NCWSA Assembly Minutes
October 18 &19, 2009
Fresno, Radisson Hotel

Approved by Assembly 10/9/10.  Peggy O. moved, Tom K. seconded.  Passed with Substantial Unanimity

Note: The meeting minutes for this meeting are not chronologically ordered. In an attempt to make the minutes more easily used as a reference, the minutes will be ordered in a topical fashion.

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The meeting was convened at 8:00 AM 10/18/09 with a moment of silence followed by the Serenity Prayer. The Traditions (Jennifer G.), Concepts (Lisa B.) and Warranties (Sandra H.) were read.  We adjourned Saturday at 5:26 PM.
The meeting was re-convened at 8:05 10/19/09 (following a brief Committee meeting) with a moment of silence followed by the Serenity Prayer. The Traditions (Gloria), Concepts (Chris D.), and Warranties (Marva) were read.

Roll Call was taken and District Hollers were chanted both 10/18 and 10/19.

The meeting adjourned at 3:42 on October 19, 2009.  There were breaks taken throughout the weekend.  We closed with the Serenity Prayer and the Al-Anon/Alateen Declaration.

Motions

Motion #0910.01 (Passed: Substantially Unanimous)
Move: Shireen
Second: Denice
Motion Text: Approve the Minutes of the October 2008 Assembly as written.
**Discussion:**

none

**Motion #0910.02 (Passed: Substantially Unanimous):**

Move: Cathy  
Second: Karen  
Motion Text: Approve the Minutes of the June 2009 Assembly as corrected

**Discussion:**

Former Bylaws Coordinator made substantive corrections to the Bylaws and Insurance section of the minutes, which were accepted.

**Motion #0910.03 (Passed: Substantially Unanimous):**

Move: Kathy  
Second: Tom K.  
Motion Text: Approve Budget as amended. (Balanced at $80,000 income and $80,000 expense.)

**Discussion:**

See Budget Committee Report for extensive discussion

**Motion #0910.04 (Failed: Pro 12, Against 79, Abstain 5):**

Move: John B.  
Second: Melinda N.  
Motion Text: Delete the words “except that the current policies of the World Service Conference must also be followed” from Article III, Section 4, Paragraph A of the NCWSA Bylaws.

**Discussion:**

Dual member issue brought back to be sure it is not just dropped.  
We are all equal in Al-Anon. Lots of other discussion pro and con.  
Substantial number of Assembly members feel ready to vote.  
After the motion failed, the Chairman suggested that those who want to keep this conversation going join the thought force on this topic.

**Motion #0910.05 (Passed: Substantially Unanimous):**

Move: Denise  
Second: Gordon  
Motion Text: Adjourn the meeting
Elections

_Election_
Central and Southern Region DRs caucused separately and nominated and David B. (South) and Portia O. (Central), who were affirmed by substantial unanimity in a short NCWSC meeting just before the beginning of Sunday’s Assembly session.

Chairpersons Welcome
Patrick:  Welcome!  How many people are awake, I’ll assume that the people in the empty chairs are not.  Welcome to the first 2-day assembly of this panel.  I’m looking forward to conducting our business and having fun.  Thanks to District 19 and Sue W.-the host group.  It’s always interesting.  We’re trying to figure out what we’re doing in our new roles and try to communicate with others, I’m sure it’s not smooth.  Everything has been so organized here, and the facilities are great.  I’d also like to thank Debbie, our facilities coordinator.  For people on the host committee, please stand – they’re all working!  I also would like to thank Joan for conducting the GR orientation yesterday, and Connie and Johanna who helped out.  Reminder that we are going to have a speaker meeting tonight at 8 PM, speaker Joan W.  I’m looking forward to the next 1½-2 days.  We’ll try to follow the agenda.  I strongly believe in starting and ending meetings on time. I brought myself a little survival kit.  I think I’m growing because I didn’t include aspirin.  I have my God box, cola bottles, and coffee.  I also have a whistle which Karen from D16 gave me at the 1-day Assembly, which I don’t intend to use.  How many GRs are here for your first Assembly?  How many total?  Thanks for making the trip!  I hope you drove with people you like, and had nice conversation along the way.

Committee Reports

Executive Committee Report (Harlan H.)
There are 3 members of EC today.  Central and Southern section DRs each need to elect one person to finish out the term.  Sue resigned and Pablo has not been in communication.  We’ve interviewed officers.  If anything goes on you don’t like, we’re here to see if we can do anything about it.  We’re the Board of Directors, and we oversee the officers.  Because we’re incorporated, it’s a requirement that we have a Board of Directors.  Please, during the breaks, DRs from Southern and Central sections need to caucus.  We’re looking for people to fill out the term, until next June.  Vote will be at the end of the day, with Committee members:  Committee affirms the selection of the Caucus.

Budget Committee Report - Joan W
We present a summary budget, just 2 pages.  We are trying to be conservative.  If you think you need more, now is the time to change anything.
68E: Service Assembly New- what is it? TEAM
58D: NoCAC grant: usually requested and given.
14: Sponsor R&R is not Growing Together weekend, it is training for Alateen sponsors, needs to go on 58C also
77, corporate expenses, is records storage there? It’s on 76
143, budget $10775, but 2009 YTD Committee actual $13634. Why is budget 2010 less than actual 2009?—we considered we might reduce mileage reimbursement or not paying for alternate coordinators. We probably should increase the budget, although we did drop one Committee meeting (or rather, we have it with 1-Day Assembly)
68E: What will the expenses be—isn’t there a $4K cost for hotel? And there is no income projected for this Service Assembly. What we know now is that we will be paying $4k deposit, but we don’t know much more about that. Should we not budget $6K for this?
Later: and shouldn’t it be balanced by income in the same amount?
68F-One says Group Rep Expense, one says T-Shirt. 68E and 68F are repeated.
QuickBooks and Excel don’t necessarily agree, especially on line numbers. We will change this next year.
Will we vote on this budget today? If so are we going to make some changes before we vote? I’d like to review any changes before the vote. That’s the plan.
We need to stay balanced. If we want to increase expenses, then we need to increase income, i.e. donations.
68F-Group Rep assistance. None was requested 2009, Did put $800 in for 2010.
Chairperson also has a discretionary fund.
Institutions Coordinator wants to change 58A H&I Conf from $500 to $1000—it should be a wash because we charge registration. 9Z income needs to be changed to $1000 also.
Total coordinators is all that is listed. Institutions is already over budget. Line 30Z should be increased. Joan would like to increase all coordinators by $2000.
Del: Would it be useful to create a line for Prisons work? Then pink cans, coordinator expense for prisons, etc. could be designated specifically for prison work. Could be more work for Treasurer, but might be useful. How much should be in that account? $1500? Will just add to the bottom of the page, have not assigned a number yet.
7E-Alateen: would like to add $500. When we did that before, we paid for the Alateen rooms out of the total budget. We established that fund, but then we couldn’t see how it was expensed, because the prior treasurer paid it out of general funds. Alateens has received a lot of benefit from going to Convention. There should be an income line for donations for Alateens for rooms, and then expense would come out of that. Should not show on budget, just on Balance Sheet.
68B-Committee travel. Convention Chair asks about doing conference calls instead of physical meetings due to lesser cost. Chair for Convention asking for more money, $2000 more, being very careful with funds, but budget is still too low. Would $1000 more (to $3500) be enough? Twenty people on Convention Committee. Being on Convention Committee gives an opportunity to grow in service and become a leader.
52B travel $4900 so far, before we had the awareness of tight funds. Budget discussion is clear. Everyone asking for more money, but income will not change because expenses
are higher. We can’t go out of balance. Budget was originally very conservative, but groups have been generous so we can increase some other expenses.

Conference call, 5 people for 180 minutes total was $5.

Chair: Events need to be fully self-supporting; if expenses go up, income must go up. Convention committee will caucus over lunch.

GR-Please present what is asked for a vote, not a compromise number.

68D-$6188 actual 2008? 2009 budgeted $4000, actual so far $4900

GR-we made a decision to keep registration down for our DIA but we still made money.

DR-we need to make a reasonable guess at expected income.

Before we vote, each line item that changes will be discussed, and it will be balanced.

We took a break for lunch, during which the Convention Committee met and the Budget Committee made adjustments.

Back to Budget discussion:

Joan: We increased the budget by $10K, reflecting changes proposed by Convention Committee. New line 10, Income, fundraiser T-shirts changed from $2500-$3000. Registration from $7000 to $9250. Total $13,750 income for Convention. Line 18 (9Z)-H&I-went from $500 to $1000. Total donation $43,525, $6500 for Spring TEAM event: Total income $80,000.

Expenses: new account for Prison Committee, $1500. Total coordinators expense is still $4200. Total committees up by $2000, from $10,775 to $12,275 Adding new committee: Prisons. Alateen Rooms fund: not a budget item.

68E: 2500 plus 4000 for TEAM. 68D, Convention travel, $4500 up from $2500.

Facility expense no change 2 3500, Speaker expense form 1500 to 2700, T-shirts form 2500-1800, other convention expense same at $1000, total Convention $13,500.

58A H&I conf total $500 raised to $1000. Total expenses $80,000. We are presenting a budget with same amount of income as expense.

Alateen room fund: people will contribute whatever they want, and that will be spent on that; we do not budget for the Alateen Room Fund.

GR: Thanks for service.

GR: 2009 Actual not printed-will that be published later? 2008 Actual and Budget seem to have been flip-flopped in the Twelve Stepper. Registration budget of $8000 of 7C-what event?-Convention

GR: Thanks for walking us through that.

GR: concerned that we are assuming that the income projections are based on emergency appeals, and it won’t continue. Joan responds that we are not basing increased spending on expecting increased donations; we increased based on what Convention Committee projects.

GR: I’m a little confused about Institutions and Prisons. In our district we are collecting money for our jails, and the Area is doing stuff, and I’m not sure who is doing what.

Joan: we participate with AA at their H&I Event. Prison committee proposed because our Institutions Coordinator is spending a great deal going to prisons. If your district wants some help working with your jail, Institutions Coordinator is happy to help.

Louise: I also support Recovery homes, hospitals, Juvenile Halls etc. This year is the
first time ever that NCWSA has gone into California State penal institutions. They are asking for materials to be sent home. They are making phone calls home. We are getting to the inmates. Our literature goes everywhere.

GR: I came here from Orange County. Their AIS was located in a dangerous area, and in wanting to move everything costs a lot more. We had to trust that we would be able to do something we needed to do. It worked out beautifully. I am trusting that our HP will somehow provide.

AltCoord: When I add up the numbers, I come up with something else—turns out she was adding in a subtotal that is already included in the total.

AltCoord: Appeal letters: WSO sends quarterly. My AIS does one. I suggest NCWSA should do it annually. Chair: We do plan to return to that practice.

Line 17, total Officers and Delegate expense is $5700, up from $4200.

AltDel: We generally present only a summary budget; we expanded Convention because we wanted to discuss specific areas, but that is just more confusing.

GR: I would need to see each of the lines before I can vote.

GR: I understand that this is just a proposed budget, and nothing is set in stone.

GR: the dark line is not a total line, just a divider.

Moved: pass budget as amended: Moved by Kathy, seconded by Tom K. Budget was reviewed, balanced at $80,000 each income and expense. Passed by substantial unanimity. There was general glee at approval.

**NoCAC Committee (Carla)**

Due to Chris’s illness and other problems, no teens were able to be present today. However, they are still accepting donations and registrations for NoCAC, and we hope to see all of you there. Carla will take registrations if they are ready today. NoCAC is Nov. 13-15, in San Jose, at the Wyndham Hotel, North First Street. If you have a registration to mail, there’s a new address: P.O. Box 1435, Soquel, CA 95073.

