

# Open Lines

*Ontario South Assembly Newsletter*

May 1, 2009

Please pass this issue among the members of your Group.

Vol. 32, No. 2

In order to use this space to everyone's advantage, if you have a burning question please forward it to me and I will endeavour to find you a response.

This month's question is: ' How is the World Service Office linked to the national service offices located in other countries? What function does the WSO perform? How do the other countries contribute to WSO?'

Greetings from the World Service Office!

Thank you for your recent e-mail.

The World Service Office, originally called the Clearinghouse in 1951, is the oldest service structure for Al-Anon Family Groups. Therefore, within that role, the World Service Office provides services based on the collected experience, strength, and hope of groups around the world using the Twelve Steps, Twelve Traditions and Twelve Concepts of Service as the foundation of that experience.

For countries with a national service structure, the World Service Office is the service link/resource for volunteers and staff involved in service. When there is no national service structure in a country, the World Service Office is the link for potential members, members, and groups. Once an Al-Anon national service structure forms in a country, that service structure eventually takes over the day to day responsibilities, from the World Service Office, of servicing the groups.

Since the primary support for a service structure is from the groups within the country, countries with a national service structure (like the groups, areas and provinces within the US and Canada) usually contribute to the World Service Office after all of their local expenses are met.

We appreciate the opportunity given to respond.

On behalf of the World Service Office, please pass along our warmest wishes to all.

Yours in Al-Anon service,  
Marsha  
Marsha F. Ware  
Associate Director International

**AL-ANON DECLARATION**

**When anyone, anywhere reaches out for help,  
Let the hand of Al-Anon and Alateen always be there,  
And - Let it Begin with Me.**

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Subscribers

If the date on the Open Lines envelope is 01/08/2009 it is time to renew. Please forward your renewal to Sharon R., address on page 11, as soon as possible. I generally try to include a renewal slip but I am human and may miss. Please check your dates.

Delegate Report

My name is Claire D and I am your Delegate for Ontario South. I am a grateful member of the Thursday night Southend Discussion Al-Anon Family Group in Niagara Falls, District 12.

I am sitting here writing this on a rainy Sunday afternoon in late March, in the middle of a total mound of papers on and around my desk. I am in the process of getting ready to start on the newest leg of my journey in recovery. The World Service Conference in Virginia Beach is just less than 3 weeks away. The WSO sends tons of emails every week, with mounds of paper to be printed off and read prior to leaving. By the time you read this I will have been there and back and getting my report ready for AWSC, with even more papers on and around my desk. I hear that the WSO send us home with even more paper than I go down with..

I am being kept busy not only by WSO; I am being kept busy attending Anniversary meetings in Districts 12 & 13 for now and responding to questions brought forth by varying Districts and by questions sent on by the Ontario South Website Coordinator that she sends me from the Ontario South website. I am also keeping my Service Sponsor busy by asking questions when I am not sure or forwarding some of these questions on to WSO when neither of us are sure. What a concept – we can learn from each other and when we are not sure we ask someone else. We are NEVER alone in Al-Anon.

Words are not enough to thank you for allowing me to be your Trusted Servant in this program. Please feel free to contact me if you have any questions or concerns.

Much Love & Hugs  
Claire Duthie  
Delegate Panel 49  
Ontario South

Alternate Delegate Report

When is enough, more than enough? When is too much, just a bit too much? What happens when you juggle too many balls, and not enough hands? In my experience, life or health starts to collapse around you, and this is not a good place to be in. Sometimes one can become complacent about one's life, even after many years in the program. It was so easy to think I had my life in order as family members stepped up to the plate and continue to help out with Dad. It was so easy to think my life was in order as I continued to seek help along my way by sponsors and home group members. BUT, and it is a big BUT, I wasn't really listening to what was happening in my own body. It is said that the disease of alcoholism and those that are affected by the alcoholics in our lives, will be affected in the physical, mental, emotional and spiritual entities of our lives. These entities are intertwined, not separate, and although you may have found peace in three of the four.... Well, it's the fourth that will surely knock you off your feet. This I found out while laying on a stretcher in an emergency room, contemplating why I did not see "it" coming. The nickel started to drop, so here I am back at Step One. And really listening!

