



Recovery Through the Steps
Through the Traditions
Through the Concepts

Unity
Service

Inside This Issue

Topic: My Serenity

Table of Contents:

1. Area Delegate
2. Alternate Delegate, Area Chairperson,
3. Public Outreach Coordinator
4. Treasurers Report
5. Archives Coordinator, Alateen Coordinator
6. Immediate Past Delegate
7. Area Secretary, Around New York North, Newsletter Editor,
8. NYNAC Coordinator, Presentation Coordinator, Group Records Coordinator
9. Receiving Group e-News?, Al-Anon Acronyms
10. Fall Registration Form
11. Contact Information
12. Subscription Form

Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Technical Support: Pat H., District 2

Northern Hi Lights

Al-Anon News from New York North Area Delegate Panel 55

Hello NYN,

What a wonderful weekend at the Spring Assembly. It was so nice to see so many people attending. Some districts had more people than I have seen in a while. So sorry if you didn't come as you missed some very interesting presentations, and a wonderful banquet speaker. As part of my duties as the Delegate at the Assembly I am asked to find answers to questions you placed in the Ask-It Basket. Some of the questions and answers were as followed:

Q. When the rollcall is read and the Secretary Report is read, could we say which area this covers, example; District 1, Buffalo.

A. - There is a map that can be printed out on the NYN Website (with boundaries) that can be used for this information.

Q. What does calling the WSO phone number (888- 4AI-Anon) get you?

A. It gets you a live person who can give you a meeting location for the town you are in. (Monday-Friday) they can have someone in your area call you, if you want to talk to someone regarding a personal issue. On the weekend, you would have to go to the WSO website to look for a meeting.(Delegate continued on pg.2)

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, 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

When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 Service Manual). **Announcements should be submitted at least 6 weeks before event.**

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 we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

(Delegate continued from page 1)

Q. Why it is necessary to read long reports versus refer to website or have paper copies for all.

A. It is necessary as this is a historical document for our Area. People whom attended this meeting are able to decide if this is a correct record as to what happened at the Assembly that they attended. It would be very costly to print copies for all whom attend the Assembly. If you want a paper copy, you may print a copy from the New York North Website.

Q. Can the Two DVDs (Lois and Lois and the Pioneers) be purchased instead of renting?

A. No, because of the copyright law. If it was made available commercially, the company who produced it would want the copyright.

Q. Do previous district representatives receive AFG Connects?

A. No. is only available to current DR's.

Q. If we chose as an Area to host the "Meet the Board" meeting, could we, or would we, have more areas outside NYN be involved in hosting it?

A. No, we would have to submit and be responsible for being the host, but we could invite others to participate if we were selected as the host.

Q. Does Al-Anon get profits from the sales of Al-Anon books offered as audio books on the site mobile.audio.com? If not is this legal?

A. I don't think so, but will have to inquire from WSO. This is something that they would have to look into as they hold the copyrights for these books.

Q. How can we, or do we, have outreach to family member of patients in rehabs or detox centers? Is Al-Anon material there for newcomers?

A. Contact our Public Outreach Coordinator (PO@nynafg.com). She will help you to figure out a plan to carry the message to these people. You can also purchase pamphlets or other material to take to these facilities to share with the families).

Please feel free to contact me or any other officer or coordinator (our contact information is available in *Northern Hi Lights*) anytime you have a question, and we will do our best to help you.

Diane C.

Alternate Delegate

Hello NYN,

As I reported at the Assembly, I have welcomed 3 new Al-Anon groups and 1 new Alateen group to our NYN Area since the beginning of the year. As corrected, 2 groups are in District #28 and 1 in District #22. The Alateen group is in District #9.

We had a wonderful time at the Assembly in Albany, NY, this past weekend. We took care of a lot of business, but we laughed a lot, too. The Concept Quiz got us all fired up and laughing, and I feel like I understand better how The Concepts apply to my recovery.

I am on the AWSC Revisioning Committee. We met briefly on Friday evening to discuss what is working and where we want to go at our Area World Service Committee meetings. Our goal is to make suggestions for how we can best utilize our precious time together at these meetings.