**Convention Committee (Char)**

Hello, my name is Char; I am your 2010 convention chair. We are planning a great Convention. Great speakers, meetings, talent show, dance and karaoke just to name a few things. Save April 16,17 &18, at the Doubletree hotel Sonoma Wine Country, in Rohnert Park. Room rates $110.00 Double queen or king or parlor triple rate is $125.00 and quad $140.00. We have a great committee. We are working hard to be aware of all money, by keeping a total of expenses. We are limiting meetings in person by having conference calls. We are selling t-shirts this weekend: they are very nice. Please keep the dates open and come. This will be a great time to meet new people, enjoy your self and get a good dose of the Al-anon program. Also there will be A.A. and Alateen. It will be a good time for all: please come. Thanks Char S

**Communication Committee (Connie F)**
Informed we will need to verify addresses, which could be very costly. We met by conference call (a new form of communication), and came out with some suggestions, including the possibility that the December 12 Stepper be published on the web site only. The other issues are required by law that they be in printed form. Please pick up our report with a discussion question; we will discuss this more this afternoon. Discussion: If the 12 Stepper was published only on the web, how would the GRs know it was there? The DRs would be notified on the list-serve, and then would notify their GRs. We can also create a NCWSA list-serve. 12 Stepper editor can create their own email distribution list to say that the newsletter is available. Some people do not have easy access to the internet, and some people do need hard copies.

**LRPC (Sandi C):**
There are ten people on the committee, but I cannot continue to chair it. I would like to find a volunteer to chair.

**Coordinator Reports**

**12-Stepper Editor**
Deadline for reports 10/31 for December issue; please email to both Denice and Johanna.

**Alateen Coordinator**
Carla G.: It has been my honor to serve as the coordinator and work with all of the Districts and Sponsors in NCWSA. We have amazing people in our area and I have enjoyed getting to know many of you. I’m pleased to report since the last meeting the following has occurred:

Sponsor R&R was held on September 17-19 with 54 sponsors and prospective sponsors attending. We had an amazing weekend of learning, growing and sharing our experience, strength and hope to build Alateen in Northern California. We had an income of $8458.05 and expenses of $8165.37 for an income of $292.68. One of the activities at the R&R was to brainstorm and rank what the Sponsors would like to see occur during our term as Alateen trusted servants. The top 8 items were:

Hold an Alateen function like other Alateen Events for the younger members (6-12 years).
Go to schools to share information about Alateen including at health fairs and other programs e.g. DARE.
Increase support and guidance to support and prepare for Alateens transitioning to Al-Anon.

Look at what PSAs exist for Alateen and work to have them shown in Northern California.

Provide Group Representatives (GRs) and District Representatives (DRs) with information to support sending sponsors to the R&R.

Share ways that Districts can support Alateen Sponsors.

Have Alateen materials available in Spanish e.g. books.

Have a mini-Sponsor R&R not in the woods. (District 16 offered to host in early 2010).

The 2010 Sponsor R&R is scheduled for September 10-12, 2010. We have 5 sponsors who have signed up to form the committee to plan the event. A save the date flyer is in the DR bins. Please copy and share with your district sponsors and prospective sponsors. Please note that the NCWSA Guideline B-17 pg. states, “Educational training and awareness programs. We recommend that Districts, Intergroups, AIS’s and Conferences who have Alateen Groups, hold regular meetings with Al-Anon Members Involved in Alateen Service to discuss issues that come up, utilizing the tools provided by the Al-Anon Family Group Headquarters and the NCWSA and other documents etc. which might be appropriate.” The Sponsor R&R is an educational training and awareness programs.

Shawn A., Alternate Alateen Coordinator has assembled and published the fall version of the Alateen Express which is also in the bins. Please copy and share with your districts.

I participated in the WSO’s Test of the Alateen On-line chat meeting as a sponsor on September 2, 2009. It was an interesting way to hold an Alateen Meeting which provides greater access to Alateen meetings for youth who are unable to get a ride. Stay tuned to how this unfolds.

The Area Alateen Process person conference call was held on September 26, 2009. It was a great call which clarified how we might designate Al-Anon Members Involved in Alateen Service (AMIAS). It was fascinating to hear what is happening with Alateen all over the world!

Scheduled a presentation at District 13 to continue to grow Alateen in their district.

Supporting Alateen Liaisons in developing a project focus for the year.

Shawn A. and I will be meeting in the next month to further develop our goals for our panel and welcome your input to what you would like to see from your coordinators. I hope that you will join me in attending NoCAC this year in San Jose. We are still accepting registrations!!!

Additional plans for Alateen include:

Shawn A. is looking for a new logo for the Alateen Express, please send your suggestions to him. His contact information is in the 12-Stepper and on the Alateen Express. He is always accepting submissions and hopes to publish 3x per year.

Developing a contact list for District sponsors and Alateen Safety Contacts.

Developing a master meeting list for Alateens and Sponsors, so no matter where you are in Northern California you can find an Alateen group.
Convening the Alateen Safety Committee to discuss NoCAC Guidelines and other issues of Safety.
Exploring the costs and logistics of having a Sponsor Teleconference for District Coordinators and/or Sponsors.
Working with Art B. to get the NCWSA Alateen Email group updated and working again.
Being available to provide Sponsor Workshops or Forums at Al-Anon/Alateen events.

Thank you for the opportunity to learn and grow through Alateen Service. Hope to see you at NoCAC, please send in those registrations!!!!

**Alateen Liaison (North) - Camilla R:** Just got her guidelines, has been liaison for almost a year. Has been doing what it says on the guidelines. Fundraiser, would like NCWSA to raise money for Alateens. Will do fundraiser, a Day in Alateen.-it’s for Al-Anons to see what it’s like to be an Alateen. There will be a workshop on how to start an Alateen meeting. It’s January 9, 10-4, at Trinity Lutheran, Pleasanton. NCWSA Convention really changed her; she’d like to raise money for teens to come to Convention-passed around an envelope.

**Archives Coordinator**
Chris M.: Please give my regards and apologies to the Assembly and the Committee. I have been seriously ill this week and unable to attend. I thought it would pass by Friday but it's hanging in there. I'm hoping to be well enough to get the NoCAC members to Assembly on Sunday to give their report. Not a lot of changes with the archives and I haven't figured out a good day to get an archives party going but will do so before the holidays.

**Bylaws and Insurance Coordinator**
The report for Bylaws and Insurance was delivered in two parts.

**Bylaws and Guidelines-Bruce H.**
Takes a 2/3 vote to change bylaws, so they don’t change quickly or easily. Guidelines: forming a work force to go over guidelines. Budget for bylaws, don’t think it will change much.. Any questions, my email is available.

**Insurance-Joyce D.**
Insurance, D&O policy, liability policy, policy riders available for group. You may think Insurance is boring, unless your venue says you need a certificate, then it’s exciting. It’s been interesting. Have issued 19 Certificates of Insurance in 12 districts. Your donations help make sure that those certificates are available. Received a refund from insurance company. Received an endorsement that eliminates fees for special events if attendance is under 200. Web Site for certificates: Service, forms, special events A26B, form has been updated in last few months. If district can insure their own events, please continue...
to do this. If you need evidence of insurance for a meeting, contact Joyce. You can send it to Bruce and he’ll forward to Joyce; use form A26A, and don’t wait until the last minute.

**Diversity-Janie**

I have been working on a diversity quilt to be raffled off this spring, as a fund raiser for NCWSA diversity projects. We would like all of you to participate. If your group wants to participate, please see the samples and the flyer on display. The 5'X5' pieces will need to be donated by January, 2010.

I have started contacting other groups in the South San Francisco Area Intergroup for some input about their diversity needs. I would like also to get input from the South and Central Section.

Because I'd like a better connection with the other Intergroups, it would be helpful to have an Alternate Diversity Coordinator.

**Facilities Coordinator-Debbie O.**

Hello Officers, fellow coordinators, DRs and GRs especially you first time GRs, we welcome you to the wonderful family of NCWSA. Enjoy and take lots of notes, because if you are like me at my first Assembly, you won’t remember a thing….. Seriously thank you for being of Service. It may help to use the slogans, and the first one that comes to mind is Keep Coming Back, Please!

The contract for our Dec. 19, 2009 Al-Anon Holiday Event has been signed and turned over to Wendy C our Event Chair. We need everyone’s support at our event, come to Santa Clara. Stay the night!! At $59.00 it is a great price for the same rooms we paid $119.00 for at Convention.

I sent out bid requests to all Central Section DR’s for our upcoming Committee meeting the first weekend in Feb. 2010. The Southern Section DR’s received bid requests for our Committee Meeting/One Conference Assembly for the third weekend in May 2010. Lastly the Northern Section DR’s received bid requests for our July 2010 Committee meeting to be held on the fourth weekend of July. The 3-Day Assembly, Oct. 15-17, 2010 has already been booked and District <<< has stepped up to host the event. Thank you District <<< for your support of our area.

We need to consider Assembly dates for 2011. This next year, 2010, will be year three of our three year trial for our Committee Meeting/One Conference Assembly. Because this was a three trial, our guidelines do not reflect our usually mandated timeline.
It looks like the third weekend in May 2011 will be the date for our Committee/One Day Assembly. Unfortunately, there are only four weekends in May 2011. Historically the Growing Together Weekend has been held on this same weekend with a number of our members attending this event. In 2010 it won’t be a problem as we have five weekends in that month, and the Growing Together weekend committee graciously moved to the fourth weekend. In 2011, the WSC (World Service Conference) will be at the end of April. John, our delegate, needs time to assemble his report after returning from Virginia Beach. Having the Assembly in the first or second weekend in May doesn’t allow him time to compile his report for presentation to the area. Be aware this will present a scheduling conflict with Growing Together Weekend.

Members who submit bids: Please let me, the Facilities Coordinator, know you want to host an NCWSA event. We can find a location in your section for you. This allows all of us to stay on the same page, with every district continuing to have the opportunity to present bids for Committee or Assembly. If you want to do the legwork, which is OK as well, use the bid forms posted on the NCWSA website. Call the hotel you would like to use remembering to follow the guidelines on the bid form, and then submit the information to me.

If you want to host an event and want help in finding facilities, contact me and I will make the contact with Dawn Aronson from Conference Direct. As Facilities Coordinator, I am our liaison to CD. This keeps things simple for us and for Dawn. However, each district will be kept in the loop for all details. Bear in mind the Assembly chooses the site from each bid submitted.

It has been fun this first year as your Facilities Coordinator, and I am sure that what I have heard, that by year three I will have this down.

Grateful to Service, Debbie O

**Group Records**

Connie F.: Today I am current on all change requests I have received. I have submitted reports containing group information to coordinators as well as labels for mailing the 12 Stepper. I have prepared required documents for assembly voting purposes and registration.

How to Add Groups or Change Group Information

When updating group data use form A16, which is available from me, your District Representative or NCWSA’s web site, ncwsa.org: click on service; forms; A16. Make copies and distribute as indicated at the bottom of the form. It is important to keep the communication lines open. Let us know where you are and how to reach you.

Being registered with WSO and keeping NCWSA as well as WSO informed of you CMA (current mailing address) offers some benefits: NCWSA keeps your group informed, using the 12 Stepper and our web site, of the activities of coordinators, officers and other districts in our area. Watch for flyers announcing where and when to expect our Assemblies, Conventions, and other events at both area and local levels. Some examples of WSO using your group’s information is: letting people who call the 800
phone number know where your meeting meets; sending you group a copy of the Forum; and new group packets.
I have formed a committee to take a look at how NCWSA uses tools of communication. We have reevaluated our communication tools and found our traditional way via *The 12 Stepper* may become extinct. Postal rates continue to rise as well as new mailing regulations making mailing non-profit bulk mail more difficult and costly. We are looking at improving our web site and letting our members know the benefits of using the web site. We will continue to publish *The 12 Stepper*, keeping in mind requirements of the Post Office. How Can I Help? you ask! One way groups can help is by renting a PO Box for a CMA. Maybe join with other groups in your area and share a PO Box. Some groups are doing this with great success. What is nice is the CMA remains the same when there is rotation or absence of a GR and your group continues to receive communications from WSO and NCWSA uninterrupted. Along this same line it may be a good idea if your group can use an AIS (Al-Anon Information Service) phone number as a contact which also doesn’t change with each new person serving. Consistency is good.
Questions? Let me know…. And as always thank you for the opportunity to be of service.
FYI: 734 Total Active Groups

**Institutions**

Louise M.: We are in! Yes, we are in Solano Vacaville with two meetings on Sunday morning, 9:30 – 11:00 a.m. and 11:30a.m. – 1:00 p.m. and Tuesdays at 6:30 p.m. – 8:00 p.m. Our Tuesday group had a waiting list so we had to divide in two and have two meetings at the same time. We may be able to add another meeting on Sunday at 11:30 a.m. if we can get more people trained. We may even be able to get a Spanish meeting together if we can get the volunteers. A couple of Wednesdays ago I met with the inmates at Deuel Vocational Institution at Tracy. We want to get a meeting started there but we need someone to take over the Solano meetings first. Then we are supposed to be going in to Soledad near Salinas, CA, so Yvonne and I are going to be stretched thin unless we can get volunteers. The Soledad group of volunteers are ready whenever we get the green light. San Quentin will probably start us in the spring. I am still waiting word from Folsom and Chowchilla, a women’s facility.

