



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

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Topic: Public Outreach

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# Northern Hi Lights

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

Hello NYN,

I was privileged to attend the 2016 New York North Alateen Conference (NYNAC) in October.

I loved the Theme: "It takes Courage To Lend and Receive a Hand!" I am so happy that the Alateen Members who attended held out their hands to so many new members of Alateen this year, and made it a wonderful spiritual weekend.

I am looking forward to going to District 4, November 5<sup>th</sup>, to meet with the Group Representatives and contact people to hear about their groups. It was because of one of our members reaching out to these groups personally by phone that four of these Al-Anon members attended the Fall Assembly this year in Syracuse. It is my hope that I will also be able to encourage each group to make sure they have an elected groups representative and district representative.

I look forward to attending Days of Sharing in districts near Syracuse in coming months. (Continued on page 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](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 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](http://www.nynafg.com)

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

Please continue to let the *Northern Hi Lights* editor and I know what is happening in your districts. It is so much fun to get together with other members and to hear their recovery stories, with fellowship, food and fun times. (I just enjoyed attending the Circle of Hope's Day of Sharing in Syracuse on October 15<sup>th</sup>.)  
Love in Service,

**Diane C.**

## Alternate Delegate

Hello NYN,

I welcomed a new group called the Thursday Morning AFG that meets at St. Mark the Evangelist Episcopal Church, 1612 West Genesee St., Syracuse, NY, at 11 AM.

In reference to Public Outreach, I have been privileged to go to Hope House in Albany with another member this month to introduce Al-Anon to the parents and friends of those attending this facility. I have also been manning the Trak phone our District uses as our answering service. It has been very rewarding to be able to help newcomers find a meeting and learn about Al-Anon. Getting involved in public outreach is a positive and hopeful way to focus myself on the answer instead of on the problem of decreasing numbers in Al-Anon. Interestingly, at our October District #22 meeting, three GRs reported increasing numbers of newcomers in their groups.

I have been reading the *WSO 2016 Conference Summary* from cover to cover and can't believe how informative and interesting it has been in helping me to understand how Al-Anon works from the inside out, especially its focus on "always remaining democratic in thought and action."

**Gwenne R.**

## Public Outreach Coordinator

Hi Everyone,

Our topic this month is "Public Outreach" and that brings to mind one of our most important outreach

tools, the annual magazine "**Al-Anon Faces Alcoholism**". The deadline to order the second printing of the **AFA 2017 is February 8<sup>th</sup>, 2017, 5 p.m. ET.**

We have many "Public Outreach" projects going on in NYN: presentations to professionals, participation in health fairs, staffing an Al-Anon table at the NY State Fair, bringing meetings to recovery houses, to treatment centers for families. We also place the location of our meetings in local newspapers, reach out to the districts that need a boost, see to PSA's, and the distribution of our "**Al-Anon Faces Alcoholism**" magazine throughout our communities. All of this takes many hands and working together. (One of the benefits of "Public Outreach" is solidarity.)

Carrying the message, as stated in our 12<sup>th</sup> Step, is a chance for each of us to give back. It is a chance to get to know others in the program and to hear their stories. It's a chance to educate professionals as to what Al-Anon/Alateen is and is not, what we do, and how we let others know that we are available if and when help is needed. Sometimes I feel insecure while trying to carry the message but afterwards I feel good and am pleased that I pushed myself. So, if you are feeling that way, insecure regarding participation in Public Outreach— you are not alone!

- We have a new AIS Public Outreach Chair for the Western New York area—Kelli. Kelli is a dynamo and I am excited to be working with her.
- Recently we have had a request from Afton High School, District 9, to have someone come and talk with the teens about Al-Anon/Alateen. Dianne R. has been a big help in arranging a speaker and literature for this event. Karen W. will be speaking and our Chair for NYN, Susan A., will be joining her. This event is scheduled for October 27<sup>th</sup>.

Thank you for helping carry the message of Al-Anon and Alateen. Please keep me informed as to what is happening in your community.

Together we can make a difference.

**Pat H.**

## Alateen Coordinator

Hello NYN,

Let me start by saying that we have some of the most awesome teens here in New York North. I had the opportunity to spend the weekend with them at NYNAC and was blown away as always by their honesty, openness, and the respect that they showed for each other as well as for the sponsors. Over the weekend I took advantage of the opportunity to sit at a different table each time we sat down to eat a meal. I got to talk with them and their sponsors and ask them their thoughts about Alateen and what keeps them coming back. It became evident that there is an understanding and acceptance that you don't find anywhere else. This is one weekend when we take down the age barriers and sponsors allow their inner child to shine through as we share our tears, laughter, and our life experiences with each other. As usual I came home tired, emotionally drained and filled with so much love.

