



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

Inside This Issue

Topic: How can we promote Service in our district?

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Northern Hi Lights

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

Hello NYN,

The month of March is hurrying by, and it is time to consider what I've done, and what there is to pass on.

I have prepared and presented a "Timely Topic" for NERD (North East Regional Delegate) Meeting about a concern of mine, "*How to Increase Participation of Group Representatives at Area Assemblies.*" I wanted to discuss this topic with other delegates, because out of the 299 groups in New York North, we average about 85 voting members attending and participating, in the last 5 years. There are others who attend, but only group representatives are able to vote. Vital items such as policies, finance, and election of officers and coordinators are being decided by a small number of people in New York North. What I learned from these delegates is to celebrate those who do attend. District Representatives are the link that passes information on to the groups, so I need to keep in contact with them to see what they need to do their job. I also learned that this is not unique to New York North, so I should not worry, but it was good to reach out for help rather than keep it to myself.

(Delegate 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

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)

So I will do my part and I will ask you to do yours. Please register and attend the Spring Assembly in Albany this May! Let us work together to make New York North the most informed area, in order to carry the message back to our communities.

I will be traveling to Virginia Beach, Virginia on April 9th to attend the 2016 World Service Conference. I will be participating in presenting the result of our "Task Force on Meeting Types." I have been assigned a Task Force titled, *Spirituality in District Money Discussions*. I will be reviewing and listening to the Annual Report and the Proposed Budget, and voting on Proposed Policy Motions. There are other things that will happen that I will share with you when I give my Delegate's Report at the Assembly, so if you want to know about it, come listen.

Many of you know that **2016 is the 65th anniversary of Al-Anon**. How will you celebrate? Some of our New York North members will attend a special celebration in Virginia Beach, but you do not have to go to celebrate. Here are a few ideas to get you started but you can use your imagination:

- Have a Birthday Party for Al-Anon. Collect \$ 65.00 per group in your District (putting change in a can each week to make it possible), and send it to WSO.
- Send Birthday Cards to members of your District or Group Celebrating their Recovery in the program in honor of the 65th Birthday.
- Plan a Day of Sharing and have Birthday Cake, Sing Happy Birthday to Al-Anon, Give a Gift of the 1st Al-anon book *Al-Anon- Family Groups Classic Ed.(B-12)* or the book *Many Voices One Journey(B-31)* to the speaker.
- Collect money in a can (\$65.00) to purchase subscriptions to the *Forum* for members of your group, or to purchase *Al-Anon Faces Alcoholism* to do a Public Outreach Project.

If you have any Love Gifts or cards, send them to me at the address that I provided. (I have asked that this information be put in a separate area of this Newsletters). In Service,

Diane C.

Alternate Delegate

Hello NYN,

I have welcomed my first group for the year, "Monday Noon AFG," from District 8. They meet at the Saints Peter and Paul Church, 169 Genesee St., Auburn, NY.

Here's a simple public outreach idea I would encourage every group to do: Recently my home group in Hudson Falls has checked to make sure that the local libraries have at least one Al-Anon book and a subscription to the *Forum*. Even if a subscription has been offered in the past, it may need to be renewed. This simple outreach project, along with making sure meetings are listed in the local papers, is an easy way to help others find the help and support we have found in Al-Anon.

How can we promote service in our District?' is the topic for this month's sharing. Good question to think about. I recall that I wanted the serenity others seemed to have, and when they looked right at me and asked me to step out of my comfort zone to tell my story or to take on a new service position, I made a commitment to say yes whenever I could, even though it was very scary.

Once I found out how much fun it was to get in the car with other Al-Anoners on the way to a function, I was willing to do whatever I could to participate.

We have had a Day of Sharing in our District in the past where we focused on a topic such as 'Sponsorship.' I think it was very successful in encouraging members to get a sponsor and/or become one.

Perhaps having a past delegate or trustee come and talk would help members feel connected to the bigger picture of Al-Anon and help them see the possibilities for personal growth connected with service.

Maybe having this as a topic for a District Meeting would promote ideas and discussion and get people personally involved.

I am looking forward to reading all the other ideas you come up with.

Thank you,

Gwenne R.