We are to do a workshop this weekend on Institutions work. We have plenty of handouts and information for you all.

The 39th Annual Hospitals and Institutions Conference of Alcoholics Anonymous with Al-Anon participation “Recovery in Action” is set for June 4, 5, 6, 2010, at the San Ramon Marriott in San Ramon. Yvonne D is the chairman and Debi I is the Co-chairman. There are flyers available for you this weekend with registration form attached. It is a GREAT conference and you don’t have to be a member of Institutions to attend. There will be meetings, marathons, panels, workshops, speakers, a dance, and a donation drawing. Registration fee is only $10 so please join us for an informative, yet exciting weekend.
We are also asking for more contributions toward our work in prisons. We have been able to get *How Al-Anon Works and Paths to Recovery* as our book study books and we have been able to give each inmate the soft cover daily reader *Hope for Today* thanks to your generous contributions. We would like to do the same for the other prisons we will be going into. We also got many of the pamphlets such as *The Twelve Steps and Twelve Traditions, Alcoholism, the Family Disease, Alateen* literature, and many other pamphlets. Inmates are asking for materials to send home to loved ones and friends. They are also asking for meeting directories to direct their families to meetings in their areas. Continue to pass the pink can as we plan to get into more prisons as soon as we can. I want to thank Doug F and Dan M from San Jose who have been tirelessly helping out at Solano to carry the message. I cannot tell you how much this institutions work is helping me with my program of recovery. I am doing the will of my higher power and carrying the message. I hope some of you others will join Yvonne and me in this exciting journey of recovery.

**Literature Coordinator – Sandy S.**

It’s an Honor and Privilege to service as your Literature/Forum Coordinator. I’m excited to be a part of our 2nd Assembly this year.

**LITERATURE REPORT:**

On September 30th 2009, I took part in my second Area Literature Conference Call. It was a great opportunity to learn more about my wonderful service position.

WSO is preparing a book (Tracing Our Growth) about Al-Anon’s history, planned for 2011 to celebrate Al-Anon’s first 60 years. WSO is asking for members sharing’s due by December 31, 2009 (changed from 10/31).

I have brought with me today, 2009 Catalog (S-15). Remember—when you buy from your local Literature Distribution Center, you support your local services. For a list of LDCs please go to: ([http://www.ncwssa.org/ldc.html](http://www.ncwssa.org/ldc.html))

Al-Anon Faces Alcoholism 2nd printing is available up until February.

**FORUM REPORT:**

Subscriptions have increased by a little over a 1,000 since July! We are all making a difference, but we still have a long way to go before we can safely say that the fellowship wants to support The Forum.

As your Forum Coordinator, I’m asking you again, to please continue to attract interest in our magazine. Here are some suggestions:

- Purchase a subscription as a Holiday Gift or Birthday Gift.
- Give newcomers a Forum or include one with the newcomer packet.
- Have your groups order the Forum. Cost is $11.00 per year.
Have your District purchase a subscription.
• Donate a subscription at your speaker meeting.
• Donate a subscription at your Day In Al-Anon or any other event.
• Have copies of the Forum subscription order form in your group binders.
• Encourage members to send in their sharings.

Remind GRs that they are the Forum Representatives to their group. Please refer to Seventh Tradition pamphlet (S-21).

I’ve brought with me, Forum subscription order forms. If anyone would like to order the Forum today, please fill out an order form, along with $11.00 made payable to AFG. I will be happy to mail all of them to WSO.

Thank you for allowing me to be of Service.

Discussion: AltLitCoord: In San Francisco, the AAs had stickers with district and hotline phone numbers, consider doing something like that.

Questions: we had ordered multiple copies of Forum, is binder still available? No.
Any indication as to when Courage To Change when go back into print?(They’re on backorder) Sandy will check with WSO about that.

The Forum is available in Spanish and French as well as English.

**PI/CPC - Patti**

What I want to say about Area service is that this is the place that things make sense in my life. We had PRAASA (AA service event with Al-Anon participation) this year. Cards were made that say “Al-Anon saved my butt” and a place for your name. I put them in a safe place and that’s still where they are. Wants to know from each district who their PI/CPC person is. I want to have some kind of email or phones to help each other. For instance, I was asked, “How do you find contact information for professionals.” I have been doing quarterly conference calls with WSO. Someone in Kentucky went to their State Fair, with a booth, manned it the whole time of fair, handed out meeting schedules and maps where meetings were, and some pamphlets/literature. WSO website, Media, Press Release, different press releases available and anyone can access it. Media Kit has lots of neat stuff, including list of media interview questions with answers.

Public Service Announcements, finals will be available for purchase (John has Beta version). Will pass on information as soon as she finds it. D26 redid web site, some studies have been done about navigating web sites. If you don’t know what Al-Anon is, it’s hard to know what Al-Anon is all about. It might make sense to look at our web site with that in mind. I didn’t even know about the Communications Committee. My favorite Al-Anon tool is the 3 A’s: I think we can use it for Public Outreach. Start with Awareness. When going out about your day, ask yourself if these people know about Al-Anon? Just build on that awareness. We’ll talk more about it next time.
**Website Coordinator**

Jim S.: Web Site Committee members are Shannon J., Alternate Web Site Coordinator, Art B., Mike M., Lori K. & Bruce D. Other volunteers at the District/AIS level keep the Independent and Separate web sites updated. Thank you for your Service on the NCWSA Web Site.

We are currently updating the California State Map links for Northern California. Mike M. has created a newly demo design 2010 Calendar. It can be found by viewing the 2009 calendars and changing the date to 2010. We would appreciate a specific request if something needs to be posted or updated to the website.

Send flyers though Bonnie M., AAPP, when mentioning Alateen. Forms found through the Services sidebar are the responsibility of the Officer or Coordinator listed next to them. All Alateen Meetings posted on the web require a current WSO Number, current registered meeting address and Certified Sponsors. This includes Dependent, Independent and Separate Web Sites connected to www.ncwsa.org.

Summary of NCWSA Web Site Demo:
State Map: [http://scws-al-anon.org/state_map/index.htm](http://scws-al-anon.org/state_map/index.htm)
2010 Calendar: [http://ncwsa.org/cal-2010_Events.html](http://ncwsa.org/cal-2010_Events.html)
Service Links: [http://ncwsa.org/service.html](http://ncwsa.org/service.html)
Forms
Guidelines
Donation Form
Minutes
Assembly
Contact Us: [http://ncwsa.org/contactus.html](http://ncwsa.org/contactus.html)
12-Stepper: [http://ncwsa.org/12stpridx.html](http://ncwsa.org/12stpridx.html)

All event flyers with any Alateen involvement must be approved by our AAPP (Area Alateen Process Person) at AAPP@ncwsa.org before it will be placed on the www.ncwsa.org web site.

Usage Statistics for ncwsa.org:
Summary Period: Last 12 Months
**Generated 15-Oct-2009 00:27 EDT**

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Discussion: If we want to update information, add a meeting or whatever, how do we do that? Ans: Changes @ncwsa.org or updates@ ncwsa.org or contactus@ ncwsa.org. There is also a Search feature to search within the web site. We average 3-4 hundred thousand hits per month, WSO gets about 200,000 hits/month. I check my email about once a week, and may assign it to someone else. We are all volunteers. Showed how to find the LDCs in California North. We try to keep it in a format that can be viewed on low-resolution screens, iPhones, Blackberries etc.

**District Reports**

**District 1**
Absent, no report

**District 2**
Cindy L: I have been DR for about a month; Laura V had to step down for medical reasons. I’m from beautiful Lake and Mendocino County. We have a whole bunch of meetings in Clear Lake, Covelo, Fort Bragg, Lakeport, Lower Lake, Mendocino, Point Arena, Ukiah, and Willits. A couple of gals want to be Alateen sponsors, trying to start Alateen again; this is always a huge goal for us. Our DIA will at the last half of January. We’ll have speakers and workshops; it will be an open house day for the community to come check us out. District 2 is big geographically with a small population. I have a lot of GRs with me in spirit. I’m interested in getting ES&H from anyone re how to pull GRs together into a cohesive district, especially when they are so far apart. I’m sure there are people here today who can help, so please look for me.
**District 3**

Elaina: We include Chico, Gridley, Yuba City, Oroville, Paradise, Willows and a few others. District 3 is operating again for the past 11 months; November will be our first-year anniversary after a 2-year sabbatical. We know what it’s like to have NO GRs: that’s where we were at the beginning of the year. Now we have 5 GRs, 4 of whom are here today. This is the first time anyone other than myself is here: please welcome the other GRs and let them know what this is all about.

We had a speaker meeting, 75 people came and we broke even. We’re having District meetings quarterly and people like them and come. We’ve established a Yahoo group, and email list. We share documents on the Yahoo group. We started an Alateen group on Monday nights, 7:30-8:30, we have a DAPP (myself), an Alateen coordinator who came from Florida with lots of experience, and we have 2 back-ups, so we are 4 deep in our support for 1 Alateen meeting.

We’re very excited. We have a theme each year. Our theme this year is that Service IS Recovery. We’re spreading the word about service, sponsorship, service work and getting involved in different levels of Al-Anon. We’ve been busy, we’re excited, and we’re willing to tell anyone about the experience we’ve had.

**District 4**

Charlene R: District 4 covers Siskiyou, Trinity Lodoc, Lassen and Tehama Counties. We are the biggest geographically and I believe have the smallest population of any district in NCWSA. We have about 30 meeting, including 2 active Alateen meetings in Yreka and we’re starting 2 more Alateen meetings. We do have a DAPP, who is Helen: she has worked in Alateen for many years. There are 2 GRs with me for their first Assembly ever; I hope they get excited about this.

We have had very successful Day in Al-Anon events for the past 2 years; this is our biggest fundraiser. We work in cooperation with AA on the WinterFest conventions each year as well. We have a couple of new meetings that started this past year (in Weaverville and Red Bluff) along with more interest in starting Alateen meetings in the local Redding area again.

**District 5**

Peggy P: Thanks to Gina, who came up with our table decorations. Seashells represent our beaches, and we have postcards of all our beaches. and redwood branches, and our hats show all the different things you can find in Napa and Sonoma Counties.

We’re alive in District 5 and grateful to be here. I love all the love and support I get. I also get lots of hugs, which is one of the reasons I keep coming back.

We have 48 meetings, which I believe makes us larger than several Areas. Geographically, also, with Napa and Sonoma being large counties, we are larger than many Areas. We have 4 Spanish meetings, 10 Alateen meetings (7 in high schools, 3
outside), men’s meetings, women’s meetings, chip meetings, and several meetings that invite AA speakers monthly or quarterly. We have two Alateen coordinators, one each for Napa and Sonoma County.

Our monthly district meeting is attended by about 40 members, and is preceded by an Alateen Sponsor meeting, which is attended by 15-20 people. On even months, coordinators give reports, and on the odd months we have GR discussion topics. We have 4 officers, 5 treasurers, and 20 coordinators.

One of our recent successful outreaches was a Back to School Night outreach. We contacted high schools, middle schools, and even elementary schools asking if they wanted us to set up a table during Back to School night; only one took us up on that, but they are now aware of us and have name and number of somebody they can contact for future needs and some have expressed interest in having us come for health fairs and other events. We’re looking forward to going into those schools when the need arises.

We had a wonderful Hot August Nights event, with a potluck and 3 speakers. Upcoming is our Holiday Bash, Dec 5, with AA and Al-Anon speakers. Helen will be speaking: she’s a long-time member, from the beginning, who knew Lois.