Mary Beth G., my co-sponsor from the Friday Night Camillus Alateen Group, and I met with all the teens as the other sponsors met with the NYNAC Coordinator in another room. We took this opportunity to give the teens an update of what we are working on to strengthen Alateen in New York North. We discussed the various topics we spoke about at our September Alateen Outreach Meeting. We walked them through the training module that Mary Beth and I are putting together. They offered their concerns, gave us some great suggestions and shared what they would like to see, along with their willingness to help. Mary Beth and I made it clear that this is their program and that we want them to be a part of revising the NYN Alateen Guidelines as well as being involved with the Alateen Outreach. I want all of our teens to know that all of the sponsors are proud of them.

When it comes to Public Outreach we all have a responsibility for carrying the message as it is stated in Step Twelve. On occasions my job gives me the opportunity to share about Al-Anon when I talk to clients whose loved one died from a

disease or condition exacerbated by alcohol. They express their anger, rage and tears just as we did when we first came into the program. I share what Al-Anon and Alateen is all about and how it has changed my life and relationships for the better. I believe that the best way for me to carry the message is to practice it in all my affairs. Keep in mind that our actions speak louder than words. Love in service.

**Walt S.**

## Group Records Coordinator

Hello NYN,

There isn't much to report this month. Please just keep sending me the changes for your groups. As always, please contact me if you need anything pertaining to group records or the *Northern Hi Lights* newsletter.

Our topic this month is Public Outreach. The important thing to remember about how we felt when we first came into Al-Anon is the purpose of Public Outreach. We always need to do anything we can to get the message out to the people who are still suffering. The Al-Anon Declaration says it all for me. "Let it begin with me. When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and – **Let it Begin with Me.**

Love in service,

**Lynda S.**

## Area Chairperson

Hello NYN,

The Fall Assembly has ended and we will start planning our Spring Assembly and AWSC meetings.

**Mark your calendar:** The stand alone AWSC meeting has been scheduled for Saturday, April 8 from 12 noon – 4 pm at the NSEA building, 210 South Main Street, North Syracuse 13212. There will be committee meetings scheduled both before and after the main meeting.

Committee chairs, please let me know if you would like your committee to be on that schedule. The committees are Finance, Web Redesign, Policy Simplification/Organization, Expanding AWSC Vision, and Insurance. If any AWSC members would be interested in participating on one of these committees, please let me know your interest.

How interesting that the topic for the month is Public Outreach. We recently were asked to send speakers to a high school (enrollment 300) in our district where there will be three speakers – AA, NarAnon, and Al-Anon. Another Alateen sponsor and I will be meeting at the school at 8 am with lots of handouts and the goal to share our experience, strength, and hope. We have done a lot of public outreach in our district. It's hard to know whether our efforts have had results. Then out of the blue I get a call from a newcomer looking for a meeting or a counselor asking for info for a student or a parent and I'm know that seeds have been planted and are sprouting around the district.

**Susan A.**

## News From WSO Board of Trustee Treasurer

We're in the final quarter with the finish line in sight for this year!

You have all done such a great job of spreading the message of hope to families and friends of alcoholics. In addition, you have spread the message about the need for financial support for the services provided to the fellowship by our World Service Office.

If this response continues, we are poised to meet or exceed our projected contribution budget of \$1,800,000! This is very exciting news and the credit goes to you. Thank you for hearing and passing on the message from the Board of Trustees and the Finance Committee. Thank you for believing in and supporting the Mission and Vision of the Board of Trustees and the work of the World Service Office.

Stay tuned for the final numbers!! Thank you sincerely for your service and your support. Please pass on our gratitude and this message to members in your Area.

*Northern Hi Lights* Topic for December 2016 issue is:  
**How important is Alateen?**  
Articles are due November 15th

# Treasurer's Report

Hello, NYN!!

A couple of reminders first: PLEASE make sure to include your group's registered name and ID # on ALL donations. Checks should be made payable to "NYN Area Assembly," not to Linda Allen. The correct mailing address is "NYN Area Assembly, PO Box 398, Morrisonville NY 12962." If you have been sending them to my personal address, that has changed, so please use the Area address, which should be used anyway. THANK YOU!!

