



Recovery Through the Steps  
Unity Through the Traditions  
Service Through the Concepts

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Topic: "Perfectionism"

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# Northern Hi Lights

*Al-Anon News from  
New York North Area, Panel 58*

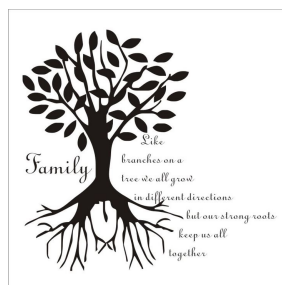
**SAVE THE DATE**

**MAY 4 - 6, 2018**

Hosted by Districts 5 & 26

## NYN Spring 2018 Assembly and Convention

OUR AL-ANON FAMILY



FIND YOUR ROOTS



SPREAD YOUR WINGS

AT THE HIGH PEAKS RESORT, LAKE PLACID, NY

### NHL Mission Statement

**Northern Hi Lights** is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. Content of each issue will include Service Reports from the Delegate and Officers and Coordinators of the Area; and pertinent Service topics from the World Service Office. Reports from Districts, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. **Northern Hi Lights** is not copyrighted. It is not Conference Approved Literature.

#### Submissions: Email by the 15th of the month prior, to:

[newsletter@nynafg.com](mailto:newsletter@nynafg.com) When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (See your Service Manual for more information). **Announcements should be submitted at least 6 weeks before event date.**

**Subscriptions: Suggested donation of \$10/year when possible (see back page):** All Al-Anon members are encouraged to subscribe (electronically if possible) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless there are instructions for a specific Group Mailing Address.

**For more information visit the following websites:**

New York North: [www.nynafg.com](http://www.nynafg.com)

WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

## NYN Chairperson

Dear NYN Friends,

This month's theme is "Perfectionism." This is a great topic for me to be looking at. Before I began my journey in Al-Anon I was often paralyzed by my perfectionism. I did not want to take on anything that was new to me. If I didn't know that I could do it right the first time I did not want to do it.

If I was doing something new I poured my whole self into what ever I was doing. I had to give it 100% so that there would be no errors. I knew everyone was judging me and what I did. I was so afraid I wouldn't get things right. I think about all the things I missed because I would focus on just that one new thing. So sad.

Al-Anon has helped me to realize that I do not have to be perfect; that I don't even have to be close to it. One place I have grown with this, is in Service. You have all let me grow and try new things. There have been jobs I never thought I would try, such as Secretary. As a person who was never good at spelling, you can imagine the terror in being secretary. You would see my weakness and think less of me. Not only did I find that you never did, but I also found spell check!

Now my new service position is Chairperson. I still think about whether or not I will do the job correctly, but now it does not prevent me from trying. Last month's theme was "together we can make it." I know I can take on new duties because I don't have to do this alone. I can talk to others, including my service sponsor. I know that things will be OK if I just let go.

As with everything else I have learned, it is just one day at a time. My fears no longer prevent me from doing new things. I still want to do things the best that I can, but I know I don't have to be perfect.

Gratefully in Service,  
**Ruth S.**

## Newsletter Editor

Patti M. (Group Records) has let me know that we now have 45 hard copy and 585 electronic subscriptions for the *NHL*.

I appreciate everyone's efforts to get their articles to me on time and to submit an article even if they don't have much "news" to report. This is how we grow together and keep NYN Area strong and vibrant. **We have 99% of reports submitted for this issue - (almost perfect)!!**

It has been a real pleasure to be your interim editor. I think it is going to be an exciting 3 years for Panel 58.

**Gwenne R.**

### **SENDING DONATIONS TO NYN**

*Please send by  
check or money order.*

**DO NOT SEND CASH!!**

*Make payable to:*

**NYN Area Assembly**

**P.O. Box 2183**

**Syracuse, NY 13220**

*Please include group's registered  
name*

### **District #3 Annual Day of Sharing**

Bloom in Al-Anon: Progress Not Perfection

**Saturday, April 28, 2018,**

9:30 am-2:30 pm, Donation \$4

N.S.E.A. Office, 210 S. Main St.,

N. Syracuse 13212

## Panel 58 NYN Delegate

March came in like a Lion and – Molly became a NERD! Who would've thought that? Not me. NERD – the North East Regional Delegates Conference was March 9-11. My "getting ready for" the WSC – the World Service Conference.