AWSC is fast approaching and I am unable to be there as I have a wedding to attend. In my absence, there will be members from the Executive who have graciously (maybe a bit nervously) offered to speak for me on the Area Policy and Guideline Manual and meet with the Co-ordinators. I will definitely miss connecting with all the new faces at AWSC. This business conference is a wonderful first step into your new journey and an opportunity to connect with a whole new Al-Anon family. Remember to have some fun along the way! I hope to hear some of your experiences and look forward to reading your comments on the surveys your Executive will be reviewing at our next meeting in July.

And now, a gentle reminder for anyone looking for a topic for your meeting. How about using the Forum. It has great sharings, round table topics, Step and Traditions for each month, and I could go on and on and on. But, I will just let you all have the experience of trying it out for yourselves.

(Hugs) in Service,  
Heather P., Alternate Delegate



Treasurer Report

It's that time of year when things start coming into bloom. Everything comes to life and with that there are a ton of things to do and see. That counts for Al-Anon as well!

For the past month or so announcements were a little scarce. But know, things have really come alive. Al-Anon Days in a number of Districts, AWSC for the District Reps in May, our annual Al-Anon Trillium Convention in June and on and on...There's no time or reason for recovery to laps and in my experience, these outings are always enjoyable and fun.

I'm delighted at the number of groups and districts who have updated their address for their donations to Ontario South Assembly. I would imagine that the past treasurer appreciates it too. For those who are new or where unaware, this is just a reminder that all donations to OSA now go to: 24 Boulton Avenue, Guelph, ON N1E 5W7.

Well I hope everyone enjoys their Spring and I look forward to meeting all the new Drs at AWSC and anyone else at the upcoming events in our Area!

Make A Great Memory Today!  
Y.I.S.  
Marianne E.  
Area 86 Treasurer

Area Alateen Process Person Report

Hello. I am Nick M, a grateful member of Al-Anon and the Unity Al-Anon Family Group in Welland and I am the Area 86 Area Alateen Process Person, AAPP for short.

The deadline has passed for all Ontario South SAM's to send their annual re-certifications in for 2009. To-date 87 of last year's 134 SAM's have re-certified and I know of several that are in transit. We have been privileged to certify 14 new SAM's in the first quarter of this year as well. So in total Ontario South has 104 active certified SAM's.

The District Reps will be sent the list of active SAM's in their respective Districts by the end of April. Any SAM's who have not re-certified, and are not on the list, will be classed as Inactive and will need to re-certify with WSO before renewing activity in Alateen. Instructions for this process are contained in the Ontario South Guidelines, Section 11B.

Could the SAM's who know that they will not be continuing in Alateen service this year please confirm this with me through a quick note or call. My address, telephone number, and email address are on the back page of this issue of OpenLines.

Questions have arisen lately regarding the responsibility of SAM's in reporting abuse, or suspected abuse, that Alateens may mention in Alateen or Al-Anon meetings. The Children's Aid Societies in Ontario have been made the legal contacts in these issues, and have very good literature describing the Ontario Child and Family Services Act (CFSA) and how it pertains to anyone in the province. The SAM's in Districts 12 and 13 have been given this information to help them in this regard. As well, the WSO Guideline G-34, Alateen Safety Guidelines, has a section on this topic.

There are Alateen workshops scheduled for the April/May timeframe in Niagara Falls and Wasaga Beach and I hope to join them and benefit from all of the Alateen and SAM friendship and camaraderie.

Yours in service,  
Nick M  
Area 86 AAPP

.....  
: The miracle is this- :  
: The more we share, :  
: The more we have. :  
: Leonard Nimoy :  
.....

## Archives Coordinator Report

It has also been great fun going to different groups, anniversaries and Al-Anon Days to talk about Archives and do workshops. I was invited to Main Street Fellowship on March 12 to talk about Archives and the history of their group just prior to their anniversary. On March 26, District 21 invited me to their district meeting to talk about our Archives as well as group and oral histories.