**The following donations have been received in the month of September:**

Group Name	Gr #	Amt
Tues Bemus Pt	30524821	45.00
UNK	25635	50.00
Tues Courage	48141	5.00
Clifton Springs	UNK	83.00
Tuesday	66230	10.00
Hamb Cour to Chng	63806	25.00
Wms Tues AM AAC	31686	25.00
Christ the King	UNK	40.00
KeepItSimple,Sodus	10307	10.00
Cortland	9696	50.00
UNK	9763	45.00
Sunday Serenity	30613221	10.00
Fayetteville	9742	25.00
Circle of Hope	54280	41.70
Proceeds Spr 2016	n/a	5348.03
Stepping Into Recov	UNK	10.00
7 <sup>th</sup> Tradition	n/a	172.33
Thurs Eastwood	UNK	50.00
Calm in the Storm	30503839	30.00
Serenity Seekers	30576552	75.00
Faith & Hope	30375	26.00
TASK Wed	9640	25.00
Thurs Men's	UNK	25.00
Healing Circle	500370	20.00
Chittenango	9677	40.00

Thank you for supporting our Area!!

**The following expenses have been paid since the last Newsletter:**

USPO Morrisonville	48.00
Patricia H	35.45
Ruth S	202.07
NYNAC, Nancy H reg	125.00
Walter S	37.15
Leslie C	44.25
Fall 2016, Sarah R reg	20.00
Lynda S	88.43
Gwenne R	79.74
Kevin M	11.00

**Current Balances are as follows:**

Regular Checking	\$14,708.70
Reserve Checking	9,215.40
Sage Ruttly	2,795.73

This month's topic is Public Outreach. The most important thing I can say about Public Outreach is that I pray that anytime I talk about Al-Anon, either with a professional, individual, or any kind of group, is that my enthusiasm and admiration of the program is attracting others to want to look into Al-Anon for themselves. I cannot say enough about ALL that Al-Anon has done in my life! Thank you for being such an important part of my life!  
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,

Next year celebrates the 50<sup>th</sup> year of New York North. For Spring I hope to put together an archives display to showcase this. I am not the most creative person and will do my best, but if you have any ideas, I am open to suggestions. Email me any ideas you may have (that's me asking for help, which I learned in this program ☺).

I am always looking for photos of NYN events or longtime member questionnaires. Contact me if you have anything you think would be a good addition to the NYN Archives. Please contact me to ensure they are appropriate before bringing to an assembly or other event.

Email: [archives@nynafg.com](mailto:archives@nynafg.com)

Other contact info is in *NHL*, but email is best.

This month's topic is Public Outreach. I have not done much public outreach. The one public outreach service I have done is work the NY State Fair. That is one incredible day. All I do is answer questions for interested persons and share a little of my story if appropriate. If it helps one person find the rooms of the Al-Anon Family Group, it's worth it. I remember the first year I did it, there was a young man who came up to the booth and just stood outside of it. It seemed he was working up the nerve to enter. I got up and just asked if he had any questions. That led to him opening up a little and coming into the booth. I gave him a list of meetings for his area. This year there was a young girl who came into the booth and grabbed a bookmark. We asked if she had any questions, and let her know she could call the 800 number on the bookmark if she had any questions, or just wanted to talk with someone. These encounters made that day well worth my time.

I don't keep my Al-Anon program anonymous. It typically comes up when someone asks what I did last weekend. If I went to a convention or hosted a speaker meeting, I will share that. That has led to

people asking what Al-Anon is and I share a little. It has also led to some opening up about alcoholism or other addictions affecting their lives. If appropriate, I will share a little of my story and how Al-Anon has helped me and offer my support. Hopefully one day they'll find the rooms, but I have to leave it to their HP (as much I want to grab them and take them LOL ☺).

Yours in Service,

**Kevin M.**

[archives@nynafg.com](mailto:archives@nynafg.com)

## Immediate Past Delegate

Dear NYN Friends,

This month's theme is Public Outreach. I feel NYN has made great strides in public outreach over the past two years due to our involvement at the NY State Fair. I think of all the people who visited our booth and heard about Al-Anon for the first time, even those who did not step into the booth but at least saw us there. We can never know what seeds were planted. I am so happy that NYN has embraced this public outreach project.

I also think this has been a great experience for all who have volunteered to be at the booth. I know I have enjoyed being there; sharing my experience, strength and hope with those who visited the booth; being able to help them locate a meeting in their area or giving them materials, schedules or pamphlets to take with them. Being able to share has helped me over the years.

NYN has done many public outreach projects over the years but nothing on the scale of the State Fair. How we have grown!