I met many delegates, current and past. They are like any other Al-Anon members – welcoming, accepting, willing to share their own experience strength and hope. When they asked if any Area had a TEAM event, I got up and spoke about NYNAC our TEEN event. Thus, I proved I am not perfect. And no one pointed that out or fired me! Not one Delegate admitted they had reached perfection! They are like me. Doing their service work as best as they can.

The WSC will be held in a few weeks, April 15-21, 2018 in Westchester, NY. I have been assigned to the Workshop—"How to Chair a Dynamic Breakout" during the Conference. The mentor assigned to me is Norma F. from Alberta/Northwest Territories in Canada. I can't wait to meet her during conference registration.

NYN, thank you for your help. Peace ...**Molly C.**



## Group Records

There is nothing new to report in the world of Group Records. I continue to learn each time someone emails a request or a question. I am so grateful that Al-Anon members accept my lack of perfection.

I am regularly reminded of how foolish I am to attempt perfection. I began this position in January with a goal of a shelf of brightly covered 3-ring binders, each neatly filed with all necessary information. My reality is that piles of papers are scattered over my bedroom floor, empty binders sit in the corner, a stack of "pending" notes are on my desk. Some days the piles dwindle, some days the piles grow.

I know I will never do things perfectly but I am making progress. Thank you all for your patience and kindness. See you at the AWSC!

**Patti M.**



## Web Coordinator

As I look forward to my first AWSC meeting this month, I anticipate that I will be anxious about performing my duties as Web Coordinator during this meeting. I am so glad that PERFECTIONISM will not be an expectation of mine at this first meeting, or any meeting during my three-year commitment. Before the ASWC Meeting, I will chair a Website Committee Meeting and my anticipation is to be open and willing to listen to everyone attending. For this first meeting, at this time, I have only one agenda item, but others will come to share their experience and hopes for this important Public and Membership Outreach tool. This morning I posted my first Officer Report to the website. After carefully reading the directions given to me, I had problems with correct format, file naming, and uploading. A solution to each problem was just part of a computer puzzle I solved using the outdated knowledge I already had.

Perfectionism can be the problem which leads me to more anxiety, and to forget the knowledge that is part of my current experience.

**Nancy P.**

## Public Outreach

Hello NYN Family,

Wow, we are in April already. Our topic is “Perfectionism.” Can I relate to that? Oh yes! Fear of making mistakes paralyzed me for a huge portion of my life. When I made errors and someone pointed out to me the errors, I was embarrassed and struggled to make it all perfect again. I have made many errors in judgment or in relaying information in my various service positions, but here I am, still alive and still functioning. Thank you for loving me through my mistakes and helping me to continue to grow and remember, “practice makes progress” and “progress not perfection”!

So, my error for the beginning of this term was to overlook ordering ***Al-Anon Faces Alcoholism 2018***. I will purchase some from my District to have at the Spring Assembly/Convention. I have a lot of 2017 copies. The information shared is always current, no matter what year it is. Try making address labels with local meeting information, contact number or local website info. Put the label over the date and encourage members to distribute the magazine. **This has been the most successful member participation outreach project in our history.** Let's be certain it continues.

The goals of ***Al-Anon Faces Alcoholism (AFA)*** are:

- to help potential Al-Anon members get past the obstacles typically faced before reaching out for help, i.e., denial, shame, embarrassment, anger that they have a problem not me, etc.
- to let potential members know we understand
- to give comfort and offer a possible solution
- to give potential members basic information about Al-Anon and Alateen and let them know we will be there if and when they want help

**There are guidelines for submitting a sharing for the 2019 AFA that I will have at the Assembly. Now is the time to remember what it was like to be a newcomer. Let that inspire you to write the words that may encourage someone to try a meeting.**

See you in Lake Placid in May. Last time we were there, the weather was amazingly warm to start and on the Sunday we left, it snowed. Come prepared for either. It is a beautiful part of our Area...and the fellowship is always the best!