Area Chairperson

Hello NYN,

I don't have much to report as Area Chairperson. I'm gearing up for our AWSC meeting on April 2nd from noon until 4 pm with committee meetings before and after the regular meeting. I'm looking forward to seeing all the officers, coordinators and district representatives there. I have written a brief report of my activities in 2015 for the record. If anyone is interested, it will be posted on the website.

The topic for this month is "How can we promote service in our district?"

As a new district representative in a reactivated district, I'm still working on this. Although I'm not sure what works, I am doing some things that I hope will result in more participation. This is the third year of our District 9 Day of Sharing (coming up June 11, 2016) and I think it is a good way to introduce members to service on a small scale - bringing food for the potluck lunch, planning the event, making favors, setting up, cleaning up, sharing literature, and participating in and/or leading panel discussions.

I also have been visiting groups to carry the district meeting info and introduce myself. As I travel around the district, I bring other members with me as a way of sponsoring others into service. I also communicate with the groups through regular email and phone contact so that those who are located far from the center of the district can learn about what's going on without having to travel long distances when the weather might not be cooperative. It's handy to have *Northern Hi Lights* in my toolkit as it gives me an excuse to write to the groups and attach the newsletter.

It's important to keep a positive attitude even when there aren't many signs of service, because I never know when I might be surprised by the response. For example, one group contacted me to let me know that they have been having teens regularly attend their Al-Anon meeting, so we started the process to set up an Alateen group. Another positive sign is that groups

have been sending donations to the district treasurer. Little by little District 9 is growing and becoming more active in service. The next challenge is having more groups participate in the Spring Assembly. Love in Service,

Susan A.

Public Outreach Coordinator

Happy Spring Everyone,

"How can we promote Service in our District?" is our topic this month. I think the best way to encourage participation in our District is by inviting others, one on one, to give it a try. Recently I encouraged someone at a meeting to think about being the GR for the group. After a few weeks I called her and invited her to come to our next District meeting to see what a District meeting was like and to meet the other GRs. For me, when I am encouraged to participate, and someone thinks I can do a particular service position, it gives me the confidence to at least wonder: "I could do that!"

In another instance, I spoke with someone about our District needing a treasurer. I knew that this person would do a great job and was more than capable. She thought about it awhile and is now our new treasurer.

- Recently I received an "updated" list from WSO regarding where TV PSAs have been sent. I'm finding that much of the information is outdated, and I continue to work with DR's and Public Outreach Committee Chairs in the Syracuse, Rochester and Albany area.
- I received a report from Carla, our Syracuse AIS Public Outreach Committee Chair, about a meeting with the Director and a counselor from a Syracuse Health Center. Literature was provided to them and they are looking into having a member from Al-Anon speak to the families they serve.
- Materials for educators, and professionals and more general information about Al-Anon and Alateen were presented at a Community Forum on Substance Abuse back in January

in Syracuse as well as in the Finger Lakes area back in February.

- At the Rochester AIS Tureen Supper on March 13th, a Public Outreach table was set up. We put together a display of Outreach ideas that could be used in libraries and at events being held in our communities. As one person said to me, "I was making this complicated but seeing this helps me realize how simple it can be."
- In last month's newsletter I mentioned a health fair at St. Rose College in Albany, N. Y. on April 18th. Is there is a college or university in your area that might be having a health fair? This could be something that your group or district could get involved in. This idea brings us back to our topic for the month "How can we promote Service in our District?" Together we can make a difference,

Pat H.

Alateen Coordinator

Hello NYN,

In the March issue I listed the things that the teens and sponsors see that are working in Alateen. This month I am listing the things that both parties feel are not working. The information received during the session will be used when we reconvene to review the guidelines and seek to improve outreach, As the Alateen Coordinator, I feel strongly that we need to listen to the voices of our Alateens because this is their program, and if it is going to succeed they need to be a part of the guideline review and outreach project.

The following is a short list of the things that both the teens and sponsors agree are not working:

- Limited Outreach.
- Need more newcomers.
- Teens feeling unwelcome in Al-Anon Meetings.

