Include more of the ethnic groups in our area. We have a large Hispanic group as well as native Americans.

b. Have more interaction between the Al-Anon groups in the District: a potluck, a Bunco Night, a pj party and share experience, strength and hope with popcorn!

There are so many ways we can strengthen each other and in turn strengthen our groups with more fellowship. And that strength makes us more able to share the healing power of Al-Anon with others.

Al-Anon is alive and well on the Oregon coast!!

Respectively Submitted,
Pat G, District 2 DR.

District #3 is slowly coming alive, the winters are cold and long, meetings are few and far between. For those of us who keep coming back we keep the doors open for the new comers who are slowly walking in. And for that we are grateful.

We had our first District meeting, held at Wallowa Lake, March 6. We went over monies for travel for the District Rep. to go to Assemblies and AWSC, updating District archives, fundraisers, KBDM, WSO donations, District newsletter, how many District meetings to have annually, how, when and where to have our Area Delegate to report to our District. We accomplished so much, I was amazed. We had 11 attending the meeting. Group Reps. shared that they had new comers coming in and a few all timers coming back. After closing we finished with a potluck, fun and games and a sleep over in a beautiful cabin at the lake. We decided to start a monthly social gathering of Al-Anon people (meeting after the meeting), which the first one took place March 9 at one of our local art galleries in La Grande. Next time it looks like it will be held in Baker City. We also started an email sign-up list to go around so those who wanted to, to be kept up to date and informed, will have the opportunity to join in, (we have asked that the list be kept confidential).

Happy, Joyous, and Free
District #3
Vickie H.

District # 6 – is so thankful for the opportunity to serve the Oregon Area and our District. Attending the Assembly this weekend are 6 GRs, our Alt. District Rep., our Past Delegate, and two members of the SSM. We are enjoying the opportunity and fellowship of serving together.

Save the date: Aug. 20th – Lorraine F, a past regional trustee from Calgary, will be sharing her experience, strength and hope and on Sat. Aug. 21st. She will lead a 3 hour workshop on the traditions. Some of the area may remember her workshop on leadership at a past assembly. Please watch the Area web site for a flyer.

We are learning the importance of the three A's in AI-Anon: Awareness, Acceptance, & Action. We are aware that many members are not stepping up for service positions in the District and at the AIS office. We are Accepting the uncomfortable feelings this "void" has created and we are doing our best not to react with fear but with FAITH, and we are acting but working with the AIS members to have a joint event together to either host a workshop or have a District wide discussion on what the members would like to do.

The SSM has been working hard. They've cooperated with AA to hold a Valentine's Dance, and have been busy touring the facility, arranging volunteers and keeping the Area informed. Please remind your District members to call Terry at 541-729-5675 to reserve childcare and for any additional questions. Thank you so much to the SSM committee and volunteers who have worked and will be working, so hard and we look forward to seeing you in Eugene on April 23, 24 and 25.

With Thanks and Gratitude,
Kim F, DR District 6

District # 7 - We are very excited about the next three years with fun, food and fellowship and growth for all. We have a full slate of officers and 10 Group Representative so far attending the District Meetings. And we're trying something new this year with the district meetings alternating between Medford and Grants Pass. We have a manual study before each District meeting with 4-7 attending. AND we also have 2 new GR's attending their first Oregon Assembly.

We have 24 groups. One of those groups is a women's Spanish speaking meeting; and we have 1 Alateen meeting in Grants Pass with another to start next month in Phoenix. The commitment by individuals to work in Public Outreach and on the Assembly and SSM committees is awesome. We're working on hosting 2 assemblies and 1 SSM in the space of 1 and ½ years. Special thanks to Marvalee and her committee for all their work to get ready for this March assembly. We have some great ideas for the SSM and group participation in the SSM and look forward to sharing with everyone as we get closer to the 2011 SSM.

Grateful to be a District Representative, Sue

District # 9 – I am so proud of my District this term. We have an alternate treasurer. We also have had more new GRs come to meetings but not all the same ones. We sent a letter to groups for money. The alternate DR is Ann, the treasurer is Jesse, The secretary is Ann. We raised \$278 at the fund raiser.

Billie, District 9

District #10 – March 6 we had a fundraiser with lots of support from a wonderful group of new GRs. Had a great night. Lots of people came, lots of baskets. We had AA and speakers from Bend. Fundraiser was to support AIS and SSM.

We have a new Alateen meeting beginning in District 10 on April 1. Contact me for more info.

We have one more newly approved Alateen sponsor and 3 pending applications.

We have about 25 meetings in the area and 18 GRs.

Working on getting more emphasis on Public Outreach & CPC because we have many institutions in our area.

Proud of District 10 and its commitment to service – from District 10 is Rita – Area Chairperson, Mary - Area Secretary, and Joanne – Public Outreach.

Barb B., District 10

District # 12 – It has been a busy year.

Not that I can say that all the groups have GR's or that many show up at District meetings. Most of the time it is 3-5 people, that is 2-3 more than would show up 3 years ago. Progress not perfection.

We do have an Alateen meeting forming in the Dalles, it will be the first in the District.

The past several months we have been working with District 11 to do the July Assembly, what a joy it has been. I am also hearing from groups and seeing participation from more groups that has not been to District meetings in years.

We may not have the biggest or the most involved District in the state. But we have spirit, willingness and keep coming back.

Hope to see you all at the July Assembly,
John O., District 12

District #15 – We have no DR currently, so we get very little info from the area or WSO. The goal is to have & do more of everything! Three groups or now doing well & all have GR's. Wish us well.