April 4<sup>th</sup> I attended the 4<sup>th</sup> Annual Archives Workshop put on by AA District 83 with the theme One Yesterday At a Time. Carolyn Bart-Riedstra, Archives Association of Ontario advisor presented An Introduction to Arrangement and Description in Archives. It was more learning about Archival procedures of cataloguing, storage and preservation. Other topics were setting up a display, Group Histories, Oral Histories and a fantastic tour of the City of Toronto Archives.

April 18<sup>th</sup> I led an Archives presentation/workshop at Districts 14 and 15 Al-Anon Day in Hamilton. May 2<sup>nd</sup> I am at District 2 Al-Anon Day in Dundalk for an Archives presentation and workshop. It is a great way to carry the message about Archives to members in our Area

If you would like me to come to your group/district, anniversary, Al-Anon event please let me know. It is another great way to carry the message and keep our history alive.

Group in Ontario South are continuing their great work in completing Group Histories and Oral Histories. If your group is new, now is the time to do the history while all the information is still fresh. Take pictures of your meeting place, the meeting space, your literature display and any other things that are unique to your group. Remember it is the stories about your group that matter.

GROUP HISTORIES: Here are some questions to think about? When did we start? Why this place? Who was involved? How is it that we are still here? How are we carrying the message? Did a group branch off? Do we do traditions? Did we do traditions? There are different ways to capture your group history: group history checklist, photos, meeting logs, all minutes. A picture of a meeting place can tell a whole story. Oral histories are also a part of your group history. It is not just yes or no answers to the questions but the stories around those answers that tell the history of the group. Keep a copy of your group history in the front of the meeting binder. It is a reminder that carrying the message is why we are still here and continue to come each week. Keep Coming Back

### ORAL HISTORIES:

Why Oral Histories? We are a nation of story tellers. The book Lois Remembers is a story. When I read this I can "hear" Lois and the other people telling the story.

The facts These are very important but the stories capture the essence of the language that comes from the heart. It is the voices, the words, and the person. Who were your peers when you came in the Al-Anon? is just one question.

The Story Teller These are the founders of your home group, your sponsor, the Area Delegate, A longtimer.

Are you the right person? Ask yourself if you are the right person to interview a particular member.

Be clear about the purpose. What did Al-Anon look like when you began? Get the story.

An Appropriate time. Pay attention to the person you are interviewing. About 45 minutes is long enough unless they want to continue.

Location It could be at the person's house, at our house, after tea, in the car. Be aware of anonymity.

Gather information Do your homework. Know what you are not being told. Who was around at the same time as the person you are interviewing? Consult the area or district archivist to find information. Chat with group members, long timers. The more you know the better equipped you are.

Due to a glitch this page has been added after publication.

Archives Coordinator Report (continued from previous page)

The Interview: Send out or give the person questions in advance. Be realistic. Don't push them for information. Let them tell their story. If they get off track guide them back to the questions.

Be sensitive

Identify yourself and the interviewee along with the date and the place of the interview.

Focus It is on the person's direct experience. Focus on Recovery, Unity, Service

Release forms: There are legal issues. The release can be done on paper or recorded on tape and then transferred to a form. Ask the question: Who would you like to see this?

Check the Oral Histories Kit for copies of a release form. See information under Resources

Equipment Electronic Devices-make sure you are able to play back what you have recorded. Check and test your equipment. Bring extra batteries.

Saving copies Take care in saving copies. Make back-up copies at least twice and do it right away. This avoids accidentally erasing the original before you have copied it. Copies are then made from the copy and not the original. The original becomes the Archival copy.

Transfer to other mediums—e.g. CD to DVD; tape to CD or DVD Ask-Do I have the equipment to play back what I have? Then transfer to paper as it is the most stable medium.

Storage Identify, label and catalogue very carefully. Store in a cool dry location and off the floor.

Replaying and copying Always replay from the copy. Make copies from the copy.

Access Who has access to the oral history/interview? This is determined by the stipulation in the release forms.

RESOURCES:

Group History Check list; Longtimer Questionnaire -- from Al-Anon WSO website

Oral Histories Kit; Archives Workbook --available to download. Type in: Archivist Area 83. This material is public domain. Please adapt to your own use. It is a wonderful example of how we cooperate with AA.