The following is what the teens alone feel is not working:

- People afraid of not fitting in.
- Current rules.
- Not respecting newcomers.
- Not teaching newcomers what Alateen is.
- Communities lack of interest in Alateen.
- Teens not knowing the difference between a sponsor & AMIAS.
- Feels like therapy session.
- Sponsors not comfortable with teens being on bank account.
- Not comfortable at meetings with people known on the outside.
- Lack of Alateen meetings in many areas in NYN.
- Smokers in doorway.
- Not sticking to Alateen program (12 Steps & 12 Traditions).
- Lack of acceptance of transgender teens from sponsors/AMIAS.
- Sponsor giving advice.
- Sponsors not handling uncomfortable issues in meetings.
- Sponsors gossip about parents.
- Communication.
- Lack of transportation to meetings.
- Disruptive teens in meetings.
- More happy updated literature.

What the sponsors see is not working:

- Attraction strictly within Al-Anon.
- Yelling.
- Sponsors using Alateen as an Al-Anon meeting.
- Sponsors dominating the meeting.
- Flexible schedule.

Yours in Service,

Walt S.

Group Records Coordinator

Hello NYN,

There will be a presentation of how district representatives can access their group information at the Area World Service Committee meeting on April 2nd. If you miss it, or need more information, please contact me.

I have been working on changes and requests from the members as needed. I have been writing the newsletter articles for the *Northern Hi-Lights*. I have been updating the electronic subscription list when a new GR (Group Representative) has been added and they have an email address. If perchance I have missed anyone, please let me know.

This month's topic, "How can we promote Service in our Districts?" is always a difficult subject. I feel that it starts in our home groups, and that we all must "Let it Begin with Me."

First, I need to be positive about what happens at the various levels of service. There is work to be done yes, but there is fun and fellowship as well. Getting to know other people in the program is part of our recovery process by giving us opportunities to see solutions from other peoples' perspective. Second, learning from others gives us more choices as to how we can better approach our problems. By listening and learning, we develop and add to the resources in our tool box.

Lastly, being willing to get out of our comfort zones is also great for our recovery. We learn that we can do more than we thought ourselves capable of. Being an example of this to other members in our home group, and other Al-Anon members at the district level, helps promote growth. If they ask how we grew, we can share bits of our service story and invite them to come to the next district meeting, day of sharing, or assembly. Inviting others to "get in the car" helps them feel like they belong and are part of the bigger picture of Al-Anon. Belonging and working for a common goal is the first bit of light and hope that many of us receive, to help us replace the darkness of despair from before Al-Anon.

Love in Service,

Lynda S.

Newsletter Editor

I hope you are as enthused about our being at the New York State Fair again as I am.

Last year, my wife and I shared time at the Al-Anon booth, and intend to do so again this year.

Now we'll be in the Science and Technology Building, same as A.A., which should increase our exposure.

Since the State Fair runs from August 25th through Labor Day, September 5th, there will be lots of opportunities, with four shifts a day, to volunteer and share your experience, hope, and strength. If you are coming from afar, you might consider asking other members to carpool with you, and enjoy The Fair when they aren't volunteering at the booth. When you volunteer, you'll be sent entry tickets, but the biggest benefit was the way I felt spreading the message to those who need it.

As others have said, asking someone not involved in service to take a service position, or help out at a day of sharing or assembly/convention, seems to be the best way to get reluctant members involved in Al-Anon Service.

I was considering being involved when our district representative showed up, and told me my group needed a group rep, and she thought I would be a good one. A needy one I was. Going to my first district meeting was just what I needed. Everyone there was very nice to me, and I was thrilled to be involved, thinking to myself that I would pay for this job! They asked if I would come to the Spring Assembly, but I wasn't comfortable doing that. I did go in the fall, sat next to a guy who turned out to be Bill S., Al-Anon Trustee, who had just returned from the first World Service International Meeting in London.

About 14 months later, I was also Alateen Chairperson for Rochester AIS, and a sad-sack Alateen Sponsor. Although sad, I witnessed Alateens making significant progress from sharing their stories, and being accepted by their peers.

I played a big part, in that without an adult sponsor, there wouldn't have been a meeting, and I kept it safe for them.

John O.

TREASURER'S REPORT

Dear NYN Family!!

Feels like spring is pretty much here!! Looking forward to seeing many of you at the April 2 AWSC meeting...and even MORE of you at the upcoming Spring Assembly/Convention!!