My Favorite Slogan: is "Listen and Learn." Maybe this is because I am working on being a better listener. Also, my recovery began, I believe, when Al-Anon members really listened to what I had to say. I was no longer invisible and unimportant. I only had to share what was real for me and that was enough.

Thank you,

Gwenne R.

Area Chairperson

Hello NYN!

We just finished doing the business of Al-Anon at the NYN Spring Convention at the Desmond Hotel in the Albany area. The host committee did a fantastic job of making us feel welcome and keeping us organized and comfortable. At the Assembly, we heard the Delegate's report, revised some service position descriptions and approved a guideline to use if a trusted servant is unable to fulfill the responsibilities of their position.

Diane, our Delegate, reported that some positive changes are occurring at the World Service Conference and Office that will hopefully help support our efforts to carry the message to the

families and friends of alcoholics. We had a very deep discussion on the benefits of keeping or deleting the St. Francis prayer on the *Just for Today* piece of literature. I was so impressed with the varied opinions and the calm, serene voices of our Assembly members as they expressed their opinions on this topic. I heard that the convention workshops were great too. One member told me it was like being immersed in an all-day Al-Anon meeting. We learned a lot about the Twelve Concepts of Service and found out how important it is to harmonize – HUMMMM! I'm sure Ruth will tell you all about the State Fair booth in her article. It's not too early to start planning and encouraging volunteers to help support the booth at the State Fair. August isn't that far away. The topic for the month is my favorite slogan. I don't know. I like several. My first favorite slogan was "Easy Does It" because it was my nature to retreat and withdraw. That's not what this slogan really means, but at that time, I had a ways to go to improve my mental health and it helped me boost my self-esteem by thinking that I could apply one of the principles of the program in my day-to-day life! "First Things First" comes to mind as the one I most consistently use to keep me focused on what is my immediate responsibility and what can wait. Often at night, I think about what's coming up the next day. But when I get up in the morning after a good rest, I often change course and do what really is first, rather than what I imagined the night before. I would like to suggest that "NUTS - Not using the Steps." be approved for use in our literature, as that slogan speaks directly to my mental condition when I forget to apply the Steps to whatever is going on in my life that's causing me distress.

Susan A.

Public Outreach Coordinator

Hi Everyone,
Thanks to all in Districts 7 and 8 for a wonderful weekend.
I will keep it simple this month and mention just a few things:

- The NY State Fair will run from August 25th through September 5th. Sign up will begin on Friday June 3rd though our NYN website nynafg.com.
- AFA's (Al-Anon Faces Alcoholism) 2017 orders must be in by Wednesday, July 6th, 2016. Orders will be shipped by September 1st, 2016.
- A reminder: if you see a public service announcement (PSA) on TV or hear one on the radio, consider sending a thank you note to the station. Perhaps stations will tend to play Al-Anon PSA's more frequently.
- The position of AIS Public Outreach Committee Chair is open in Syracuse and Buffalo. Please let me know if you might be interested in helping carry the message of Al-Anon Family Groups.
- September is National Recovery Month. There will be a two day event at the Hilton Garden Inn of Troy. The dates are Wednesday, August 31st, 5 pm to 9 pm, and Thursday, September 1st, 9 am to 6 pm. We are in the process of learning more about this event and when we have more information I will pass it along.
- I'm thinking that it might be a good idea for all of us involved in outreach to keep a notebook of events held, literature costs, contact people, and phone and email addresses. This way we can pass information on to those coming after us.

Our topic this month is "My favorite slogan." Just for today I have no favorite slogan. Yet how important is it? I may have to go sloganless, to let go and let God. Can I do it, one day at a time? Think! I will keep an open mind and let it begin with me. I seek progress, not perfection. Together we can make it.

Pat H. (po@nynafg.com)

Treasurer's Report

Hello, NYN Family!!