DID YOU KNOW: If you have old negatives of Al-Anon events and/or members you can halt them from degrading by putting them in the freezer?

Has everyone in your group read LOIS REMEMBERS? If members are not able to do this individually why not have a short time before or after a meeting to read a section. Or it could be a way of continuing the fellowship outside the regular meeting by getting together to read a section. If we continue to order this book from the LDC the demand will keep the book in print. FIRST STEPS If you have a copy of First Steps it is an Archival book of historical value. This book is no longer in print.

ARCHIVAL What makes something archival? It is reviewed and deemed of historical value to be maintained forever. Ontario South has the beginnings of Al-Anon and wonderful Archival material.

COPIES OF GROUP HISTORIES: If your group/district would like a copy of your group history/histories please let me know by May 1<sup>st</sup> or as soon as possible. I will make copies and bring them to AWSC. This will save postage.

AL-ANON MEMORIAL BOOK This is another group project that reminds us of the stories that were told by members who are no longer with us. I will bring copies of a template for this project. Or if you have one already completed please bring it to AWSC to put in the binder.

If you need help with any of the above please contact me. I am happy to help.

.....  
: Sometimes our light goes out but is blown into flame by another human being. :  
: Each of us owes deepest thanks to those who have rekindled this light. :  
: Albert Schweitzer. :  
.....

Group Records Coordinator

In February, a conference call for all Group Recorder Co-ordinators was hosted by WSO. I was one of 24 co-ordinators that participated in this one hour phone call. It was quite amazing to hear and share information with people from all over Canada and the US. It left me feeling a little more comfortable with the job that I am trying to do. It was also good to know that I was not alone in feeling uncertain about how to do this job.

*Some information for you:*

- I have received many group record changes over the past 3 months and have inputted these changes. And again I would emphasize that any changes that you need to make to the information about your group need to be sent to me and then I will forward the changes to WSO.
  - When you send me information about yourself that needs to be changed, please identify which group and district you are from so that I can ensure that I enter the correct changes accurately.
- I look forward to meeting with the DR's at AWSC and answering any concerns that might arise.

Love and gratitude in service,  
Jane H. – Group Record Co-ordinator

Literature Coordinator Report

G'Day Mates!

What a fabulous 3 months I've had DownUnder (a.k.a Australia)! Lots of AI-Anon meetings, opportunities for service and some 12<sup>th</sup> Step work. I am so grateful to my Higher Power for sending me here to live and work my program. This year I was able to make some new program friendships and get closer to some friends from previous years. The world-wide fellowship of our program is demonstrated for me in real terms when I am in Australia – experience, strength and hope shared by members is the same whether I am at my home meeting in Ottawa or in a meeting at the Australian National Convention in Surfers Paradise. How blessed I am!

While I was away, there was a Conference Call organized by WSO for all Area Literature Coordinators. Many thanks to Lin McS (GR for 12 Step Discovery AFG in Ottawa) for sitting in for me and taking notes. Among the information provided during the call was the following about how CAL (Conference Approved Literature ) is revised. "Just as AI Anon literature is written by AI Anon members, suggestions for changes come from our members too. There have been many revisions to our literature in the last five or six years. This was the result of a literature inventory that the WSO conducted beginning in the late 1990s of all CAL. It included input from all 67 Areas of the World Service Conference structure. In examining this input, the members of the Literature Committee made recommendations regarding which pieces should remain the same, which should be revised (and to what degree), and which should no longer be printed. Major changes that rewrite material for a change in focus, audience, or intent from the original motion require a motion from the World Service Conference. Revisions to update, clarify, or improve the flow without changing the intent, audience, or focus do not require a Conference motion, but still follow the involved process which includes scrupulous review by the Literature Committee; Policy reviewers, and staff. Housekeeping changes (updating addresses and phone numbers, correcting grammar and punctuation errors, etc.) are handled by staff."

Keep your eyes open for more Literature projects coming from WSO – I'll be sending out information during May to the DRs who will then forward it to GRs who will bring it to your meeting.

I'm looking forward AWSC May 22 to 24 where I'll get to meet all the DRs. We're going to have a great time while doing AI-Anon business!