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

| Gr Name | Gr # | Amount |
|----------------|----------|--------|
| Catskill Tues | 503504 | 65.00 |
| Friday | 9828 | 30.00 |
| Chittenango | 9677 | 15.00 |
| Baldwinsville | 32150 | 15.00 |
| Hope for Today | 53134 | 15.00 |
| Keep it Simple | 66096 | 150.00 |
| Kirkville | 30645889 | 25.00 |
| Concord | 62569 | 32.00 |
| Thurs Night | 500601 | 18.00 |

There were three paid subscriptions for the NHL newsletter.

The following expenses have been paid since the previous report:

| | |
|------------------------|-----------|
| NYS Fair Liability Ins | \$ 116.00 |
| Libihost, web host | 89.50 |

Current balances are as follows:

| | |
|---------------------|-------------|
| Regular Checking | \$13,095.30 |
| Reserve Checking | 8,822.90 |
| Sage Ruddy Mut Fund | 2,715.26 |

This month's topic is "How Can We Promote Service in our District?" Now THAT is something that I ask myself nearly EVERY day and sometimes over a dozen times at our one-hour District meetings, where we have not had a District Secretary for the past 3-4

years, and the District Rep and District Treasurer positions have merely flip-flopped back and forth between two people. I really would like to hear if other Districts have these problems, and if not, how has your District combated the problem of getting people to step up to service and commit? It certainly is not from lack of encouragement in my home district! We even have Service Sponsors who guarantee that the new person will NOT be left totally on their own. I just am out of ideas. Any feedback would be EXTREMELY welcome! Thanks, everyone!

Also in this issue of *Northern Hi Lights* is an appeal for donations to NYN to help support the additional expense of being an Exhibitor at the New York State Fair.

Thank you for your continued support of our Area!!
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)

Deadline for June

Northern Hi Lights :

May 15, 2016

The Topic is: My Serenity

Convention Coordinator

My calendar says spring has arrived. I sure am hoping the atmosphere and the clouds know it. I am looking for the buds and the birds to start blooming and singing....and with it will bring a beautiful weekend for all NYN AFGs/Alateens to gather in Albany for 2016 Spring Assembly and Convention. (Registration form is on NYNAFG.com webpage). I can't imagine what my recovery journey would have been like if I hadn't started attending 2 assemblies a year that very first year.... and the beat goes on. Such memories, such friends, such wisdom shared, such a journey in recovery. So mark your calendar for the next 2 years. Don't miss out.... And never take the trip alone. Invite a newcomer! **Get your pencil & calendar:** May 13-15 2016 The Desmond Hotel, Albany (Districts 7 & 8 hosts) September 23-25 2016 Comfort Inn & Suites, North Syracuse (District 22 hosts) May 19-21 2017 Milenium Hotel, Buffalo (District 12 hosts) September 22-24 2017 Comfort Inn & Suites, North Syracuse (Districts 3 & 18 hosts) May 2018 Districts 5 and 22 are ready to say "yes."

Our Editor's question of the month is, "**How can we promote service in our district?**" How many of our members that keep coming to weekly Al-Anon & Alateen meetings even know what District, Area, or WSO mean, much less what district we are in and what does it do? During the meetings I attend each week, the chair reads "Donations are used for rent, Group Representative expenses to attend area assemblies, literature, donations to District 10, New York North Area, and World Service Office. Alateen donations may be placed in Alateen collection "can".

Chair also reads, "District 10 meeting is First Sunday of month, 3:00-4:00 pm at Binghamton

General Hospital. All Al-Anon members are welcome to attend. Diane B. is our GR (Group Representative) Diane, do you have any comments?

But how about 'attraction rather than promotion?'

Talk to each other after the meeting. Call a member, invite the member to join you, just for the ride. They can 'listen and learn'... and maybe they will learn that the server benefits as much as the one being served. Have a great day!

Nancy H.

Presentation Coordinator

When other people are excited about service, I get excited about service. I got into service because someone told me "stick with the winners" and it was pretty clear that the "winners" – viz., those who seemed to have their act together in meetings – were the same people who attended group conscience meetings. So I started going to group conscience meetings. The "winners" were the people who had service positions, so I got a service position. The "winners" were the people with a fresh, interesting outlook on working the program, and as I got involved in service, my own perspective on my recovery expanded.