By the time you read this, the 2016 Spring Assembly/Convention will have been held and memories made. I would be remiss if I didn't mention that one of my fellow District 5 attendees (attending her first Assembly EVER), realizing the importance of NYN's pig, risked life and limb and raced back up the stairs to SAVE OUR PIG from becoming BBQ!!! Thank you for your life-saving tactics!

Since the previous newsletter, the following donations have been received:

Group Name	Gr #	Amt
Concord	62659	10.00
Chittenango	9677	30.00
District 21	n/a	75.00
Keep It Simp Ithaca	66230	10.00
Bemus Pt	30524821	45.00
Meeting Closeout	3065394	35.00
E Amherst	9711	50.00
Tues Courage	48141	20.00
Keep It Simp Sodus	10307	10.00
Chittenango	9677	37.00
St Mary's Oswego	UNK	50.00
Dianne R	Personal	32.00
Courage to Chng	40971	25.00
7 th Tradition Ass'y	n/a	169.50

There were NO paid subscriptions to *Northern Hi-Lights* since the last report.

The following expenses were paid:

Susan A	\$ 69.93
Desmond Hotel	2834.00
Bank chg for cks	14.45
Walter S	140.17
Gwenne R	56.75

Current Balances are as follows:

Regular Checking	\$10,962.33
Reserve Checking	8,822.90
Sage Ruddy Mutual Fund	2,735.42

The topic this month is our favorite slogan. I don't even have to think about it....my favorite slogan is "THINK." When I first came into the program and heard "Think," I instantly thought of a Smokey the Bear poster that had think thinkthinkthinkthinkthink written all around Smokey and his shovel, except for the very last word on the poster....THANKS. The visual for me was thinking about my actions that might prevent a forest fire, and having Smokey the Bear thank me! So if I could THINK before I acted or said something mean or hateful or stupid, I could THANK myself for not having to apologize for my faux pas later!! Then when I heard, "Is it Thoughtful? Honest? Intelligent? Necessary? Kind?" WOW!!! Another visual!! If I took the time to ask myself those five words, I often gave myself the time to NOT say something, or to rephrase it so it wasn't unkind. I even used this with children, giving them something to THINK about before they acted impulsively. I just love this slogan!! Great topic, John!! Thank you for making me THINK!!

Hugs,

Linda A.

SENDING DONATIONS TO NEW YORK NORTH

Donations should be sent by check or money order. DO NOT SEND CASH!! Make payable to:

NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

Add Group's registered name and Group's ID Number (Very Important)

Archives Coordinator

Hey NYN members,

I hope everyone who attended the 2016 Spring Assembly/Convention that was held in beautiful Albany, had a good time. I know I did. For the Spring Assembly/Convention, I put together a display of *The Forum* from past years. The Archives has *Forum's* starting from 1969 to 2008. I would like to get copies of *The Forum* up to 2016. So if you have extra *Forums* you would like to donate to the NYN Archives, please email me, archives@nynafg.com. Also, in thinking of an idea for the Spring Assembly/Convention, I was hoping to put a display together of photos of past NYN events. Turns out there are not many in the Archives. It would be nice to start gathering photos that may be spread around the NYN area, so if you or your group have any photos from past NYN or your group events you would like to donate to the Archives, again please email me. This month's topic is My Favorite Slogan. This has changed over my recovery. In the beginning it was "Let Go," forgetting the "And Let God." That did not work so well for me as I did not let go. Once I started to hear the message, "Let Go and Let God" became my mantra. It really did help me in letting things go that were not in my control (pretty much everything!). Today, "How Important Is It" is the one I invoke the most. I use it when deciding where to focus my energy. Between my work, my recovery, my service work, and my social life, it can become overwhelming. So I take a breath and think about all that needs to be done and think "How important is it?" That really helps center me, and then I can do the next indicated step. Yours in Service

Kevin M.

Alateen Coordinator

I just attended my second Spring Assembly, in Albany, which was fantastic. I got to see so many friends that I only see twice a year. Since my last article we now have a new group at Rome Free Academy in Rome, NY. Also, I am still in the process of recertifying sponsors and AMIAS's (Al-Anon Members Involved In Alateen Service) in New York North (NYN). All recertification forms should have been returned to me by May 31st. If you haven't sent me your form do it now, otherwise you could be inactivated for failure to comply.