**District 6**

Char: Hello one and all, we represent Solano County. We have about 34 meetings, and they’re strong meetings. We have 2 Alateen meeting.

This will be my last note as DR: I have stepped down from my position. Between work and other things I’ve found myself burning the candle at both ends, but I’ll still be a GR. So, I have learned so much, mostly the ability to say NO. But my district is great, filled with fantastic people. They have such passion, and truly practice their program. I want to be like them when I grow up. We had a fundraiser in September it was so much fun and the turn out was great. We had Alateens speak and answer questions: WOW these young people are something else. I learned so much from them. We had workshops and speakers: again I say WOW. I seem to forget how people who don’t really know each other can really come together under one roof and laugh, listen and share. We also had a great potluck < food is my friend, so yum>. In district 6 we have love and kindness you can’t find anywhere. Our Alateens are a solid group of young people. The only wish I have is for more people to become involved so they can enjoy what I have been able to enjoy, and the people I’ve met. But I guess that is something most districts have to a degree. Jane D. will be the new D.R. in January, so again I say thank you all. But don’t count me out because I’m not done with service work. Thank You, Charlene S.
**District 7**

Juaneta: 20 groups, including 2 Alateen groups (and 1 in the works). We have a Spanish group, a men’s group, a women’s group, a parents’ group, a newcomers’ group, and a group with daycare,

District 7 gave 3 Alateen scholarships for NoCAC. We have a quarterly speaker meeting; the upcoming one is on October 31. We conduct monthly business meetings. We participate on Saturday hours at the Intergroup Literature Depot. For the first time in a long time, we have a DAPP and an Institutions person.

Did you see the Forum this month (October 2009)? It’s mind-boggling to see how many of those surveys went out and how many were returned. What really shocked me was that they got more survey responses from anonymous newcomers than from groups. So it’s a handful of us who are doing and a whole lot of people who are just there.

I’m very grateful to have these ladies and this gentleman behind me; there are others who couldn’t come. I get a lot of love and support; they’ve bailed me out whenever I couldn’t participate.

**District 8**

Stephen: We’re a low-key district. We don’t have a lot of frills. We used to, under a certain other DR. I want to say how honored and privileged I am. Theis program is amazing. I grumbled coming down here, didn’t want to come to a business meeting, it’s a pain. But here we are.

District 8 is bound by 2 rivers: we’re south of the American River, and east of whatever’s over there. We run from Rancho Cordova down the gulf. It seems like a small area, but a lot of stuff goes on, including Alateen stuff I’d like to build on. I’m proud of these folks. The show up and do the stuff. DR’s are just facilitators. I thought we were someone important, but we’re not. I don’t have to make decisions. Our last district meeting was really hard, so we closed it and went to Denny’s and did some profound work. So hang in there and keep coming back. Come to the Soup and Supper (not all of you, we don’t have enough room; just enough of you). That will be in January.

**District 9**

Karleen H: Greetings From District 9!

District 9 is located in the “Gold Country” in El Dorado and Amador Counties. We currently have 11 Al-Anon meetings, 2 Alateen meetings and, 3 meetings in institutions. Every group in our district is represented and every coordinator position is filled. Thank you to all the volunteers in District 9.

We have several GRs in our District that are here for their first 3 day assembly. I want to welcome them and all the new GRs in the room. I remember my first Assembly; I was overwhelmed

District business meetings are held on the 3rd Wednesday of the even months. We rotate the location so we all have turns to travel and we are hosted by a different meeting each
time, allowing us the opportunity to see different meeting rooms. Some of us have to
travel quite a ways.
We hold two fundraisers each year, one in January and one in July. These have been very
successful this year. Every group participates. We have a soup and bread potluck in
January and a salad and bread potluck in July. And of course there is always dessert. We
have been fortunate this year to have an AA speaker, Alateen speakers, and an Al-Anon
speaker at each one. Each group in the district takes responsibility for a different duty and
with co-operation and participation these events are great fun and financially successful.
District 9 also has speaker meetings the first Friday of each even month (except
December). The meetings host the speaker meeting on a rotating basis. Often the GR
from the hosting group is our first speaker. This has proven to be a great experience. The
hosting group also provides readers, sets up the room and supplies goodies for our break.
Participation in these meetings can be both fun and rewarding. Of course we have
desserts.
As I mentioned we have two Alateen meetings in our District. We are planning to have
continued support and growth in this area.
District 9 holds an introduction to Al-Anon meeting in 3 area treatment facilities. I find
these meetings to be personally beneficial and I would like to encourage anyone to
participate when possible.
As part of our public outreach this year our District supplied the local libraries with a
copy of How Al-Anon Works.
For our District teleservice we have decided to purchase a cell phone to be used to answer
Al-Anon calls. We have a member currently doing the teleservice; the cell phone will
allow more flexibility for people to answer calls when she is not available.
Thank you for your attention and if you visit the Gold Country look us up!
On a personal note: I had a personal tragedy this year, which is better, and when I was
unable to serve these lovely ladies stepped up. That’s what Al-Anon is all about:
participation and cooperation. I’m very grateful for that and I want to thank all of you.

**District 10**

Deb H.

**District Holler:** District 10 is the name

**Recovery is our game**

**Location:** Northeast Sacramento County, Placer County and Nevada County, Fair Oaks to
Truckee

We have 41 active meetings, 4 Alateen meetings and a meeting at a homeless shelter.
Every day of the week, there is a minimum of 4 Al-Anon meetings in the District. The
Trusted Servants and Coordinators traveled to Truckee for a meeting but we have not yet
taken the business meeting to Folsom and Auburn. We are so blessed to be wrapped in
recovery!

This panel of trusted servants is fired up and as a result, there has been a burst of activity:
Alateen - We have 21 certified sponsors with a few more in the process. The meetings in our district are the Monday Auburn, Thursday Grass Valley, Saturday Roseville and Sunday Orangevale. Our coordinator facilitates a quarterly sponsor support meeting with around a third of our sponsors attending.

Outreach - We ordered 3 cartons of AFA 2009 & 2010. Our GRs passed on copies to group members to distribute in the community. We are in the process of establishing lists of therapists, rehabs, hospitals, treatment centers and juvenile facilities to do a mail out. We have participated in Recovery Happens-Placer County, a healing conference and a health fair. We have met with the Auburn Boys & Girls Club and made an entrée to a local school district regarding Al-Anon and Alateen.

Institutions - We are holding organizing, goal-setting meetings to ensure everyone in our community has a voice on the direction and scope of the program. We facilitate a meeting in a homeless shelter.

Community - Monthly Speaker meetings are hosted by the various meetings in the District. We hold one annual fellowship dinner every March. This year we had 26 baskets for raffle and more than 200 people from the 12-step community attended the potluck dinner. We had a net of more than $1100. We participated in the Auburn Unity Day- AA day with Al-Anon participation. Recordings of the annual Fellowship Speakers and various speakers from the monthly Speaker Meetings are made available for purchase. Some of our meetings have established lending libraries of Al-Anon CDs of local as well as circuit speakers. We have supported the 6-month trial of the local LDC with Saturday hours.

Our challenges are:
Getting more people involved in service
Trend-growing number of new meetings started by people new to program and double winners.
Learning to make bricks with hay as the result of the reduction in seventh tradition collections and increasing numbers of people coming to Al-Anon.
Reaching out to all of the faces of Al-Anon, particularly Alateens and post-Alateens AKA young people.

District 11
Diana S : The GRs and Coordinators of Marin's District 11 welcomed me as DR at our Jan. District meeting. My goal as DR is partly to bring humor to the District Meeting - let's keep it interesting. In Feb., we had a Search Your Service Manual exercise with a reward of chocolate kisses, part of the Love Gift from Committee by District 5. We had another literature search to find the humor in the 12 Stepper (Warm Fuzzies), in prep for the Assembly. I have shared comic strips, brought a poetic impression of visiting District 24's business meeting. Passing out lemons gave us another informal slogan "Make
lemonade from lemons," and our then Recording Secretary/Phone Service Coordinator sent around a lemon dressing recipe and photo.

The huge Alateen fundraiser on April 4th brought in much more money and people than expected - a great financial, fellowship, and service success with over 200 attending and 50 volunteering. Twenty-two people attended the Alateen Sponsor Workshop and nine new sponsors started safety paperwork. Two new meetings are trying to get going. Now we need the kids!

The Website Coordinator volunteered to get a district website going at the January meeting. This committee has met and had list serve discussions over the months since. One person took the tech lead. A writing workshop helped provide more text and content to the site as we prepare to launch. Watch for marinalanon.org to appear in the near future.

We are regularly discussing issues about our budget under the watchful eye of a talented Budget Coordinator and Treasurer. We are fortunate to have a healthy surplus and are deciding how to use it in the District as well as pass it on.

A lot of research went into what kind of insurance the district needs, if any. We talked to insurers, other districts, and even looked briefly at incorporation. The district decided not to pursue any insurance at this time and appreciate the events coverage we acquire from NCWSA, an invaluable resource we used for our Alateen fundraiser.

Institutions service offers chance for volunteers to speak at and help Institutions meetings.

We received a lone member request for sponsorship from someone living abroad.

Special excitement comes from new participation in West Marin, the more rural area of our district. A new Al-Anon meeting began with a quick start in July and new Alateen meeting is in process. The adult meeting already has a GR and Alternate!

A small group went to the June One-Day Assembly and brought back a valued Delegate's report.

A Speakers List has been compiled for use by all meetings.

Meeting Lists are handled with great care to detail and our Mail Coordinator even delivers bills to the Treasurer between District Meetings so they get paid on time.

We have a weekly Beginners Meeting with good rotating service support.
Our Literature Depot (LDC) operates smoothly monthly alongside our District Meeting and is selling lots of books.

The Telephone Service runs very well, in some cases, allowing members to do service who would not otherwise be able.

Most service positions are filled except Alternate DR, although it has been filled for last 3 months, and also Public Outreach. Our very capable Alateen and Institutions Coordinators are stepping down after very active service for which we are immensely grateful.

I feel very lucky to be DR in Marin County and now understand the CAL booklet, WHEN I GOT BUSY I GOT BETTER!! I feel like I wrote it. Read it! Do service even if it feels like a lot. I bet your rewards will be as great as mine.

Note from Secretary: at the Assembly, the District 11 report was sung!

District 12

Portia O.: I was elected District Representative for District 12 (San Francisco) and began my service in January 2009. For all the new DRs whom may be feeling like you didn’t believe it would be this intense, you’re not alone! It’s intense! But’s that ok. The intensity of this program has value. Personally, when something has value and seemingly difficult, it challenges my “norms” to grow towards wholeness and serenity. I am discovering more of these qualities in the program. Thank you God!

We were met with time management concerns in our meetings. We love to talk, report, and share our ideas (not sure why 😊). We decided to assign time allotments to each item on the agenda: from the serenity prayer to the closing. One of our GRs suggested an idea to have a meeting Stacker. This person monitors our time allotments as well as the order in which persons who want to respond to topics on the agenda. We’ve been using this format for a while now—and it’s working! We’re having fun and everyone is participating and being mindful and respectful of our new format.

We’ve added an additional meeting in District 12! It’s an H&I meeting at Friendship House, a locked facility in the Mission District of our city. It meets on Sunday evenings and is well attended. The first meeting had 30 attendees! Our H&I coordinator is very excited and is working towards obtaining permission to begin a meeting in another locked facility.

We revised our website a few years ago. Our current web coordinator provides a traffic report of activities on our site. The statistics are great! We are very excited about the continuous prospects of awareness in Al-Anon, through our website.

We have a library project with the San Francisco Main Library. They are very interested in maintaining a catalog of Al-Anon literature. Currently, they are assigning call numbers for the titles which will enable people to donate books easier to the branches in the city.

Our Alateen meetings began coming together again. The sponsors are enthusiastic, and have added another Alateen meeting in one of our local facilities in the city.

On September 12, 2009, our district is hosting a day in Al-Anon with workshops, Alathons, speakers, and fellowship. Please come. We would love to see you there! A flyer for this event is included in this 12-Stepper.
As we all know, subscriptions for Al-Anon’s publication *The Forum* have decreased significantly. We voted at our last business meeting to establish a database of professionals, schools, etc. to send a copy of the publication every month. We will begin with approximately 25-50 subscriptions which our district will purchase. We also have a member who donates 2,000 copies of the *Al-Anon Faces Alcoholism* series of books. Our outreach coordinators (Public, NCADD, H&I) will coordinates volunteers to get these books into our community.