LIS' (Love in Service), **Connie D.**



## Archives

Perfectionism: I used to believe I could not do anything perfectly. This thought fostered the pattern of never trying for goals; that way I could not fail. Hence, no disappointments that way.... Coming to Al-Anon; with the awareness, guidance and the choices that became available to me through meetings and the literature and my higher power; I was helped, in time, to step up to service in many different ways. The only requirement was I needed only do my best; no one was looking for perfect. I began to believe and understand that this is how it works.

I am so excited to be Archives Coordinator, knowing that I have time to learn, and possibly set some goals for myself over the next three years, with my fellow members who have served before me, to help along the way. I too become part of the whole, just as I am. Thank you for this opportunity to share, **Susan J.**

## Literature Coordinator

This month has been a productive one for me. While preparing a skit for our District's annual Day of Sharing, I came across a skit entitled, "Amazing Al-Anon Literature." Since we were looking for an appropriate presentation, I dove right in and found it fit perfectly for our needs. The best part of the process is that it gave me the chance to look very closely at over sixty pieces of our CAL (Conference Approved Literature) material. With a perusal of the books, pamphlets, bookmarks, and other resource materials, I have become better acquainted with the pieces of literature that can help all of us in our individual approaches to recovery.

The topic for this month is "Perfectionism." Wow...does this theme hit close to home for me. I have frequently been referred to as a perfectionist, and I have to swallow my pride and admit that this is one of my character defects. I used to love to hear several celebrities refer to perfectionism in this way: "People who think they are perfect ruin it for those of us who are;" **OR** "It's hard to be humble when you are perfect in every way."

Before I found recovery, I felt the need to be just that. I needed to be a model of perfection, and God forbid if I did anything that resulted in a chink in my perfect armor. I had to be the perfect teacher, the perfect son, the perfect brother, the perfect husband, and the perfect father. As you can guess, I fell short right across the board.

Now, the program has helped me to get off my high horse and admit my imperfections to myself and to everyone else around me. I can now say that my motto is "Progress Not Perfection." I do my best, and that is all that I can ask of my Higher Power, my family, and my friends in Al-Anon.

With love and thanks, **Mike R.**



## Alternate Delegate/Forum Coordinator

Hello NYN,

Since taking this position, I have welcomed three new groups, the last one personally, as it is inner-city Rochester, in my district. My wife and I plan on attending their next meeting.

Perfectionism is in my past. After marrying my wife, I volunteered to make our kitchen table. Then fear struck. I would wake up thinking that when people saw it, they would see what a lousy job I'd done. I dragged my feet, and it took a long time to make the table. When it was finished, around Christmas, it didn't look too bad; and one of the guests actually laid on the floor, dressed in Sunday best, so he could check the underside of it.

When my sons married, they wanted tables made by me as wedding gifts. My younger son didn't just want a table, he wanted to help me make it. Later, he made one, and sold it. My table total, after that first one is eleven; with four in our house, and the others being gifts to family and one to my wife's best friend. I have a newfound daughter, as I chronicled earlier, and I definitely want to make at least one more, for her.

They are all "seconds" in my mind, none perfect, but the cherry wood they are made of is beautiful, and even I like to look at them.

Now, when I make a mistake, I laugh at myself, and accept being human. But when my wife makes a mistake, she'd rather I didn't laugh.

**John O.**

## February 2018 NYN Financial Statement

Beginning Balance 1/31/18	\$22,218.10
Receipts	\$ 1,110.00
Bank Service Fee Feb 2018	(\$ 2.00)
Disbursements	(\$ 254.50)
<b>Ending Balance 2/28/18</b>	<b>\$23,071.60</b>

Reserve Fund 1/31/18	\$10,373.20
Bank Service Fee 2018	(\$ 2.00)
<b>Reserve Fund Balance 2/28/18</b>	<b>\$10,371.20</b>

<b>Mutual Funds Est 2/28/18</b>	<b>\$ 2,977.23</b>
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### Receipts: Group #