I will be sitting with MaryBeth G. from the Friday Night Alateen Group in Camillus, to review the current training module for NYN and make any necessary updates. I also requested a copy of Iowa's Alateen Training Module from their Alateen Coordinator. MaryBeth and I will review their module against ours to see what they've included and maybe get some new thoughts or suggestions for New York North as we continue to review our Safety Guidelines. It is my goal to conduct training classes for all AMIAS's in NYN over the next year. It is important that all AMIAS's are kept up to date on the requirements they must meet to become and maintain active certification, their responsibilities as sponsors in Alateen Meetings, at Alateen Conferences as well as NYN's Safety and Behavioral Guidelines.

Based on numerous questions I have received from DR's and Group Sponsor's I have put together a New York North Alateen Handbook. I distributed the handbook to all District Representatives at the assembly and will mail a copy to all active Alateen Groups in NYN by the end of June. The handbook includes information for:

- Becoming an AMIAS
- Starting an Alateen Group and completing the GR3 Form.
- Safety Guidelines for Alateen both from World Service and current Safety Guidelines for NYN.

- Guidelines from World Service pertaining to Alateen Conferences and participating in Al-Anon and AA Conventions.
- It will also include a copy of the training module once it is updated and completed.

I am also looking to schedule a NYN Alateen Public Outreach Meeting. I am hoping that many of our sponsors and teens will attend. The meeting will focus on how we can improve our connections with schools, media, clergy and medical professionals. One of the things we will discuss is creating a challenge for each Alateen Group to create a poster that will inform other teens whose lives are being affected by someone else's drinking that there is a place for them to go for help. The best poster must be sent to World Service for final approval before we can publish it. I think it's important that we are all doing it together in the same way. Put on your thinking caps and come with your suggestions.
Love in Service.

Walt S.

Immediate Past Delegate

Dear NYN Friends,

I have said in previous articles that New York North will again be at the State Fair. The Fair will be held from August 25th through September 5th. This year our booth will be located in the Science & Industry building. I think this will be a much better location for us.

We will again be manning the booth each day of the fair from 10:00 AM to 10:00 PM. There will be four 3 hour shifts, 10:00-1:00, 1:00-4:00, 4:00-7:00 and 7:00-10:00. We will need two volunteers per shift. This is a total of 96 people.

Signup will be the same as last year. Visit the NYN website (www.nynafg.com). On the home page there will be a link for the fair. Click on this link. The next page will give you all the

details you need. At the bottom on this page you will click on the link that will take you to Volunteerspot. Here you will be able to sign up for the shift (or shifts) you want. You will be asked for your name, address and phone number. Please be sure to provide, so that we can get your ticket to you.

Registration should begin on Friday, June 3rd. Please try to sign up before August 1st. We want to be able to get tickets to everyone in time. You will be able not only to sign up using Volunteerspot, but if you need to cancel a spot, you can also do that using this program.

We will need some people who can volunteer to cover spots at the last minute, i.e. someone gets sick and can't work. If you can do this please email me at ipd@nynafg.com with your name and phone number. You may have to pay your admittance, but you will be reimbursed.

All of this was reported at the Spring Assembly. My report is on the NYN website if you want to read it, and if you have any questions please feel free to contact me at ipd@nynafg.com.

This month's theme is our favorite slogan. This was hard at first. Over the years so many slogans have been important to me. Often it depended on what was happening in my life right then. I thought a lot about this in trying to narrow it down to one. It is the slogan "It is what it is". For me this slogan is about acceptance. In my recovery journey, acceptance has been the key for me. If I can understand acceptance, I can work my way through anything. I can live my life with grace and dignity. So while all the slogans fit into my life at any given time, this one, "It is what it is" has been my constant.

I look forward to seeing many of you at the fair.
Gratefully in Service,

Ruth S.