In closing, I would like to express my sincere gratitude to all for the support, love, and care shown towards me. It is my pleasure to serve the GRs and members of the San Francisco Al-Anon Family Groups.

**District 13**

Chris D.
Where: San Mateo, on the peninsula south of San Francisco
Who: 34 meetings, 1 Alateen, 1 institution

Accomplishments and Activity for the past 12 months
Alateen Information Workshop, 11/11, Speaker: Carla G., Area Alateen Coordinator
Holiday party, 12/12/2009
Day In Al-Anon, April or May 2010
Quarterly speaker meeting with bake sale and birthday celebration
Quarterly newsletter “Recovery Bulletin”
Alternate DR visiting all meetings, 2 new GRs as a result
Learned of a Parents Meeting with 65-70 people per week, who had never sent a GR, and now is.
Public info, health fairs, literature to schools, libraries, etc. in English and Spanish
Fantastic website, [www.alanonmidpeninsula.org](http://www.alanonmidpeninsula.org)
Answering service, 650-592-7935
Literature depot, open by appointment
“Zillions” of copies of *Al-Anon Faces Alcoholism* in English and Spanish
Monthly business meeting
Google group used for email and file sharing
Members doing service at the Convention, other conventions, and in the Area

New
New woman’s meeting
Progressing towards new meeting in local woman’s jail
Reaching out to Spanish meetings
Discussion re starting our first men’s meeting
Discussion with VA in Palo Alto re new Al-Anon meeting

Areas of Interest and Discussion
Attracting younger members
Internet penetration is 95%+. How do we address getting more young people?
More Alateen meetings
Increasing service participation

**District 14**

Yvonne: My name is Yvonne and this is my district, District 14 Contra Costa County. We are a large incorporated district and function as our own intergroup. We have a monthly district meeting, a literature depot and a total of 62 meetings. Among them are; 7 Spanish meetings, 3 parents meetings, 1 men’s & 1 women’s meeting & 3 newcomers’ meetings.

We have added 2 new Alateen meetings & a meeting in Juvenile Hall thanks to our Alateen coordinator Marilyn G. and Institutions coordinator Martha. Currently we have a total of 8 Alateen meetings; 2 Spanish, 3 regular & 2 closed in-school meetings.

It was a lot of fun to support our delegate by making & sending a 100 love gifts to the World Service Conference last April.

Our monthly speaker meeting is every 4th Saturday of the month and averages +/- 100 participants. We will be celebrating our 7th anniversary on October 24th with Thomas B from Los Angeles.

Check out our very own web site [http://www.ncwsa.org/district-14.html](http://www.ncwsa.org/district-14.html) thanks to our web coordinator Kent! On average per month we get about 1300 hits on our web site and 690 on our the meeting list

We recently did a large ad campaign in local newspapers with our own ad approved by W.S.O called “broken picker?” designed by our former P.O coordinator Nina P. It was distributed to forty thousand households.

Our yearly Day in Al-Anon with AA participation is well attended with an average of 200 participants. We are looking forward to our 4th annual D.I.A with Jeanne K from Los Angeles on Saturday February the 13th 2010 in Alamo, CA (San Ramon Valley UMC)!

We are happy to cooperate with AA on their Unity Day November 14th in Danville! We’ll be involved with the English part of the Spanish Convention October 31 in Concord. For once we’ll be the ones with the headsets.

It’s been a great 10 months and I find it an honor to serve with all these enthusiastic people, that together with YOU make up my fabulous Al-Anon family!!

**District 15**

Mary Jo K.: District 15 is located in the East Bay and encompasses the cities of Oakland, Piedmont, Emeryville, Alameda, Hayward, San Leandro, San Lorenzo and Castro Valley.
We have thirty [30] Al-Anon meetings, seven [7] are Spanish speaking and 3 are Alateen meetings. We were able to send several Alateens to NOCAC again this year on scholarships.

As of February 2007, District 15 continues to have an Institutions meeting at an Oakland recovery center for teens. This Institutions meeting helps to educate parents and family members about the Al-Anon/Alateen program.

This spring we again had our Annual Al-Anon and AA Ladies Luncheon. It was our 49th and has been a long time tradition in our district with great sharing between the both programs of Al-Anon and AA.

In March we participated in PRASSA for AA with Al-Anon Participation. We realized too late that both groups were interested in our new book “Discovering Choices” PRASSA was held in downtown Oakland at the Marriott and was very well attended.

In July, District 15 again participated with AA in the East Bay All Groups Conference. We sold literature all day and put on a workshop. We also attended other available workshops, which is always a learning experience.

September 12th was our 2009 Day In Al-Anon and the weather was beautiful. The theme was ”Lifeboat to Recovery “ We had great workshops and a great lunch. The Alateens were out in force selling their sweets. It was a good day.

District 15 and 17 continue to share an Office Answering Service. It is composed of Al-Anon members who answer the phone on behalf of both districts. We had a workshop training in May in San Leandro and will have another one in Fremont in November. We believe it is important to be available when anyone has a question regarding Al-Anon even if it is “Where is today’s meeting?” At the same time we are making sure that all of our literature contains not only our phone number but also our website.

We continue to have the Literature Distribution Center and usually are open Monday through Friday from about 10am –1pm. On the 3rd Saturday of the month, which is our D #15 business meeting, we also have someone there from 11am –1pm.

In our area we continue to pay attention to Public Information opportunities and even though we have no coordinator for this position we have done 5 events in our communities.

Learning from the experience of NCWSA, we are now doing an audit of our district and paying attention. We are also trying to make a yearly checklist of when thing have to be registered with the State, etc so we all know what is expected and it gets done in a timely manner.
We have also increased our communication by email so again we are all aware of what is going on. James H. our previous DR is circulating any fliers that he gets about various events. He is on various Districts’ emails.

I as DR hope to visit all meetings but have been very pleased by the strength of Al-Anon in the East Bay. After attending the meeting, I write to all GRs with an overview. Because of this, we have placed clearer instructions on our website i.e. where is the cheap parking? Some GRs have told me they are more willing to go to a new meeting, as they know what to expect.

**District 16**

Karen H.A.: Greetings from the Tri-Valley Area – our district serves the communities of Dublin, Pleasanton, and Livermore. We are on fire about service!!

Our District was honored to serve as the host for the June 2009 one-day Assembly. It was inspiring to me to see how many Al-Anon members jumped into service - manning the registration table; selling luncheon tickets; helping with set-up and clean-up; and greeting all of YOU from Northern California who traveled to Pleasanton for the Assembly.

We have 19 active meetings in District 16, which includes 3 dedicated to newcomers and 2 for Alateens – one of those for younger members, ages 6 to 12 years old. Our District Alateen Coordinator energized and encouraged new Alateen sponsors for this panel. A new Alateen meeting for younger members is scheduled to start in winter 2009 – a great addition to our outreach to younger children. There is a variety of meeting focus as well: 2 for women only, 1 men’s only meeting, 1 focused on recovery for the adult child; and 1 for recovery in relationships, where couple are encouraged to attend together if possible.

The Public Outreach Committee was revitalized in June! New members joined, bringing creative ideas and a zest for this service. Our coordinator has done an outstanding job, organizing the committee; matching Speaking engagements and requests to the Speaker Bureau members; and starting a geographic approach to our public outreach efforts. One to two members focus on all prospective entities such as libraries, hospitals, and recovery centers within a city or locale – to contact them and bring literature when appropriate. We have started a new meeting at a shelter, which came out of the committee’s recent outreach efforts.

In the spirit of cooperation, we often sell literature at local AA functions and they, in turn, are present with an AA table at our events. The Public Outreach Coordinator, in conjunction with our AA Liaison, spurred our efforts at a local AA Unity picnic in August. We had a table with literature and meeting schedules – reaching out to families and friends in both programs.
District 16 Events are well organized, publicized, and full of the spirit of recovery! “Fall into Recovery” was held last Saturday, Oct. 12th and was well attended. Highlights included a Gratitude Workshop, a sumptuous potluck, two great speakers and a new twist on our donation drawings. Co-chairs suggested meetings donate gift cards for $10 denominations only; thus providing more opportunities for winning a gift card. Food, fun and fellowship for all who came.

SAVE the date for our Day in Al-Anon. It will be Saturday, April 24th, 2010 and feature Tom W from Oakland, CA as our Al-Anon speaker. We will have workshops, daycare, meditation room and of course, a sumptuous potluck. Hope to see many of you there!

Our Speaker meetings are held on the 2nd Saturday of each month. We have our own sound system, which is portable. We have a lending library and record each speaker if the speaker is OK with being recorded. We will also be participating in AA’s H&I convention, because it’s just around the corner and we’re all about service.

District Business Meetings have been energetic and full of spirited discussion. We initiated a Timer position for the business meeting: the Timer monitors discussions for agenda items and keeps us on track. We continue to grow in service as a panel, striving to put principles before personalities as we work through discussion and decision making on topics important to our members and groups. In the works are Business Meeting Discussion Guidelines to better guide us in this manner.

Speaker meetings continue to be well attended, the 2nd Saturday of each month, and we have our own sound system, which is portable for other events. We will also be helping out at the H&I conference in San Ramon.

**District 17**
No Report

**District 18**
Dede: District 18 serves the Central Valley, Foothills, and Sierras. We’re very large geographically, in many counties. We seem to be growing some days and shrinking others. Right now we seem to be on a growth phase, with 44 meetings, 2 Alateen, 1 newcomer and several other options.

It’s been a busy year: our trusted servants have been trying lots of new ideas and things. In the past 10 months, this is what has been working for us. Public Outreach committee (chaired by ADR Debbie) includes PI/CPC coordinator, Institutions coordinator, Media, and eager volunteers. They asked many professionals and centers whether they were interested in receiving information geared to professionals. The committee then hand-delivered Al-Anon Faces Alcoholism 2010 and other information: pamphlets aimed at professionals and contact information, including how to
contact us for more information or how to arrange a presentation at their facility.
Response has been wonderful and the committee is looking forward to continuing this
effort with the help of the members of District 18.

The Institutions Coordinator formed a Committee, with several members each
responsible for one institution or facility. Those committee members are responsible for
coordinating the volunteers for their designated institution or facility. When there is a
question about a particular facility, our members are able to contact the specific facilitator
for that institution. This new way of looking at this job has helped the district by
allowing more people to participate and spreading the huge job of Institutions around.

We realized we were lacking consistency and accuracy in sharing information about
duties and responsibilities of officers and coordinators. We have a committee that has
been working on guidelines; we hope to create binders that can serve to give information
for others who might want to step up to service. We have guidelines for all positions
now, Alateen safety guidelines, and guidelines for AMIAS. We’re working on event
guidelines. Our district is growing in how we serve as Al-Anon Members Involved In
Alateen Service. We have monthly workshops, and at all our events we give distinctive
badges for AMIAS members, and we state guidelines for Alateen safety at each event and
how we follow then. We ask all AMIAS members to stand so they can be identified,
especially by any Alateen member present.

Our district is growing; we now have meetings along the mountains in Arnold, and now 2
Manteca meetings have joined District 18. Most meetings have speaker meetings, over
40 a year throughout the district, so the district does not feel the need to add more.
NCWSA Officers presented an awesome workshop on Conflict at our 9/12 Day In Al-
Anon; it was a great success.

We also work well with our local AA service committees. Next October we will be
working with NCCAA on their event in Modesto. If you attended the 2006 Assembly,
where we fed you, and fed you, and fed you, that is likely where that event will take
place.

Places we could still grow: we need an Alateen coordinator and a Hispanic liaison. We
could grow in our diversity. Ten months in, we’re happy with how busy we’ve been.