Webster Monday	\$ 20.00
Serenity Circle - Hamilton	\$ 25.00
Monday Noon - Amherst 30582963	\$ 40.00
Cadyville Al-Anon 4314	\$ 100.00
Wed AM Binghamton- 1st qtr. 2018 9612	\$ 15.00
Chittenango 9677	\$ 15.00
Maryvale Thurs. Evening (meeting closing) 3960	\$ 25.00
Unknown Group 9681	\$ 10.00
Unknown Group ????	\$ 35.00
Cortland AFG 9696	\$ 50.00
A Better Life AFG - Utica 0025635	\$ 35.00
Canandaigua Monday Noon 0024271	\$ 50.00
Living Today AFG 0032150	\$ 10.00
We Are Not Alone AFG - Albany 38151	\$ 210.00
Rewards to Recovery Thurs AM- Tonawanda 30503119	\$ 40.00
Legacy Study Group 42113	\$ 25.00
Serenity Seekers - Wed. Webster 501783	\$ 25.00
AFG Friday- Unknown ????	\$ 30.00
Rochester Hope for Today 53134	\$ 100.00
Thursday Night Elmira 9729	\$ 50.00
District 14	\$ 50.00
Keep It Simple Group 66096	\$ 15.00
Caring & Sharing - Feb & March 9763	\$ 30.00
Sidney AFG 10302	\$ 10.00
Sunday Serenity AFG 502623	\$ 25.00
Wed Night 7 PM Greenwich 502459	\$ 30.00
<i>Northern Hi-Lights</i>	\$ 40.00
<b>Total</b>	<b>\$ 1,110.00</b>

### Disbursements

New York State Fair Liability Insurance Ck # 1291	\$ 116.00
Feb 2018 NHL Printing Ck # 1292	\$ 49.00
Annual Web Hosting & Domain Name Fees Ck # 1293	\$ 89.50
<b>Total</b>	<b>\$ 254.50</b>



## Secretary

Greetings from your NYN Secretary,

**Perfectionism:** My AI-Anon recovery suggests to me that growing up with a problem drinker, I possess the character defect of striving to be perfect! You have patiently taught me to let go of fears attached to this defect. I keep the focus on myself, avoiding the urge to take things personally; instead keeping them in perspective.

As I work my program, I focus on my own personal **Progress** in daily life. Facing the prospect of my first AWSC meeting and my first NYN Spring Convention as your Secretary, I am concerned that I will not measure up to the task. I will "Spread my Wings" with you at High Peaks in Lake Placid, NY and try to remember that you will be there to support me and that it is OK to ask for help.

Remembering that you recognize my willingness to serve in my imperfect state, I will treat myself with gentleness. I am grateful for the unsolicited kindness, love, dignity and respect I receive in AI-Anon.

Best, **Kathy M.**



## Convention Coordinator

Hey NYN members,

Here are the upcoming conventions and host Districts:

- **Spring 2018** District 5 & 26 - May 4-6 @ High Peaks Resort, Lake Placid
- **Fall 2018** District 15 - September 21-23, 2018, Comfort Inn and Suites, North Syracuse
- **Spring 2019** Districts 29 & 25 - May 17-19, 2019, Rochester, New York
- **Fall 2019** District 21 - Comfort Inn and Suites, North Syracuse

**We are looking for host Districts for 2020 and beyond.** You don't have to do it alone. As you see, some Districts pair up. Also, you will have the ESH of NYN. There are some guidelines on the NYN website that lay out some of the basics. Just like recovery, we are all here to support each other. From my own experience of being chair of a Convention Committee, I can say we certainly do not do it perfectly; I had some issues along the way, but the end result was very rewarding. I learned a lot about myself and my recovery. I am better for doing it.

If your District is interested in hosting a Spring or Fall Convention, or have any questions about it, just send an email and I will be happy to share my ESH on it.

That leads into this month's topic of perfectionism. As I said, we did not do our convention perfectly, and I was going to start by saying perfectionism is not something I deal with. Ask anyone that gets an email from me, look at the repairs around my house, and I am sure the *NHL* editor can tell you about my articles. But as I thought about it, perfectionism does show up in my profession. I will spend way too much time formatting a report and the graphs within it. I don't spend that time on the actual writing, but all the headers, figures, captions, and table all have to be consistent throughout the report. As I think about this, it is reminiscent of my life before recovery: Make everything look pretty on the outside, so you don't really see what is actually going on.

Yours in Service, **Kevin M.**

## Alateen Coordinator

Most Valued Friends,

On February 10, I participated in the WSO's New Area Alateen Coordinators' Web Conference Call. About 12 Area Coordinators from USA and Canada signed in. I learned mucho.