When other people talk about service as a chore, my own enthusiasm wanes. Nothing sucks the life out of a meeting like someone complaining that she or he "has to" go to a District meeting or Assembly. Just like everything in this program, attraction works from the inside. If we can't do it for free and for fun, then what's the point? Luckily I know a lot of people who are super-excited about going to District meetings and Assembly, which makes me excited too! And guess what? We're cooking up a totally cool presentation for Assembly—glitter-glue will be involved! Come find out about it!

Sarah R.

NEW YORK NORTH AL-ANON FAMILY GROUPS

Attention Group Treasurer or Group Representative:
Please read the following letter to your Al-Anon Family Group.

In keeping with the Seventh Tradition, New York North is entirely self-supporting through our own contributions. Therefore, I am writing this letter to you in hopes that your group will increase your contributions, if at all possible.

As most of you are aware, last year New York North took on the Outreach Project of having a booth at the New York State Fair!! It was very well received and attended by our members. As you can imagine, the added expenses of the booth rental, having to have liability insurance (a requirement of the NYS Fair Committee), signage, literature, rental of tables and chairs for the booth, admission tickets, as well as other expenses associated with this undertaking, any additional donations from your group are needed so that we can continue this most impressive Outreach Project!

Any contributions can be made by check or money order (please DO NOT send cash) to:

NYN Area Assembly
PO Box 398
Morrisonville NY 12962

Please be sure to include your Group ID # and Group Name with your donation.

Thank you for your regular contributions, and also for this special donation! NYN would not be able to function without your continuous support!

Hugs,

Linda A.
NYN Treasurer

Archives Coordinator

Hello NYN, How do we promote service within our District? I believe it all starts with simple communication. For instance, it would be ideal for all groups to be represented at the district meeting, but I understand that may not be feasible. We can start by getting a group contact person, which would keep the Al-Anon and district information flowing to all of our groups. This may involve personally going to the groups to introduce information about the district, what it does, and why it is important to have a contact.

Having a presence in the district beyond a monthly meeting can help build a foundation for district fellowship. Members can visibly see the district in action during events, such as a Day of Sharing or Workshops. It also opens the door for short service opportunities. Someone may not want to commit to attending a monthly meeting, but helping the district for a short time with an event may be more appealing. I also have to understand, just like my personal recovery, this is a journey that will happen in the districts HP's time frame not mine. I can't force it, nor will people into it. I can do my part in helping to spread the information and create service opportunities, and then let it go.

So who wants to help out the with 2016 Spring Assembly/Convention? ☺Yours in Service,

Kevin M.

Immediate Past Delegate

Dear NYN Friends,

I have shared on this before. I believe that the best way to promote Service is the personal invitation. I know for me my journey in Service began with that invitation. I was fairly new in Al-Anon, just doing my weekly meeting, when someone from the group came up to me after the meeting. He explained that he was chairing the Al-Anon planning committee for the Salt City Midwinter Round Up. He said that they needed a secretary for the committee and he just knew I would do a great job as one. Would I please accept?

He had me. I was wanted and someone thought I would be good at the job. I couldn't say no. This was my beginning in Service. I spent a long time on that committee and found there were many jobs I could do. It gave me faith and confidence in myself. For me I found the more I did in Service, the more I wanted to do. I moved on from the Round Up to other Service opportunities at the group level and then beyond. Many of those moves have come as a result of someone in Al-Anon saying to me, they knew I would do a great job.

As I grew in Al-Anon and in Service I began to invite others to different Service opportunities. Some of my closest Al-Anon friends have come from these invitations. We have shared so many experiences in Service and always those car rides to and from any activity. Those drives have allowed so much wonderful sharing.

So my thought on the question "How can we promote Service in our District?" is just ask someone, let them know you believe in them and know they will do a great job.

Gratefully in Service,

Ruth S.

Around New York North

District 3 will have their Day of Sharing on April 23rd at the NSEA building, 112 North Main Street, North Syracuse, from 9:30 to 2:30. There are 11 groups involved, and they will provide breakfast. For lunch, they ask that you bring a small dish to pass. There will be Al-Anon and AA speakers. The requested donation is \$4.00 at the door.

District 10 will have their Day of Sharing April 16th from 9:00 AM to 3:30 PM at 518 West Seneca Street, in Ithaca. Please bring a dish to pass for lunch. The groups will bring baskets to be raffled off. There will be Al-Anon and AA speakers. The suggested donation is \$3.00.