Love in Service,

Jean McS

.....  
 : The gardens of kindness never fade. :  
 : Greek Proverb :  
 : .....  
 : .....

Open Lines Coordinator Report

((HUGS))) to everyone! I am Sharon your Open Lines Coordinator but also very importantly I am a grateful member of the Southend Discussion AFG that meets Thursday nights in Niagara Falls. Feel free to drop in and visit while you are here on vacation. We are a great friendly bunch! I am on a very special journey. Thank you all for walking with me.

Thank you all for the feedback from my 1st edition. I learned so much about this program, my fellow coordinators and myself. In this edition I am striving again to ensure that information gets out there. Take the time to read and then share "Open Lines" with all your group members. "Open Lines" is published to the web site as well except for the contact page so please ensure your group gets that page. Please enjoy and send any feedback you feel moved to share.

As always, please keep those event notices flowing, knowledge is a wonderful thing and when we know about events we can plan to attend. For subscribers please check the date found on the label of your envelope so that you don't miss any issues. I try to include a notice but am human and therefore make boo boos. (It is so freeing to be able to admit that and not have to be perfect anymore!)

I look forward to seeing all the DR's at AWSC and working with my fellow coordinators to ensure that we are best serving the membership that has entrusted us.

Hugs  
Sharon R

Public Outreach Coordinator Report

I am a newcomer. I walk into the room, and do not know a soul. I look around and see people sitting and standing, talking to one another, laughing, being a part of. I sit down and wait for an opportunity to talk to someone, but everyone is busy in their conversations, occupied or afraid to step out of their comfort zone and ask me if I'm new.

I am new to the area, or the district, or the group, or the Al-Anon Program. But how do you know that I am new if you do not ask? So I sit and wait, and wonder if you remember what it was like the first time you walked into the rooms of Al-Anon? Trying to find a way to go up to someone and introduce your self without centering yourself out. Unable to join in conversations because you don't want to be rude, or butt in. Waiting for the moment in the meeting when someone asks, "Are you a new comer?" Breathing an inward sigh of relief because now there is the opportunity to establish a connection with a member of our program.

Even though our program teaches us that we can go to any meeting, any where and have a common connection that brings us together, the reality is.....I walk into the room and I am a newcomer. I'm new to the area, the district, the group, the program, and I don't know anyone, and feel alone.

Please try to remember what it was like when you first walked through the doors. How you looked around for a friendly face, a smile, an introduction. When you're at your home group and see a face you don't recognize walk through the doors, go up and ask....." Are you a newcomer?" It doesn't matter if you've been in the program for a little time or a long time, you're still a newcomer if you've never been there before. And the greeting that you get may help you decide if you'll come back.

Yours in service  
Michele

Website Coordinator Report

Bonjour,

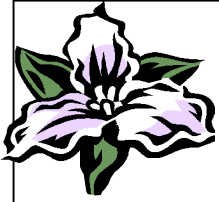
You will find a few changes on the Website. We have added a new Coordinators Corner. This allows the coordinators to communicate any information they need you to know a little faster. Part of the site is still under construction, keep going back and see the changes. I would like to thank those who uses the comments section to make improvement to the site. I receive lots of good suggestions, but when it comes to meeting list, I get the information from the Groups Record Coordinator. It is very important that you submit (using the Electronic form) any changes of your group.

Webdudette in Service,

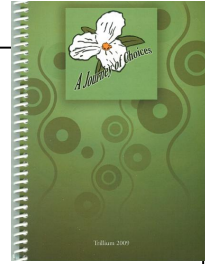
Louise

.....  
: No one is useless in this world who lightens the burden of it for anyone :  
: else. :  
: Charles Dickens :  
.....





**"A Journey of Choices"**  
**Trillium 2009**  
**June 19-21**  
**Doubletree International Hotel, Toronto**



Your Trillium convention is ready and we are waiting for you. At this point we have almost 200 early pre-registrations and 170 hotel nights registered. We are thrilled with this level of enthusiasm for this year's convention. But we consider this just a beginning. We urge you to continue to pre-register and to make your hotel reservations. All of the information that you need is on the flyer attached to Openlines.