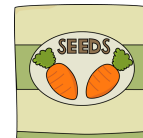
On March 10, Walt arranged a NYN Alateen Guidelines Committee Conference call. Four of us finished updating AMIAS requirements and Alateen Guidelines. We also discussed insurance prices and ways to reduce the cost of background checks. The WSO will hold another Web Conference Call on March 17, 2018. This one will be about AMIAS re-certification.

As to PERFECTION in my life: Here are my thoughts on "Together We Can Make It," since I very imperfectly missed the March deadline for NHL. This slogan is one of Alateen's most relied upon. Our First Tradition states that unity is necessary for the progress of each of us in our program. When I participate in our District's outreach to perspective AI-Anon members visiting their loved-ones in a rehab, I always stress that AI-Anon is a "mutual-help" program. Even though we work on ourselves and change our attitudes, perceptions, and actions, it is not in a self-help manner. We all know how trying to cope with someone else's compulsive drinking all by ourselves affected us.

I appreciate how the experience, strength, and hope of my fellow AI-Anon members have aided me in my recovery. My sponsor "guided" me into service early on. Now I am even more convinced that we "never have to do a task alone."

Guidance from the good people at the WSO, helpful past and present NYN servants, dedicated Alateen group sponsors and enthusiastic Alateens keep showing me: "Together We Can Make It!"

Keep coming back to keep growing, **Sandy A.**



## Area Alateen Process Person

Greetings NYN,

The first two months of 2018 have been devoted to learning the job of Alateen Area Process Person. I have taken two training sessions over the phone. Both sessions explained how to use Online Group Records, a web based application. This tool is used to re-certify an AMIAS, add or inactivate an AMIAS, open or close a group, and keep all the Alateen information current.

I have had the privilege of opening a new group in Hamburg, District 23. Three new AMIASs also joined Alateen. It sounds like a good start to the year.

In early April, the yearly certification process for existing AMIAS begins. I know that with help from Walt S., my predecessor, and WSO, this process will go smoothly.

There is no place in this position for perfectionism. Perfectionism isolates and paralyzes. WSO well recognizes this. In the first training session, one of the topics addressed was how to make a correction in case of an error. Clearly, this job is a good fit for me. As with all trusted servants, I do the best that I can. In AI-Anon, I learn to ask questions or ask for help. As I grow in this position, I trust that I will have fewer questions and make fewer mistakes. It is "progress not perfection" that makes it a joy to serve.

Yours in Service, **Mary Beth G.**



## Presentation Coordinator

This is my first contribution to *Northern Hi Lights*. I feel honored to be a part of Al-Anon in this way and to give service.

**First, I would like to invite you to participate in adding some fun to the NYN Spring Assembly on May 4<sup>th</sup>-6<sup>th</sup> in Lake Placid.**

I volunteered to be the new coordinator of the Presentation Committee in honor of my mother. She was a woman who knew how to have fun and enjoyed sharing it with others! However, I will not be attending the Spring Assembly because I will be out of the country for family travel. So... **I need some creative, energetic, and FUN people to help form a committee. This won't be hard or painful... I promise. It's just 30 minutes to fill! Does the theme "roots" and "wings" bring any activities to mind for you? You can email me at [presentation@nynafg.com](mailto:presentation@nynafg.com) if you'd like to join up.**

Second, my thoughts on perfectionism.... I have always known I'm not perfect, as I mess up even when I try. I'm known in my family for being a clutterbug and forgetting/misplacing things often. However, what I've discovered in the program is that I react very strongly to criticism. When faced with it, I immediately feel anger swell up inside me and start to defend myself in a desperate way. I feel judged and caught off guard.

Within my home growing up, criticism was a tool used to create anxiety. It was a way to get you to "be more perfect." Today, I still struggle with not meeting other people's expectations. I am trying to accept that I just won't and that I don't have to "take offense." One day, I hope to not react at all, and detach and tell myself it's just another person's opinion or preference. In my own family today, I would like to eliminate criticism and instead, have conversations where ideas, hopes, concerns and disappointments are fully discussed and explained.

**Danae K-R.**

**Next Issue's Topic: Gratitude  
Deadline for submissions: April 15**

## NYNAC Coordinator

I cannot thank everyone enough who has supported our teens. I am saddened to see our groups getting smaller and some closing. On the other hand, some are growing!