Gratefully in Service,

**Ruth S.**

## Literature Coordinator

Hi NYN,

I took part in a WSO Literature conference call on October 8th that Tom C. facilitated. He noted that WSO still needs sharings for three new pieces of literature being worked on (these are all "working titles"): *Alcoholism and Intimacy*, a book; *Parents and Grandparents of Young Problem Drinkers*, a pamphlet; and the new daily reader that has a focus of reflecting the diversity of today's world. Tom says the WSO would like sharings for the parents/grandparents pamphlet to include how using the 12 Steps helped in dealing with young problem drinkers. He said the January 2017 "Inside Al-Anon Family Groups" in *The Forum* will have an article explaining the difference between a sharing for *The Forum* and a sharing for the daily reader, saying generally, *Forum* sharings are like sharing at a meeting, only it's written down. Daily reader pages are more like describing a nugget of truth experienced through Al-Anon that can help others. Tom also told us that a new "*Paths to Recovery*" workbook will be available in January. At that point in the call, Tom turned it over to the people participating who discussed various issues (i.e., transporting literature for conferences), and a discussion about writing to submit for literature workshops.

The topic of public outreach got me thinking that I need to do more of it! I think what I can say is that I am open with people who aren't familiar with Al-Anon. When I see an opportunity to talk about the program I do that. As literature coordinator I know I will learn new ways of reaching out, and am sure it will be a good growth experience for me.

**Nancy R.**

## NYNAC Coordinator

Another NYNAC is in the books. We had 19 teens attend and 17 adults. We did a bonfire, and of course, smores on Friday night. The weather was a little iffy, but the rain held off for the most part until we were done with the sharing circle and the smores. Thank you Diane C. for the goodies.

During the process of registering everyone, we discovered that a formerly de-activated group has been reactivated under a different name. Congratulations to New Hope For Teens (Formerly TASK) in Buffalo.

There is little doubt that NYNAC could not have happened without the support of so many groups and individuals. The donations were very generous. Vanderkamp was a wonderful place to have this event, but it doesn't look like we have the numbers to support going there again for the 2017 NYNAC. The program was put together by the teens, and there was a lot of positive feedback about the topics that were chosen.

Walt S., the Alateen Coordinator, met with the kids to talk about their concerns, while I met with the adults to discuss the future of NYNAC and the difficulties encountered with this year's event. All in all, there didn't seem to be too much concern about the way things went, pulling this all together. The registration form and medical forms were discussed. Several suggestions were made regarding the registration form, such as adding the "deadline date." The nurse will be going over the medical form and making suggestions for modifications to that. I am really grateful for the participation of all those who were at the meeting and making suggestions. Yours in service,

**Leslie C.**

## Presentation Coordinator

Hello NYN,

During our Delegate's presentation on bias at Assembly in September, I got to be part of a terrific break-out discussion. One question was, "How can we actively demonstrate at our meetings and in public outreach that we are a recovery support group available to everyone everywhere?" We looked around the room, which was full of mostly white women in their 50s and 60s – the demographic of most Al-Anon members. How could anyone who wasn't in that demographic walk into the room and think that we had anything to offer?

Then someone, who was not in that demographic, piped up. "I'm a member of many organizations facing the same issue," he said. "I hear them all saying 'how can we bring other people in to our meetings?' What I don't hear them saying is, 'how can we reach out to where people are?'"

I have to step out of my comfort zone in order to grow in the program. If I want to participate in meaningful public outreach, maybe I need to step out of my comfort zone and go to places I would not otherwise go, talk to people I would not otherwise approach, and learn some things I would not otherwise learn. Doing something new is uncomfortable, but I've learned in Al-Anon that it's often the best thing I can do.

In Service,

**Sarah R.**

## Newsletter Editor

Hello NYN,

This position is feeling more comfortable, and I'm grateful for the opportunity to learn and grow in my "golden years," which are golden. Besides being newsletter editor, I also wanted to travel with my wife, which took a backseat for a time to my commitment to this position. Them days are over!

I can do both! Also, the air in our house no longer has a blue tinge when I'm working on the newsletter, for which my wife is grateful.

Being concerned about Al-Anon not seeming to grow, and being so important in my life, was why I chose the topic of Public Outreach.

Although we have a Public Outreach Coordinator who is outstanding, and she reports a lot of good news from WSO and around our NYN Area, it doesn't seem to keep us from shrinking around the world.

Have I done my part to keep Al-Anon healthy? Not in my mind. What can I do? One thought is to contact someone at the residential treatment facility where my home group meets, hoping to attract friends and relatives of clients to our meeting. It is amazing that an idea like this hasn't been done lately, but the group I represent had no GR for a few years, because no one was willing to take it on. Although I've been a GR in the past, I am enjoying the position more, because I feel I'm better at it, but still have some growing to do. If only I could remember when the district meetings are!