We meet every 1st Sunday: we start at 11 AM, with a public outreach meeting 11-12,
from 12-1 we have a special events meeting, then from 1-3 we do a district business
meeting, and for diehards there is an Alateen sponsor workshop from 3 until 4:30 or 5:00.
We call it Marathon Day. We do food; we do lots of love and hugs. I am so beyond
grateful for this district. Thank you all.
**District 19**

Sue W.: Thanks for inviting us to be of service. Our Public Outreach people have been very busy. They went to UC Extension in Los Banos (by invitation). We also participated in Sober Fest and Gratitude Day. The PSA is going out on local radio. We will ask for 2 days at Fresno County Fair. Jane is our PO Coordinator. She spoke. she has a phenomenal Committee. Focus: “Everything you’ve always wanted to know about Al-Anon but were afraid to ask”. Each quarter we will go into a different county and put on a presentation with a panel discussion. We will send out invitations to the legal, law enforcement mental health, and medical communities and we place announcements in the local papers to invite the general public. The panel will explain Al-Anon and then open to questions. Sue: We have Institutions meetings once a month, and we receive inquiries from recovery homes and prison. We cooperate with Gratitude Day and will participate in the H&I Conference that will be here. Yesterday in lobby, I got three 12-Step inquiries.

**District 20**

Jennifer G.: We have 22 meetings, 2 Spanish, 1 Alateen, speaker meeting 5 times a year, celebrating 20 years in February. Intergroup handles a lot of things, and we focus more on meetings. One meeting goes to Salvation Army monthly to carry the message. One meeting meets with Alateens to celebrate birthdays. Public Outreach is practicing One Library At A Time. Being here rejuvenates me; being with people in service fills me with joy.

**District 21**

No DR, no report

**District 22**

Cindy D.: We have twenty-two meetings from San Jose to Gilroy: 2 Spanish-speaking meetings, 1 Alateen & 1 Ala-kid. In Morgan Hill we are starting an Alateen meeting at the Discovery Group-it’s going to be held Monday night.

We have held two very successful speaker meetings.

“Stepping together toward service” was our first speaker meeting and we had a hundred people show up. There were 4 speakers and Art B presented his PowerPoint on sponsorship.

“Kicking it up for Recovery” was our second speaker meeting and we had 70 people. We held it in a barn in San Martin, CA, which I believe has not ever happened before: this was a first Speaker Meeting. We had seven speakers: three Al-Anon speakers, two NA speakers, one Alateen speaker, one AA speaker.

Currently we have 9 group reps currently attending our regular District meeting: Louise, Cindy, Theresa, Mary, Doreen, Lisa, and Avis. We meet every other month for a district meeting at Marie Callendar’s in San Jose on Blossom Hill.
From our first big speakers’ meeting we raised $600 and donated $100 to Institutions, $100 to Intergroup for a desk, $50 to Unity Day, and $50 to NCWSA. We have a fund of $600 toward Alateens for scholarship to attend NoCAC.

My big goal is to set goals for 2010 at our November meeting.

District 23
Lisa B.: District 23 covers San Benito and Santa Cruz Counties. We have a total of 34 meetings in our district, which consists of 2 Alateen meetings, 1 Ala-Kid Meeting, 2 Spanish meetings, two institutions meetings, and 1 men’s meeting.

This year started out with several of our meetings that meet at Dominican Hospital having to find new meeting locations due to “renovations”. This also meant having to find a new location for our business meetings and speaker’s meeting too. With the help of our higher power and members, we all found new homes and it did not seem to have a significant impact on our attendance.

Since beginning my term January 1, I have visited just over half of the meetings and am so happy to see that the meetings in our district are very diverse. So far this year we have started one new Alateen meeting, one meeting at the Women’s Jail, one Traditions meeting, and one more Meditation meeting.

We have a speaker’s meeting on the third Friday of every even month which begins with a potluck dinner at 5:30 followed by the speaker’s meeting from 6:30- 7:45. We have an AA speaker in addition to an Al-Anon speaker and when possible have an Alateen or Ala-Kid speaker. This has been a very successful event and we may even have to find a larger space to accommodate the event.

We held our annual “Holiday Luncheon and Crafts Faire” in December. The theme was “A Cup of Comfort”. Members made a beautiful quilt and groups contributed gift baskets which were raffled off. We also had a silent auction and White Elephant and baked goods sale. The Alateens and kids had a cakewalk and sold bracelets, God boxes and a gingerbread house. Our morning meeting was held outside under the sun and large tree. I believe that this was one of our most profitable events in some time thanks to Adrienne our chairperson, her wonderful committee and to all the members of our fellowship who contributed much of their time, donations, and spirit. This year’s event will be held on Saturday, December 5th. I have placed a flyer in your DR’s mail bin and hope you will join us. The theme is “Turning Over a New Leaf-A Fall Tuscan Theme with an Italian Themed Potluck” and once again the district has created a beautiful quilt.

We finally mailed out our 900-piece mailer “Al-Anon Faces Alcoholism 2009” to professionals and this year they were sent to counselors and therapists.
We sent our delegate John slogan cookie love gifts.

We have a great website which Julie our website coordinator keeps up-to-date with current meeting information including a link for directions to meetings.

We made a plea to our district for money in July so far have not had to dip into our prudent reserve.

We also have a mini-literature depot, which Stephen R keeps well stocked with an assortment of books and pamphlets and with the support of District 24 we have been able to keep costs down and pass on the savings to our members and meetings.

We have our first meeting in the Women’s Jail in Santa Cruz and now have an Institutions Coordinator, Farrell. The challenge has been getting literature for the meeting. Everything that she brings disappears quickly and we are working with Louise to get literature until next year when we can figure her expenses into our budget.

I am so happy to have this opportunity to serve my district and all the opportunities that come with it.

**District 24**

David B.: Monterey County

Since the last Fall Assembly there has been some new events as well as the many regular events and service in District 24.

Meetings:

There are presently 29 Al-Anon meetings which includes six Spanish-speaking and three newcomer orientation meetings. A new Alateen meeting was started in Salinas and so there are now five Alateen meetings in our district. Two meetings that were started this past year in Salinas and Marina were closed due to low attendance. Seven meetings moved to new locations over the last year as well.

Harvesting the Tools of Recovery was our most recent and new fundraising event, which was coordinated by three District 24 committees: Public Information, Institutions, and the Alateen Coordinating Committees. The purpose of this Saturday evening Open Speaker Meeting and White Elephant sale was to raise funds to purchase Al-Anon and Alateen literature for Juvenile Hall, County prisons, school libraries as well as for the Alateen program in Monterey County. The evening began with an Al-Anon meeting, followed by a great dinner prior to the Al-Anon and AA Speakers. The attendance was very good and we are planning to repeat this event next year. Thank you to the many people who supported this event!!!
The Monterey Bay Area Round-up was held on this odd numbered year and Al-Anon members participated again at this AA event. Many members chaired committees and provided service. District 24 had the opportunity to sell AFG literature and groups contributed as well. Alateen held a panel meeting and Alateen Maire was the first speaker on the opening night of the program. Everyone’s support displayed the spirit of cooperation between the two organizations!!!

Our bi-monthly Live, Love & Laugh District Open Speaker Meeting continues to enjoy great speakers. The format has changed from two to three speakers. A local Al-Anon speaker was followed by an out of district Al-Anon speaker, and now a third speaker, which alternates between an Alateen and AA speaker, starts the event. The main speaker continues to be the invited Al-Anon member from outside the District. The meeting now starts a half hour earlier to accommodate this change and the hosting group meetings are continuing to do a fabulous job in managing each event.

The Public Information efforts continue going forward with the most recent event being the CSUMB Alcohol Awareness Week. Three members shared their experience, strength and hope along with our PI Coordinator Laurie B at three different Fireside Chats. A few weeks prior was a Family Health Fair in Seaside and before that was the annual First Day Event held at the regional Northridge Mall in Salinas. Both events had many families and our appreciation to Laurie B., as she is fluent in Spanish as well as English. Thank you Laurie!!! There was a display of Al-Anon literature in the main display case at the Steinbeck Library in Salinas for one month thanks to the effort of Margie S. This action spurred April H to schedule a similar display in the main display case at the Monterey Library for this November.

This year the District is mailing the 2010 edition of Al-Anon Faces Alcoholism to professionals in Monterey County. The CAL open letters to professionals will be included along with specific pamphlets as well as the District 24 Meeting Schedule. The Thursday night Marina One Day At A Time Group completed their seventh year of service of mailing this material.

The Institutions Committee continues to bring the Al-Anon message to family members and friends of those in the recovery centers. A special Institutions Committee Open Speaker Meeting was held last June with Dan M of San Jose as the guest Al-Anon speaker. The AA H&I chairperson Alison G of Salinas was the local AA speaker. Both shared their experience, strength and hope along with their service experience in juvenile hall and prisons. This event announced that NCWSA had just received permission to carry our message to and to interest members to volunteer to hold meetings in jails. Thank you Jody and Susan!!!

Our Literature Depot Coordinator Barbara H has been very busy being of service by making AFG literature available to the groups. She has increased the availability of
literature at the regular events as well as the special events and increasing sales. This is one of the most involved service positions in our district. Our gratitude to Barbara and all of those members who support her!!!

A Thought Force is meeting to consider the pros and cons of a District Office / Literature Depot as our District does not currently have one. The ten members are considering the use of the Knowledge Based Decision Making toward an Informed Group Conscience for the process of completing this effort.

The District Website continues to change and evolve thanks to our very dedicated Coordinator Susan S. Soon to be added on the home page will be a link to a page for professionals to read CAL as authorized by the WSO. There will then be links on this page that will lead to the particular outreach material applicable to them. We are anticipating this event as a very important outreach that works 24 hours a day. Thank you Susan!!!

Our Day In Al-Anon was On Serenity Road to Recovery! This started with the Group Reps voting to approve the event in late November 2008 and the event occurred in mid February 2009. Over 125 people, including newcomers as well as long timers, attended to make it a nice program event. The second annual DIA will be Saturday, February 20, 2010 in Marina. Tom W. of Oakland will be the Al-Anon speaker. Thank you Carol J, Susan A, Julie B, Carolyn H and everyone else for such a great event!!!

The Alateen Program has a new meeting on Tuesday night in Salinas. This group meets at the same time as the Easy Does It AFG at 7pm. There are a number of Alateens attending on a regular basis. In addition there are three new Alateen sponsors this year. Lastly many Al-Anon groups have chosen to ‘pass the basket’ once a month to help provide scholarships for the Alateens to attend their out of district events.

Lastly, thanks to everyone else who has given time and service in carrying the Al-Anon message but was not mentioned in this report.

**District 25**

Jim M.: Location: Peninsula from Burlingame to Daly City

District 25 is a relatively small district located between San Francisco to the north and Burlingame to the south on the peninsula. We currently have 13 meetings consisting of 9 English meetings, 3 Spanish meetings and 1 Alateen meeting. We provide an answering service with members returning calls on a daily basis. District 25 has a literature depot provided by a trusted servant from their home. We publish a quarterly newsletter called the Lamplighter. It highlights fellowship events, 12-Stepper news and member’s shares.
We have two Fellowship functions. At our annual Holiday Tea party, a speaker shares their story of experience, strength & hope which is followed by tea and snacks. This year’s Holiday Tea is on December 5, at 2 PM at Seton Medical Center in Daly City. We also sponsor a Summer Serenity Lunch where a delicious meal prepared by our members is followed by a speaker. The date of the event, usually held in June is not set yet. Our meetings are positive affairs, attracting between 12 & 18 attendees at each meeting. Our district representation is in some transition as we seek new volunteers to take over the Secretary & Treasurer positions. I am new at the DR position having been only recently elected. Our current goals are to increase communication between groups and our neighbor districts and to continue outreach efforts to help those in need of program.

**District 26**

Patty R.: This is a wonderful experience. This is the most people we’ve had at Assembly for the entire time we’ve existed. We have 28 meetings: 2 Spanish, 3 women’s, 1 men’s, 1 beginner’s (20 minutes before an 1-hour meeting), 4 ACA. Our speaker meeting is run by 1 group with district support. We’re growing, with an influx of new members into our meetings: new people keep coming in. I keep the district meeting to 1.5 hours by alternating emphasis on coordinators with emphasis on groups. We’re currently focusing on the group inventory. Some groups had never done one. We hope that next years’ District meeting will do a group inventory. We’re doing outreach at a recovery center weekly. We do a presentation once a month, another program every 6 weeks at Berkeley Youth Center. We have one very active teen meeting; one Ala-kid meeting didn’t work out. We have sponsors and are looking at a site for another meeting. We revamped our web site.