The theme for the 2018 NYNAC has been chosen and the artwork is done! This year's theme is "Progress Not Perfection." I love the artwork and I would like to share it, but I am unable to scan it at this time. Maybe next article. As soon as the location and dates are finalized, I will have it added to the artwork. Once that is all done, I will begin to take orders for T shirts! Yes, this is a NYNAC fundraiser. Please support the teens.

The location still has to be decided. A few of us will be going to visit Hope Valley (just outside of Corning). The cost is much less, but they do not have "indoor plumbing" in the cabins, which may be a problem for anyone with mobility issues. There is a bath house, but without a site visit, I am not sure how this will work out.

I have contacted Vanderkamp, and they will be sending me a price quote on just the two cabins we traditionally use. We have to pay "per person" above and beyond the cabin costs. I am hoping to have this pricing by March 24<sup>th</sup> for the AWSC meeting.

Yours in service, **Leslie C.**

**\*\*Alateens must have notarized permission slips / medical release forms and adult supervision\*\***

**NYN AFG 2018  
Spring Assembly / Convention Registration Form**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City / State /Zip \_\_\_\_\_

Phone Number: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Cell Phone: ( ) \_\_\_\_\_

Are you a new Group Representative? \_\_\_\_\_

Are you a new District Representative? \_\_\_\_\_

Are you registering as Al-Anon \_\_\_\_\_ Alateen \_\_\_\_\_ AA \_\_\_\_\_

Are you here to attend the Convention? \_\_\_\_\_

Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators) \_\_\_\_\_

**\*All are welcome to attend the Assembly meetings.\***

Early Registration (before 3/30/18) \$15 \_\_\_\_\_

Full Registration (after 3/30/18) \$20 \_\_\_\_\_

Alateen Registration: \$12 \_\_\_\_\_

Dinner Banquet: (Deadline 4/15/18) \$35 \_\_\_\_\_

Donation to Hospitality \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

**Make Checks Payable to: NYN AFG 2018 Spring Assembly / Convention**

**Mail to: NYN AFG 2018 Spring Assembly and Convention  
P.O. Box 5015,  
Massena, New York 13662**

Do you know whom to contact with an Al-Anon issue?  
 Unless this is a personal subscription, this copy belongs to your group.  
 Please share it with them, and make each issue available at your meeting.  
 To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Molly C. <a href="mailto:delegate@nynafg.com">delegate@nynafg.com</a>	<u>Group Records</u> Patti M. <a href="mailto:records@nynafg.com">records@nynafg.com</a>	<u>Archives</u> Susan J. <a href="mailto:archives@nynafg.com">archives@nynafg.com</a>	<u>Panel 37 Past Delegate</u> LaVaughn R. <a href="mailto:delegate37@nynafg.com">delegate37@nynafg.com</a>
<u>Alternate Delegate</u> John O. <a href="mailto:altdelegate@nynafg.com">altdelegate@nynafg.com</a>	<u>Literature</u> Michael R. <a href="mailto:lit@nynafg.com">lit@nynafg.com</a>	<u>Alateen AMIAS</u> Mary Beth G. <a href="mailto:amias@nynafg.com">amias@nynafg.com</a>	<u>Panel 34 Past Delegate</u> Sherry B.
<u>Immed. Past Delegate</u> Diane C. <a href="mailto:ipd@nynafg.com">ipd@nynafg.com</a>	<u>NYNAC</u> Leslie C. <a href="mailto:nynac@nynafg.com">nynac@nynafg.com</a>	<u>Panel 52 Past Delegate</u> Ruth S. <a href="mailto:delegate52@nynafg.com">delegate52@nynafg.com</a>	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased)
<u>Chairperson</u> Ruth S. <a href="mailto:chairperson@nynafg.com">chairperson@nynafg.com</a>	<u>Public Outreach</u> Connie D. <a href="mailto:po@nynafg.com">po@nynafg.com</a>	<u>Panel 49 Past Delegate</u> Elaine R. <a href="mailto:delegate49@nynafg.com">delegate49@nynafg.com</a>	<u>Panel 28 Past Delegate</u> Mary G.
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