Area Secretary

Hello NYN,

It's very hard for me to pinpoint my favorite slogan. Each one has a special place in my heart and has been instrumental in different aspects of my life based on where I was in my recovery when I realized what the slogan was about and how I could use it in my life. I would have to say that one of my favorites is "Just for Today." The "Just for Today" bookmark struck a chord with me. It was one of the very first pieces of CAL that I came into contact with early on. I think it was in my newcomer packet. I referred to this bookmark multiple times throughout my day. After the first few meetings I asked where I could get a few more of those bookmarks. I put them everywhere. On my desk at work, on my bedroom mirror, on my refrigerator and of course used it in my daily reader to mark my page.

I needed something tangible to remind me to take it a day at a time and not get caught up in the big picture. I was able to read and reread the message of "Just for Today." It gave me hope and made it easier for me to remember that just for today I didn't have to do everything. That just for today I can do this and it doesn't have to be forever. It's just for this short amount of time and I can do whatever it is just for this brief moment in time. It gave me the strength to be able to get through the day and to try to be the best person that I could be no matter what I was going through. It kept me going until I could get to that next meeting. I still refer to "Just for Today." It reminds me I do have a program even though I don't practice it perfectly. Today things are as they are and tomorrow will be a different day and I will have a program to work and it will be "Just for Today."

Pam A.

Around New York North

Fayetteville Tuesday will celebrate their 50th Anniversary June 14th from 6:45 to 8:30 at Trinity Episcopal Church, 106 Chapel Street. The

speakers will be those present who can limit it to 2 minutes. (For the rest of us, "On and On" will be in an adjacent room.) Al-Anon members are invited to share the best experience, strength, and hope they got from Al-Anon.

District 18 will have their picnic Sunday, August 14th, from 9 to 2 at Carrier Park in East Syracuse. Bring your own lemonade.

Building Bridges Al-Anon Group, an open meeting, has restarted at the Al-Anon Service Center, 1112 Lancaster Place, Syracuse 13210, Saturdays from 12 to 1PM, beginning June 4th.

The District 14 Speaker Marathon will be Sunday, June 26th from 10:30 to 2PM at South Wedge Mission, 125 Caroline Street, Rochester 14620. The theme is "Love, Intimacy, Communication."

Penn Yan AFG will celebrate their 13th Anniversary on Tuesday, June 21st at 135 Hamilton Street, Penn Yan.

Newsletter Editor

Hello NYN,

My recovery from the convention banquet spareribs took longer than expected, but I'd do it all over again. It was a great weekend. Our post-banquet speaker's humor took my mind off my discomfort. The finale, a presentation on Stepping Stones, former home of Bill and Lois, was heart-warming. (I hope we make this a feature every few years.)

My favorite slogan keeps changing; keeping the focus on myself is what works for me today. It has some friends that show up when I need them, like my gratitude list. Although I no longer try to change others, I still change diapers. We are expecting a grandson in July, and I'm looking forward to another reason to take good care of myself, so I can be around to see them grow up.

John O.

NYNAC Coordinator

Hello NYN,

Due to unforeseen circumstances, Bridget C. was unable to complete her term as NYNAC Coordinator. I know this was not an easy decision for Bridget. I am the interim coordinator.

We are still going to try to have the NYNAC Alateen Conference at Vanderkamp Center in Cleveland, NY. I have contacted the Center and the weekend was still available! Due to decreasing attendance, one smaller cabin has been reserved for the males and a larger one for the girls. At the time I asked for the contract, I was working with a number of 55. I have since learned that we only had about 45 last year. I have thirty days to respond to the proposed contract that I received on Friday the 13th. I have looked it over, and since all contracts are negotiable, it is my intention to try to re-negotiate a couple of prices and hopefully reduce the amount by \$100 to \$300.

I am waiting for other information at this time, and I will report more as I learn more.

Yours in service,

Leslie C.