A grateful member,
Stand-in DR, Cheryl H.

District # 16 – Our district has been talking about our A.W.S.C. meeting for almost six months so we are excited. We have the community center on Main Street in the center of historic Brownsville for the event, OR 228, exit 216. It just so happens that it is the same Saturday as the Brownsville Picnic. So we can do the business of Al-Anon and get in the local festivities of this quaint little western town from the late 1800's. We have found one local hotel, the Pioneer Villa Travel Lodge, close by. They have blocked out some rooms and if we mention Al-Anon we will receive 10% off of our stay. Please get a room early for the special rates, bring your favorite dish for the potluck at noon and your favorite mug. Pack your AL-Anon Handbook and “easy does it”.

One of our new priorities is to get all of our meetings with Group Representatives. I plan to grab a few members and visit all the meetings and bring some pamphlets on service. Hopefully, we can get more representation from all four of our cities. One of our past D.R.'s was very good at this so I may “voluntold her” at the next opportunity. I also have a big list of all the benefits of being a G.R. For one thing, it gets people out comfortable spots so they can find new experiences and see new people and places.

Fund raising may be an issue in the future in these hard economic times so I will be looking for new ideas. We have had auctions, spaghetti feeds, and pizza feeds. We have a few crafty members that may be able to make a sell a few items.

Cheryl Korb
District # 16

District #17 – District 17 is off to a great start. We have outstanding participation by many of our new group reps as well as our more experienced service members.

We are working on three projects right now. First is our annual Spring Fling, which is a fund raiser for the Portland AIS office. This event will be held at the Methodist Church in Oak Grove and should be a lot of fun. There are flyers on the table. Next is our second annual Old Fashion Family Picnic Aug. 21st at North Clackamas Park. This is in the early planning stages, but I can tell you that is not for profit just good old fellowship. The third thing, we will begin to work on when we get home from lovely Phoenix, OR, is our Public Outreach committee. We have enthusiastic members who are pumped to get this going but at our last District meeting we decided to hold back until the GR's could bring back ideas from the assembly.

The really exciting news from Dist 17 is the birth of two new meetings. Discovering Choices is meeting on Saturday evenings from 5 to 6 at Kaiser Hospital on Sunnyside Rd in Clackamas. How Al-Anon Works is meeting at Eastridge Church at 142nd and Sunnyside, which meets from 7-8 on Tuesdays. Discovering Choices started out as a public outreach project at Kaiser and became a meeting. How Al-Anon Works has tripled in size since its first meeting and wants to add an Alateen meeting. Al-Anon in action is wonderful to behold.

I personally would like to thank all the great people in service in our district. As a new Dist Rep I really appreciate their help and support.

We invite anyone, who can, to participate in our meetings and coming events to come on over. We are anxious to share our fellowship and love with all of you.

Lynda S.

ASK IT BASKET #1 – Judy J.

Q. Has the Rogue River round-up flyer gone through the approved process for distribution at area events as outlined in the Oregon Area Handbook?

A. No, section VI, pg 21.

Ask it Basket Question #2 - Bea J

Q. Can a nonvoting (voice only) member, make a motion – or second a motion?

A. No – Motions are made at the previous AWSC meeting. AWSC members make the motions and vote there. At assemblies AWSC members have voice but no vote.

Service Manual – pages 133, 127-129, 135, 136, 140, 147, 149 & 153

Handbook Section 6 pages 3 & 9

In my opinion a non-voting member cannot make a motion or second a motion – only give an opinion. A non-voting

member has to go to GR of his/her group to put forth their motion.

Ask it Basket Question #3 - Judy J.

Q. I understand that white badges have no voice and no vote at the microphone. Is it the same at the Action Committees?

A. No, see section VI, page 6

Ask it Basket Question #4 – Bea J.

Q. As a GR, I have a concern about our group treasurer, who has become incommunicative, does not respond to emails, does not respond to phone calls and has not attended the last two business meetings. What do you suggest I do as a trusted servant? I don't know which bank our account resides at and our literature coordinator is not reimbursed in a timely manner. GR travel expenses, food/lodging, was paid using a money order.

A. One time meeting with treasurer, health? – why isn't treasurer doing job p 41 group inventory

Ask it Basket Question #5 – Roland C.

Q: "If I become your friend on Facebook and you are talking about AI-Anon, how do I protect my anonymity?"

A: Refer to page 18 of the Service Manual and look at Traditions 11 and 12. Facebook is a friendship site on the web, therefore Tradition 11 is not germane in this discussion as it relates to public relations policy. Tradition 12 would be important to keep in mind. Anonymity is also discussed on pages 83 and 84 of the Service Manual. As a member of Facebook, I have both friends that are in AI-Anon and friends that are not. In either case, I DO NOT post information about AI-Anon on anyone else's page. I may make a comment about AI-Anon if they have already posted something about it. If I do, then it is MY anonymity that I have broken, but that is my choice. If you want to protect your anonymity, don't mention

your involvement in the program on your home page or comment on other's pages. You can delete other's comments on your page and send them a friendly reminder if they break your anonymity, just as you would in person if someone broke your anonymity. When a friend's post shows on your Facebook wall, whether it be about Al-Anon or any other topic, it just means you have a friend with that opinion, not that you share it.

Meeting closed at 12:15 PM with the Al-Anon Declaration.

Respectfully Submitted,
Mary W.
Oregon Area Secretary