District 2 will have their Day of Sharing on April 16th from 10AM to 2PM at Gates Presbyterian Church, Wegman Road, on the west side of Rochester. The theme is; "Relieving Stress in Al-Anon." Bring a dish to pass. The suggested donation is \$3.00. There will be discussion groups, plus AA and Al-Anon speakers.

District 5 will be hosting a Day of Fun Fellowship on Saturday, April 16th in Plattsburg.

Theme; "It's All About The Steps."

We invite you to join us experiencing the wealth of information wrapped up in the Al-Anon Steps. From 8:30 to 9:15 we begin with registration and socializing, followed by a workshop, a speaker, lunch (\$6.00 donation covers lunch), another workshop, pass the basket donations, 50/50 and basket raffles, followed by a closing activity at approximately 2:45. Join us for the whole day, or part of the day. Reservations are NOT necessary.

Up North in the Toronto, Ontario, Canada area, the Al-AnonAlateen Trillium Weekend

Will take place from May 6th to 8th. The theme is "The Family Disease of Alcoholism." You can pay your registration fee (\$35 Canadian) with a cheque or Paypal.

Registration Discounts End Soon

4/15 for convention

4/26 for hotel

See the registration form for details.

http://www.nynafig.com/area_events.html



AFG New York North

www.nynafig.com

2016 Spring Convention & Assembly

~ hosted by Districts 7 and 8

⌘ Programs ⌘ Banquet ⌘ Speakers ⌘ Presentations ⌘ Fellowship ⌘

Registration starts Friday, May 13th 3:00PM

Friday Night: Welcome Meeting

**All Day Saturday: Panels on The Legacies, Service,
Prayer/Meditation and CAL**

Saturday Night: Banquet and Speaker

Special Presentation after the Speaker

Sunday Morning: Spiritual Panel

NYN AFG 2016 Spring Assembly

Gifts of Recovery: Using the Tools of the Program

Friday May 13 – Sunday May 15, 2016

Hosted by Districts 7 and 8

The Desmond, 660 Albany Shaker Rd, Albany, NY <http://www.desmondhotelsalbany.com/>

Room Rate: \$124.26 (\$109 per night + 14% tax rate subject to change)

Check-in: 4pm, Check-out: Noon

Directions:

- ***From the North:** I-87 South to Exit 4, left at first traffic light, right at second traffic light onto Albany Shaker Rd, The Desmond is on the left.
- ***From the South:** I-87 North to Exit 24, continue on I-87 North (Adirondack Northway) to Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- ***From the West:** I-90 East to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.
- ***From the East:** I-90 West to Exit 24 to I-87 North (Adirondack Northway). From I87, take Exit 4, turn left onto Wolf Rd, turn left at next traffic light onto Albany Shaker Rd, The Desmond is on the left.

Reserve your room directly with the Desmond using either of the following methods:

Telephone: 518-869-8100 or 800-448-3500

Please reference “2016 AFG Convention” when making your reservation, and be sure to notify the hotel of any special needs you may have.

Online: <http://bookings.ihotelier.com/bookings.jsp?GroupID=1426780&hotelID=12446>

ROOM RESERVATION DEADLINE: April 26, 2016

NYNAFG 2016 Spring Assembly Registration Form **Advanced Registrations MUST be received by April 15, 2016**

Please complete a separate registration form for each person attending. Mail completed form with payment to:

AFG District 8, PO Box 14313, Albany, NY 12212-4313

Name: _____

Phone Number (with area code): _____

Address: _____

Email: _____

City, State, Zip: _____

Are you a: ☐ New GR ☐ New DR

☐ New member of Al-Anon/Alateen (<1 year in program)

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

☐ AA \$15 \$20
☐ Buffet Banquet \$32 \$37

Donations:

☐ Hospitality Room \$ _____

Total Enclosed: \$ _____

Make checks payable to NYN Spring 2016 Convention

Registration fees: On or before After
 04/15/16 04/15/16

☐ Al-Anon \$15 \$20
☐ Alateen* \$12 \$12

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> Diane C. delegate@nynafg.com | <u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com | <u>Immed. Past Delegate</u> Ruth S. ipd@nynafg.com | <u>Chairperson</u> Susan A. chairperson@nynafg.com |
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