Presentation Coordinator

My favorite slogan is One Day At A Time. My HP lives in today. When I start jumping ahead and worrying about the future or wallowing in the past, I disconnect from my HP. When I am right here, right now, I am connected and I know I am exactly where HP needs me to be. One Day At A Time helps me sleep at night and helps me tackle enormous projects that would otherwise overwhelm me. When I went back to school, I did it One Day At A Time. When I was job hunting, I did it One Day At A Time. When I got a job and moved to a totally new state, I did it One Day At A Time. The slogan kept me (relatively) sane and healthy through those crazy, scary, exciting processes, and it continues to help me, whether I'm dealing with a tough project at work or doing laundry. One Day At A Time, one page at a time, one sock at a time.

One Day At A Time gives me the space to do another slogan: Easy Does It. I'm pretty terrible at Easy Does It because I have a false belief that if I take it easy, then I'm going to fail to do something important. One Day At A Time reminds me that, for example, at 2:00 on a Sunday afternoon, I am allowed to lie in the hammock and read a novel, pop some popcorn and watch a movie, or take a nap, because none of my "shoulds" are going to get done while the banks, courts, and government offices are closed. Likewise at 2:00 on a Tuesday morning, it's ok to go back to sleep because there isn't much business I can get done at that hour. One Day At A Time helps me take appropriate action at appropriate times, and give myself a break when there's no action to take.

As always, I could use volunteers and ideas for presentations, workshops, you name it. Shoot me an email if you are interested in getting involved with the Presentations Committee!

In Service,

Sarah R.

Group Records Coordinator

I just returned from the Spring Assembly in Albany. I demonstrated how to make changes to your groups on the GR-1 form on the NYN website. If anyone needs further assistance with this or any group information changes. Please do not hesitate to contact me and I can talk you through it.

Our topic this month is our favorite slogan. Right now, my favorite slogan is Let go and Let God. I am having to surrender where I am heading in my life to my Higher Power. I need to sell my house, I just started a new job and yet I do not know where this all will lead. I have to trust that my Higher Power will lead me where I am supposed to be and for what purpose. When I got tired of no results from resisting the obvious, I had to let go.

Love in Service

Lynda S.

Receiving *Group e-News*?

The following message was received recently from WSO, and is condensed for the newsletter:

Please help to enrich members' recovery experience by making sure they are receiving ***Group e-News***. About **65 percent** of the groups receive ***Group e-News***, because the **rest don't have a contact person** with an email address. Talk with your groups about the importance of the CMA role in distributing timely information. Unfortunately, only about **50 percent** of those receiving ***Group e-News*** bother to open it. Please encourage your groups to choose a willing member for the role of **CMA. (Current Mailing Address.)**

The percentage of members who receive ***Group e-News*** through their CMA is not known.

Suggest easy ways for CMAs to distribute ***Group e-News*** to members.

1. **By email**

- Create a list of e-mail addresses of interested members.
- Forward the e-mail containing *Group e-News*, each month, to the list of e-mail addresses.
- Maintain the list of e-mail addresses when members come and go.

2. **By Print**

- Print the publication and pass around at meetings.

Al-Anon Acronyms

AAPP –Area Alateen Process Person

AFG – Al-Anon Family Groups

AIS – Al-Anon Information Service

AMIAS – Al-Anon Member Involved in Alateen Service

AWSC – Area World Service Committee (made up of officers, coordinators, and district representatives of an area, such as ours, New York North)

CAL- Conference Approved Literature

CMA – Current Mailing Address

DR – District Representative

GR – Group Representative

KBDM – Knowledge-Based Decision Making

LDC – Literature Distribution Center (local)

Legacy – The Al-Anon legacies are the Steps, Traditions, and Concepts

NERD – Northeast Region Delegates

Northern Hi Lights – NYN Newsletter

NYN – New York North Area

NYNAC– New York North Alateen Conference

PO/CPC – Public Outreach / Cooperating with the Professional Community

RSS – Regional Service Seminar

TEAM – Together Empowering Al-Anon Members

WSO – World Service Office

WSC – World Service Conference



**NEW YORK NORTH FALL ASSEMBLY
SEPTEMBER 23-25, 2016**



"What am I doing with what I've got?"