**John O.**

## Convention Coordinator

Hello NYN,

Isn't it fun to look ahead and think; "Where are we going next?" Mark your calendars. Post flyers at your group. Encourage others to travel with you. (My sponsor said; "Always go to Assembly in a full car...share the fun.")

**2017 Spring Assembly/Convention** May 19-21, 2017. Hosted by District 12. Theme; "The Golden Years" celebrating 50 years of Serenity through Self-Discovery! Millenium Hotel, Cheektowaga.

**2017 Fall Assembly**, September 22-24, Hosted by Districts 3 and 18, also celebrating NYNAFG's 50<sup>th</sup> Birthday at Comfort Inn, 6701 Buckley Road, Syracuse.

**2018 Spring Assembly/Convention** Hosted by Districts 5 and 26. Their joint committee is busy working on location and date. As soon as it's set,



you'll know, because of course you'll read your latest issue of *Northern Hi Lights*.

(Convention Coordinator continued from page 8)

**2018 Fall Assembly/Convention** Hosted by District 15.

Yes, hosting a convention and assembly is a big job. Planning starts 2 years before the event. First big job is securing the hotel. The committee looks for a hotel that will accommodate our needs, location, cost, and dates available. Once agreed, then the work really begins, but there is a 9 page guideline on the NYNAFG.com web page under **Area Information & Forms**, then **NYN Policies & Guidelines**, then **How to Plan an Assembly**. Nine pages to walk a committee through identifying tasks to do month-by-month. Your district might start thinking now. Have 2 to 3 people read through the guideline, and see how it would work for your district. Also talk with district reps/chairs who have recently hosted. The next opening to step up and say; "We can host" will be for the 2019 Spring Convention/Assembly and the 2019 Fall Assembly. Yes, it's work...and fun!  
See y'all in May in Buffalo

**Nancy H.**

## Around New York North

District 6 considered having a Day of Sharing, after years without one. They decided to have an Autumn Potluck Lunch, with much trepidation, fearing almost no one would attend. They went ahead with their plans, anyway. They decorated with jack-o-lanterns, strings of orange lights, gourds, and pretty autumn table cloths.

They were pleasantly surprised when people from Rome, Peterboro, Hamilton, New Hartford, Utica, Herkimer, Norwich, and Cooperstown showed up!

There was a nice variety of food brought by the attendees, and reports were that it was delicious!

Apparently, their district has some talented cooks and bakers!

They shared on the theme "Unity" from *Hope For Today*, and were moved by experiencing the spiritual gift of unity. Their District Representative, Deborah G., received positive feedback, and suggestions that they not wait until next fall, but do it again in the spring. A happy ending.

**November 12<sup>th</sup>**; "Come share a cup of SERENITY: Happy, Joyous, & Free" @ the DALE, 33 Ontario Street, Lockport, NY, using the rear alley door.

Registration from 9:30 AM. The program starts at 10 AM with AI-Anon and AA speakers, fellowship, fun, a Serenity Panel game with a prize, followed by a tea luncheon and raffles. Bring a dish if you wish.

A basket with a theme would be a dream.

Suggested donation is \$5.00

**November 12<sup>th</sup>**; "Building Bridges" is the theme for District 29's Day of Sharing at St. Patrick's Church, 115 Maple Avenue, Victor.

Registration starts at 9:30, with programs starting at 10, and lasting until 3:00 PM.

AI-Anon and AA speakers, workshops, and literature available.

Soup, salad, bread and beverages provided. You are welcome to bring a dessert to share.

Suggested donation is \$7.00

Who will eat all the leftover desserts? Be there to help.

**November 16<sup>th</sup>**; A New Beginning AFG will hold their 2<sup>nd</sup> annual Thanksgiving Celebration, from 6:30 PM until 8 at South Wedge Mission, 125 Caroline St., corner of Mt. Vernon Ave.

AI-Anon and AA speakers. Please bring a dish to pass. Suggested donation: \$3.00

We hope you'll **"SAVE THE DATE"** for the  
NYN AFG Spring Assembly/Convention May 19-21, 2017  
With AA and Alateen participation

Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

**Featuring Mary G. as our banquet speaker, the current (Interim) Executive Director of Al-Anon Family Groups, Inc.,** a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years:**



The lamp of knowledge

Celebrating

**50 Years** of **Serenity** through  
**Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

[nynafg2017springconvntnbuffalo@gmail.com](mailto:nynafg2017springconvntnbuffalo@gmail.com)



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.

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