**District 27**

Donna: District 27 covers San Joaquin, Calaveras and Tuolumne Counties. I’ve learned we’re doing a lot of things right. We will participate in Unity Day in Ripon January 16, with AA. Springfest is in Lodi in May. Thanks to D9: they were our stepparents for a while.

**Delegate’s Report**

*Delegate’s Report-John*

On the issue of Al-Anon owning property: no groups indicated unfavorable to owning property; this was posted on the members’ web site. News: WSO wants to publish a book on the history of Al-Anon and is asking for sharings from everyone. There is a sharing sheet on the members’ web site. WSO is offering Areas space on WSO website. I’ve been responding to many emails and have spoken at several places: D10, D18, and D14. At the end of his report, he picked 4 new GRs to received extra Conference Summaries.
Officer Reports

Treasurer’s Report-Carol G.

I don’t have a written report. It has been a challenging 9 months. My gratitude and admiration goes to anyone who has held this office. Thanks to Joan. She has been phenomenal in my recovery and in learning this job. Bless her heart; she is awesome! Please read the guidelines before volunteering. Learning a lot. We have not yet been able to send out Thank You notes; but I do thank you for your donations. If anyone knows QuickBooks, please give your contact info to Carol, this is a We program.

Discussion: Are we getting expense reports in a timely manner? It’s getting better.

DR: Thanks for trusted servants to get us out of a huge hole: went from -$25K to +$7K.
What are we doing to get expenses coming in the correct year? The issue is submitting expense reports. It helps to submit them as soon as possible.

Can you walk us through these sheets?

Balance sheet shows that we have $20K in the bank as of September 30. 190-Suspense 2: NoCAC. For about 4 years we have carried a NoCAC balance, but NoCAC is autonomous. That’s there so the CPA can charge retained earnings without that.

120-Postage account for Twelve Stepper kept at $1000

Sponsors weekend made $272

Prudent reserve 105+106 are the prudent reserve-6000CD + 5000 money market account.

Liabilities, A/P is possible. Sales Tax for T-shirts

Profit and Loss

111-pink can income of $3K. Expense 61 is Institutions Literature, $2391 purchased already

Group donations higher than expected: thank you!

Convention-last year lost $2K: cost $15,406, income $13,500

In May we went from cash basis to accrual basis. If we make deposit in 2009 for 2010, we now account for it with the 2010 Convention. Holding pattern is Pre-Paid Expenses, will “land” in January.

Balance sheet doesn’t balance!-- off by $1300K. It balanced in June, so there’s probably just an error in starting balance.

What is an Alateen special event? Walk in an Alateen’s Shoes, was supposed to be ongoing but has not happened recently.

Sponsor’s Weekend, budgeted for $7K in and out, fully self-supporting.

Group has questions about where pink can money is going. Louise: ordered 300 each of several pamphlets, a little over $1K-for all prisons: Chowchilla, Solano, San Quentin.

Also ordering literature for Solano, has How Al-Anon Works book study, giving each inmate soft cover Hope for Today—they love it! Going into Tracy soon, will be taking How Al-Anon Works. Also using Paths to Recovery. Now buying books through SCV AIS, and D 14 LDC, and we’ve ordered through WSO.

Cash basis 2008, accrual basis 2009. Should 2010 expenses be listed on 2009 Balance Sheet?
why does it not show on P&L? –there was nothing there. Can I just show Budget vs Actual? Yes, that would be a good representation.

Postage?—prepared postage for 12 Stepper: we always keep that at $1000.

66Z-Sponsors R&R, expenses $7988, budget $7000—but actually we made $292 which we will use in the next year

Budget is for entire year, actual is for 9 months.

55Z, 0 spent, 7000 budget, neg to budget by 7K. 56 Z shows 7988 used, budget 700, neg amount. These are entered by hand, so there is human error. Carol: I’m getting more human every day!

Will we be getting corrected copies? For the whole year will be available to February 12 Stepper and at Spring Assembly. Can be posted onto Web Site.

Balance sheet unbalanced probably due to date being off, not a problem. Is confidentiality a problem? No-non-profits must post the info, and it’s already in the 12 Stepper, which is posted to web site.

Chair: Thanks to Carol and Joan for all the work they’ve done. We’ve reached out to people in Area with financial and accounting expertise. We appreciate the questions we’ve received. We always talk about financial situation. People are doing conference calls rather than meetings in person, being more prudent. It’s all a work in progress, getting better every day.

Joan: A couple of districts have asked me about reserve funds. Guideline G41 (available from WSO) talks about reserve fund. Financial inventories for Area, District, Group.

We were asked: Are we getting expenses in timely? Trying, need to get all expenses in before January 31. Last year’s expenses are published in February 12 Stepper.

Chairperson Report-Patrick

One of my goals is to actually submit a written report. I’m still working on that. I did submit the agenda in time for 12 Stepper publication. I met with the Executive Committee, which was a valuable experience. I went to Merced with the other officers and Delegate, and participated in the Conflict Resolution panel. We continue to have officers’ phone call meetings monthly. I’ve been working with the Santa Clara Marriott to follow-up with the attrition penalty. We do have a 12/19/09 date for the Holiday event. The TEAM event will be in Santa Clara; we need a contract by February. Please contact me for any feedback. Please do evaluation for this event. Contact me for any agenda items.

Secretary Report-Johanna MM

I would like to thank everyone who has emailed his or her reports; that helps me a great deal. I will take them even during and after Assembly.
I have had a hard time working with the voice recorder, but I think I finally have it figured out. These minutes will actually be the first Assembly minutes I do, and I suspect the recorder will help. I do request that background noise be kept to a minimum, as the recorder does pick that up.

I filed our change of address with the Secretary of State and submitted our annual filing and fee. I have been in correspondence with various people. Some I can just send to the correct people, and I hope the “Who To Contact for What, and How” sheet will help those messages get to the right person first. I’m happy to send things on, but for my sanity I try to keep my NCWSA work to weekly, and thus there may be a delay when things are sent to me first.

The good news is that I do have a working printer now, and that has really helped.

This job has been more challenging than I expected, and it has coincided with major new systems at work, so I don’t feel like I’ve done everything I should have. I should really know what I’m doing by the time this panel is up.

**Alternate Delegate Report-Joan W.**

I have a service sponsor and a massage sponsor this weekend. Thanks: I will probably call on both of you. My job has been easy so far. I have received and read reports from the WSO and John. My Job as Budget Chair and Audit has been very challenging. I have been working with the Treasurer. I’ve been training Carol, and that has been a real joy. It’s been fun, Carol. Audit Committee recommended to Committee that our prudent reserve be replenished when possible. The formula developed is to use past 3 years average, less events, and have reserve ½ of that amount. That would be $18,660. That sounds like a lot, but if we don’t have income, we will need it. We had to pull money from reserve last year. We added $5K to reserve, to bring reserves up to $11K. It felt good to be able to do that. Budget is a best guess, however things have changed. Some coordinators have asked for larger budget to carry the message. Particularly, our Institutions Coordinator Louise drives all over to take the message to institutions. She puts a lot of miles on her car. She would like a larger budget. The fun part has been to speak at workshops and being asked to speak tonight. I look forward to being of service for the rest of the panel and being of service as much as possible.

**Area Alateen Process Person Report-Bonnie M.**

I’ll start with an update on our area’s record count. Currently, there are 58 registered Alateen groups, not counting those recently submitted; and we have 265 certified AlAnon Members Involved in Alateen Service (AMIAS) not counting those recently submitted. The count of registered Alateen groups includes 11 new or re-registered groups!
We were asked by WSO to clean up all the Alateen groups listed as “on hold”. An Alateen group is flagged by WSO as “on hold” when the sponsors listed on the group registration form are no longer certified AMIAS and a group change form was not submitted either disbanding the group or listing new, certified group sponsors. So that project involved researching which groups had actually disbanded and which had changed group sponsors without submitting an Alateen Group Records Change form. With the help of all the District Representatives, District Alateen Coordinators and District Process Persons, we were able to resolve all so our meeting lists will now be much cleaner and more accurate. Thank you all for your help! I am still backed up but am working my way through the pile as best I can. This first year of the new panel has been quite an adventure as we all learn our jobs. I thank you all for all your patience and cooperation.

I was able to participate in the Sponsor’s R & R weekend in September. I felt it was a wonderful weekend of learning and sharing and we created a to-do list. I’m sure Carla will report more on that but, at the top of my list was
Send Carla a list of currently certified AMIAS so we can generate badges for each, identifying them for any events during the year;
Send Art a list of currently certified AMIAS with their email addresses so that the Alateen Sponsors’ email listserv can be reactivated

The following weekend there was a conference call for all Area Alateen Process Persons and Alateen Coordinators to discuss their Area Process. We learned a lot!
AMIAS can be inactivated at any time during the year, so annual name badges were strongly discouraged. What we can do is create badges that include the date(s) of an event for each AMIAS attending that event.
We must have guidelines and a process in place for Alateen Safety for each event, including verifying the sponsors for that event – having a WSO number is NOT verification; as has been mentioned, there are many reasons, unrelated to Alateen Safety, that a member might have a WSO ID number
As an Area, we have our B-17 NCWSA Requirements for Alateen Member Safety but we do not yet have a written description of our Process – the steps to take to meet those requirements. That is now one of my priorities, working with Carla and the Area Alateen Safety Advisory Committee. Please contact one of us with any suggestions

Thank you for the opportunity to serve our teens and our Area.

**Intergroup Liaisons**

*AIS District 6-10 (Sacramento area)*

Denice E: I have to leave for Assembly tomorrow and the deadline for our newsletter, the Share and Care, is tonight and here I am trying to write my report. I can blame it on my
dread of standing in front of people at assembly this weekend to share my report but it is probably just my usual procrastination.

I had the opportunity to volunteer at the Recovery Happens event in front of the Capital last month. This is always a great event with hundreds of people in attendance with anywhere from one day to many years of recovery. The Intergroup reserved a table and handed out schedules and the last case of the 2009 Al-Anon Faces Alcoholism. Some people were taking a copy of everything we had available and the “So You Love an Alcoholic” pamphlet was very popular. Although I do not plan to continue in my position as Intergroup Chair, I do hope to have the opportunity to volunteer for this event again. We’re accepting credit cards and ship literature without a shipping charge. The volunteer hours on Saturdays at the literature office are still occurring. Hopefully future scheduling issues can be resolved or some other way of keeping this service available on Saturdays can be worked out. I encourage all members of Districts 6-10 to help this continue or to share their ideas about what may work better. If you are interested in volunteering, please contact me or your District Representative. Our contact information is in the Share and Care and the 12 Stepper.

Finally, I hope you are all passing the word about the elections coming up in two months. All of the positions will be open. I know that some of the coordinators will stand again for their positions but several will be open, including the Chair and the Secretary. Some of these positions are vital to the continuation of the Intergroup and must be filled so please encourage your group members who may be interested in filling a service position to attend the November meeting. Thank you for allowing me to serve. It is vital to make sure that the Chair, Secretary, and Treasurer’s positions are filled for the Intergroup to continue. I encourage anyone who is remotely interested to come see what we are doing.

Santa Clara Valley AFG Intergroup
Hello to the NCWSA from Santa Clara Valley Intergroup
My name is Anita and I am the Santa Clara Valley Intergroup Liaison to Northern California.
Santa Clara Valley encompasses Districts 20-22 including Palo Alto/Mountain View to the North down through San Jose to Gilroy/Morgan Hill to the South; Los Gatos/Saratoga to the West and Milpitas to the East. We currently have 96 meetings in all, including 16 Spanish Speaking meetings and 11 Alateen meetings, Elmwood, Juvenile Hall and the San Jose Family Shelter.
We currently have most of our positions filled, but District 21 is still looking for a District Rep. We are excited about going into the New Year, and already we have some of the positions filled for 2010. Our By-Laws Committee is still diligently working on the By-Laws revision, and we hope to review the final draft within the next few months. Intergroup did vote on one of
the revisions. Coordinator positions (non-voting members) can now be held by dual-members.
We have incorporated a new form into our breakout sessions that have improved the group’s ability to capture and follow up on business and provide more immediate action. We continue to look at ways the IG can be more effective.
Intergroup’s new officer position is the Alateen Process Person. It is a 3-yr commitment, and so far, our process person is doing a great job!
We participated in Unity Day on August 25th with AA’s Intergroup for Santa Clara Valley. It was a great event, and opened up the possibility for more family’s affected by the disease of alcoholism to hear about Al-Anon.
Intergroup also had its annual Special Event on October 10. Larcine (So. Cal.) was the Al-Anon and Shirley was our AA speaker – both did an outstanding job!