Hosted by District 22

COMFORT INN & SUITES / 6701 BUCKLEY RD., NO. SYRACUSE, NY 13212

Directions: From NYS Thruway I-90, take Exit 36, head on to I-81 south to the first exit (Exit 25) 7th North St. Take a right at the light at the end of the exit and then another right at the light at Buckley Rd. Hotel is about 1/4 mile down the road on the left.

Reserve your room directly with the Comfort Inn: Group Rate Room Reservation Deadline: 9/1/2016

Phone (315)703-7950 Mention the group name "NYNorth Area Assembly" to get the group rate.

Online : www.syrhotel.com

Room Rate is *\$89/ night plus 13% tax: \$100.57 total (1-4 people in a room)

Complimentary Hot Breakfast Buffet / Indoor Pool and Fitness Center / WiFi included with room

Check In 3:00 PM / Check out 11:00 AM Make room checks payable and mail to: *Comfort Inn and Suites*

2016 NYN AFG FALL ASSEMBLY REGISTRATION FORM

(Please submit a separate registration form for each person attending)

Make registration checks payable to: NYN AFG 2016 FALL ASSEMBLY

****Alateens must have adult supervision, notarized parental permission slips and medical release forms.****

Mail completed form and payment to: NYN AFG 2016 FALL ASSEMBLY

Need Info:
fall2016assembly@outlook.com
518 791-5549

P.O. Box 4574
QUEENSBURY, NY 12804

Name: _____ Early Registration by 8/23/16 \$15 _____

Address: _____ Registration after 8/23/16 \$20 _____

City/State/Zip: _____ Alateen Registration \$12 _____

Phone # /Area Code: _____ Banquet by 8/23/16 \$32 _____

Email: _____ Banquet after 8/23/16 \$37 _____

DR Luncheon * \$5 _____

Are you a: New Group Rep (GR) _____
New District Rep (DR) _____ Hospitality Donation \$ _____

Total Amount Enclosed \$ _____

**Regarding the DR Luncheon, we will provide Pizza and Tossed Salad (available in the Hospitality Room.) You may get lunch on your own or have pizza / salad to bring to the assembly meeting room at lunch time, for a get together of DRs and interested members.
Thank you. District 22 Host Group*

Do you know whom to contact with an AI-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> Diane C. delegate@nynafg.com	<u>AlternateDelegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed.PastDelegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
<u>GroupRecords</u> Lynda S. records@nynafg.com	<u>Literature</u> Vacant	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>PublicOutreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>WebCoordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>SpanishContact</u> Cira B. Spanish@nynafg.com
<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R.	<u>Panel 46 Past Delegate</u> Robert M. C.	<u>Panel 43 Past Delegate</u> Connie D.
<u>Panel 40 Past Delegate</u> Anne F. <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

PLEASE PASS THIS NEWSLETTER ON TO OTHERS IN YOUR GROUP



Northern HiLights Subscription Form

While there is no specified charge for *NHL* subscriptions, in keeping with the Seventh Tradition of being fully self-supporting, **a donation of \$10 per year is suggested**, when possible, to help the Area pay for production costs. **Make checks payable and mail to:** NYN Area Assembly, PO Box 398, Morrisonville, NY 12962

All AI-Anon members are encouraged to subscribe to the *Northern HiLights* electronically; just e-mail your request with your name to: records@nynafg.com

If you need a hard copy, please check type of subscription: () group or () individual; () renewal or () new

Name _____ Title _____
 (GR, Sponsor, Individual, DR, etc.) _____ E-Mail Address _____
 Address _____ Phone () _____
 City _____ State _____ Zip _____ If _____
 Group Subscription, Group Name _____
 WSO# _____ District# _____ If sent to address other than above, please include that name and address, WSO#, in writing on another piece of paper. Mail address changes and updates to: Group Records, 68 Boulderwood Drive, Queensbury, NY 12804, or Email: records@nynafg.com

NYN Area Assembly
Northern Hi Lights
 68 Boulderwood Drive
 Queensbury, NY