Hispanic Intergroup
Julieta: located in South San Francisco. Public Information: participate in health fairs, conventions, AA events.
For our sixteenth anniversary, Delegate John S came to speak. We have a newsletter. La Torcha. Institutions; there are 2 meetings in San Jose. Alateen Sponsors have workshops every 4 months. There are 2 Alateen meetings, bilingual., and 42 total meetings in Intergroup. The office is open MWF 1-5. Activities: fundraisers with food, sometimes go to park. Business meeting is 1st Sunday of each month. We will have Spanish Convention for Al-Anon/Alateen in Concord 10/31-11/2/09

Spanish Intergroup East Bay
No Report

Thought Force Reports

Rotation of DRs-Patti R.
A small team has been discussing rotating DR’s so that one third of DRs and GRs would come in each year, rather than all new each 3 years. Not many areas do that, but some larger ones do. Smaller areas seem to not need it. Might interfere with cohesion of the panel.
Discussion: A state can only split once. John says that’s under discussion.
Peggy: This came from LRPC, who suggested this idea,

Area Finance Thought Force-Joan W.
In February I was asked by Patrick to chair this. Twelve people signed up but 2 participated. Please take back to your groups my letter asking for help to come up with
ideas. One does not have to be a DR or even GR; we welcome new thinking. I’ll send a
sign-up sheet around for anyone who is interested.

**Dual Members Serving Beyond Group Level-Charlene**

(Clarification from Patrick: Motion was set aside because the person who made and
seconded the motion are not here.) We received several email addresses and numbers
about people interested in this topic. Four actually met on Friday night. There is lots of
history. Southern California is working on a similar problem. We took the position to
look for what Dual Members CAN do. They can be Alateen sponsors, work on local
committees, LDCs, and meeting lists, sponsor newcomers, and start new meetings. If we
were to accept the motion, it would segregate us from WSO/Al-Anon as a whole.

**Other Business**

**Workshops:**

What are we doing here? How does NCWSA serve the different districts? What do
you see the Area doing for you?

Sandi C.(ImmPastDel): BOD Vision statement.: All people affected by someone else’s
drinking will find help in recovery in every community. Hearing from other Districts,
what they are doing. There are different perspectives all over. Some districts have areas
they really excel, and others where they struggle. Budget discussions used to be very
long and detailed. I’ve learned a lot in these meetings. I’ve learned how to not be afraid
of financial discussions. Our HP will provide. There is a lot of abundance out there, and
we’re so damned afraid at times. Art’s the stable one.

Art B.(FmrDel): I hope all of you got one of the Conference Summary books—it’s very
important. Can be ordered from WSO. DRs got one. Our common welfare. What’s the
relation between my group and another group-discover our common purpose. How do
groups of groups communicate? -at District. How do different districts share with each
other?-at Assembly. California is different from Alaska-their delegate has to fly between
groups. Anticipate the future and Al-Anon’s place in it to see that the necessary resources
are available. Concept One-who is in charge of Al-Anon’s world services? The group.
But the group can’t write a book or develop a TV ad, so you delegate that to others, only
as high up as necessary. It’s our job to communicate. Once we’ve worked things out
together, we need to communicate back to the groups. We need to work out our common
problems. We had the experience of someone coming to a meeting who was threatening.
Took it to district, and other groups learned from their experience. Alateen safety-we
were already following guidelines, due to problems almost 30 years ago. Our Assembly
worked them out in 1986. Those were then adopted by WSO as their own safety
requirements. (with some other Areas’ guidelines). So we’re here to work things out
together. What we need is not money, but our participation. And if we participate, there
will be enough money.
Irma C. (FmrDel): way back in the ice age, when I was delegate, our area started with 12 districts. Some were so large that NCWSA had to do something about it. I served on the handbook committee. When a district gets too large, NCWSA can help to split it.

Chuck, (GR from D12): HP has been telling me to get into service. I’m bringing whatever I have to the table. Alateen has just started up again, we don’t have a lot of experience or know what we’re doing. It feels good to come here and talk to the Alateen coordinator for the Area and hear about Alateen in other districts; I don’t need to figure it all out. In my home group I found out that “Figure it out” is not one of the slogans. Jane (GR): I don’t anything about the history of NCWSA, but I got into this program back when dinosaurs were running around. The older I get, the better my life gets. I used to be the epitome of the doormat, not only did I allow you to walk on me but I thanked you for wiping your feet. I started in service doing refreshments. I was scared, because I was told I would never be able to follow anything through. But I did. Then I did literature, and had to explain the literature at every meeting., and I did that right for 6 months. And then I did Literature and did it right. Then I did the Secretary job and screwed it up, but nobody shook their hands at me. Sponsor said “If you really want to find out your character defects, do service”. I found out who I am, and I owe it to Service.

Juaneta (DR7): This is my 4th Assembly. I remember walking in, not knowing anyone, but it’s the only meeting I every walked into cold turkey and felt like I belonged. I got the big picture. I knew I was part of a worldwide family. Every one here is a sponsor to me, this is how I learn and how my program grows, and this is how I can take this back to my own district.

Bonnie (AAPP): I was the one who could maybe get to one meeting a week because I was trying to fix everyone and I was too busy to go to more. I was pushed to do some service, and I was loved through every step of the way. I’ve gained more than I’ve given every time. I was told to give back what I’ve been given; but I get so much every time that I’ll never catch up. First Assembly I went to was because our group was hosting. I was busy getting to know I had a whole family I hadn’t met yet. I went to RSS and found out we’re really a worldwide fellowship. I went to International, and found a sister from South Africa.

Tom K. (GR/fmr coord): Bill W. got sober several times for several months. The missing element was not reaching out to other people. We’re the same way. I get that connection going to Assembly. The biggest thing I get is at Assembly, seeing and being able to hug all the people. It’s really awesome.

Sandy S. (LitCoord): A year ago this month I got voted in to be your literature coordinator. I had never been more than GR. My sponsor and grand-sponsor called me and told me to go for literature coordinator. I didn’t know anything about the Committee. I met Carol, learned what too do. I didn’t think I’d get elected. Never think never. It’s an awesome thing. Thank you all for being here.

Patti (PI/CPC): I wanted to get Alateen going, so I came to Assembly to meet other people who were doing Alateen. So I came to Assembly before I was ever a GR. I got a
little preview of what’s involved. Then I decided I’d better pick a group so I could be a GR. At some point I’m going to understand this job I have.

**Institutions**

Louise M. (Inst.Cood): You received several papers. If you’re interested in going into prisons, you need to get clearance, which is somewhat different for different institutions. Louise has the details. Going into prisons has changed my recovery. Doug: Related how being of service in the prisons has changed his own life and effected the inmates. We need locals to work in the prisons. Cindy shared about working in Recovery Centers; she started Al-Anon after hearing Joan speak at the one her son was in, and got into service right away. Yvonne: what does it look like to take a meeting to jail? God doesn’t call the qualified; he qualifies the called. Inmates are like Alateens: they watch to see if you are for real before they open up. Guidelines to maintain volunteer status: Be yourself. Don’t establish a façade or create special status for yourself. Express yourself genuinely. Mean what you say. Do not make a promise unless you’ve thought it through and can keep it. If you are fair and consistent, they will respect you. They will push to test your boundaries. Don’t compromise. Appropriate relationships: be friendly, but not overly familiar. Respect is key. Avoid feelings of superiority. Respond to the inmates’ interest in the program, not your own. I need to fill my needs before I go in. If you’re not sure you want to do this, come in and share your story as a speaker. They identify with men and women. Talk to Yvonne or Louise about trying it out.

John S.(Del): Louise is driving 2 hours one-way to get to the prison. How many people who live within an hour of these institutions can find a volunteer? Louise has worked tirelessly for at least four years to get this door open, now we have to walk through it and offer recovery. Please go back to your groups and get volunteers. More people are needed. Requirement: Minimum 2 years in Al-Anon. No need to have any particular experience.

**Ask-It-Basket:**

Can we all use the D14 “Broken Picker” ad? No, approved only for D 14.<<This is incorrect: Broken Picker was approved by WSO and any district can use it.

Non-profit? Each district can make itself nonprofit if it chooses.

Can we go into churches for outreach? Yes

Using professional financial people? Only requirement is to have been a DR, but we do have people with financial background, and use a CPA to prepare financial statements.

**Area Project- TEAM discussion - John S.**

World Service is replacing RSS (Regional Service Seminar) with TEAM (Toward Empowering Al-Anon Members). The major change is that we decide what they do, and they will help us—they will send 1 or 2 people from WSO at their expense. What we need
to decide on now is something that we can do early next year at the Marriott. Delegate from Utah called; they are planning a TEAM in Salt Lake City, please let John know if you want details and/or would like to go.

What do we want to do?
Split California into multiple areas?-WSO has started that conversation
Institutions
Alateen
Forum
Diversity
GR Boot Camp
Newsletter
Sharing of Service
Back to Basics
Public Outreach
How to join the 50-year conversation?

We can combine topics. We get to pick what we want WSO to bring to us. Discussion: I would really like to have a Diversity day, including young people: I’d like to spend a lot of time discussing how to get more diverse people in Al-Anon.
I’d want to take part in everything, but I think two things are missing: how to get more people to do service? And how do we actually attract rather than promote? Prioritizing this is difficult. How important is it? What do we want to accomplish? All the topics are great.
Question? Who is the audience? The seven states in the Southwest Region, all? This time it’s Northern California.
Mission statement, Vision statement: anticipate the future and ensure that we’re able to meet the needs.
Themes: Recovery/back to basics/sponsorship, tools, etc.; Back to the Future/Forum, technology, youth, 50-year conversation, mission; Series of Boot Camps/GR, Institutions, etc.
Alateen including electronics.
How do we charge for the program: discount for 2nd and third person in my car.
Process: put numbers next to each item and hand it back in.
Combine ideas, Together Everyone Achieves More.
Group for people of color, Native community.
Sponsorship.
Does not want to discuss splitting Area because it’s all moot until WSO acts, and then we need to talk with California South.
Need to talk about back to roots. Who qualifies to be a member?
Conversing with an older member helps new GRs learn the basics.
Use of non-CAL.
Each person get one or two votes.
Willing to work on committee? Needs names and email addresses. John is chair of the committee that puts the event together and talks to WSO.

**Open Positions**
Details

**Announcements**
Voting GRs present 171 Sunday

If you are in any position to accept money, like accepting registration funds, you must be interviewed by the Executive Committee and accepted as a financial assistant.

Raffle raised $391. NCWSA made $450, for NoCAC $363-thanks to all of you.

Reminder: the proper spelling of our program is Al-Anon.

A motion was made to close with the Serenity Prayer as well as the Declaration: the chair can do this at his discretion, and will do so—this did not become a formal motion.

**New Business**
Wendy: Holiday Event. Learned a lot in June. Santa Clara Marriott, December 19, 2009, 7-11 PM, $20 per person ($5 for teens). $59/night if you want to stay there. Dress up, families to come together, dessert bar (including chocolate fountain and no-sugar options), donation drawing, DJ/dancing, speakers. Al-Anon, AA, Alateen. The Present Is the Gift. Flyer in bins. Trying to keep costs down. No registration deadline so far, but prefer pre-registration. Forgot to put pre-registration info on flyer: will send out by email.

Motion to create a list-serve for all of NCWSA.
Moved by Art B., Seconded by Jim S.
To set up a members list server for use by NCWSA.
Motion withdrawn by originator; go back to your groups and discuss it.
Intended to be used for announcement, and be moderated.

Minutes respectively submitted by
Johanna MM
NCWSA Secretary