The winners of our 3 free registrations are Carolynne W., Pickering, Joan R., Milbrook and Janet S., Smiths Falls. Congratulations! The one free hotel night draw will take place at our May meeting and I will announce the winner at AWSC.



**Notes of importance:**

**The first Al-Anon panel of the convention on Friday will take place at 7:30.**

SAM's, please remind your Alateens who are attending Trillium need to bring their completed permission and health forms. The forms can be found on the Ontario South web site.

District financial donations to Trillium are greatly needed. Please send your donations to Trillium 2009 care of 15 Mattawa Crt., Whitby L1P 1E3

Dianne, our hospitality co-ordinator, requests that you remember to bring your food donations, whether it is a sandwich tray or veggie tray or fruit tray or whatever goodie you like to the Trillium hospitality room upon arrival to the convention.

DR's and or GR's please return your volunteer sheets to the appropriate co-ordinators, as are listed on the volunteer form.

On a personal note, I would like to thank the members of this Trillium 2009 committee. It has been wonderful working with all of you and watching us grow together in this venture. I have learned so much. Once again I am privileged to learn the valuable lesson of service – that through service I can grow and change and become a more enriched "me".

Love and Gratitude in Service

Jane H. - Trillium 2009 Chairperson



Statement of Purpose

Open Lines is published quarterly by Ontario South Assembly. This newsletter presents service related news and information to Al-Anon groups in Ontario South to help keep them informed. Personal sharings of recovery should be sent to the Forum.

Send submissions to: Open Lines Coordinator  
See address on page 14

<u>Deadline</u>	<u>Distribution</u>
Issue 2 April 14, 2009	May 1, 2009
Issue 3 July 14, 2009	August 1, 2009
Issue 4 November 14, 2009	December 1, 2009

Late distribution occurs occasionally for unavoidable reasons.

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Send NEW SUBSCRIPTIONS to:  
Open Lines Coordinator, Address on page 14

All ADDRESS CHANGES please send to Group Records Coordinator address on page 14

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## Calendar of Ontario South Events

Wow there is a lot going on!!!

**Concept 4 reminds us that 'Participation is the key to harmony.'**

So mark your calendars for the following events:

"May 1, 2, & 3, 2009 - 44th Niagara Blossom Time Convention at the Crowne Plaza Hotel (formerly Sheraton, Brock Plaza Hotel) overlooking Niagara Falls, ON, Canada. Full AA, Al-Anon and Alateen program. Flyer on the Ontario South website with mailings to District Reps. Everyone welcome. See the website for further information <http://blossomtimeconvention.com>

Saturday May 9, 2008 District 6 London Region Al-Anon Day, 9:00am - 3:30pm, Al-Anon, AA and Alateen Speakers, Cold Pot-luck lunch at noon, \$5.00 Adults, Youth free, Tickets available in advance and at the door, contact Katherine W 519-870-4751, New St James Presbyterian Church, 280 Oxford St East (at Wellington) London Ontario

Saturday, May 9, 2009 District 1 Wasaga Beachcombers AFG Al-Anon/Alateen Day 9am till 4pm in Wasaga Beach. Are you thinking about becoming a sponsor or other SAM This is a day of Alateen workshops. Full day is \$15 1/2 day is \$5. Pre registration is required. Contact Robyn (District 1 Alateen Liaison Person)@ 705-422-1696 or email wingsofabirdie@aol.com

Learning to Live AFG is celebrating it's 27th Anniversary Thursday May 21st at 8pm. Wilmar Heights United Church 963 Pharmacy Ave. Scarborough, M1R 2G5 (North or Eglinton Ave., South of Lawrence. (SE door in back of church)

Picton Gratitude AFG celebrates 33 years June 9th @ 8pm St. Mary Magdalene Anglican Church Parish Hall (Upstairs) 335 Main St. E. Picton, ON There will be AA and Al-Anon speakers and refreshments.

We Will Know A New Freedom  
Georgina AA Convention and Campout at Eaglewood Park June 12, 13, and 14th, 2009 Speakers, workshops and wonderful fellowship for AA, Al-Anon and Alateen. Registration is \$15 for the weekend and \$10 for the day. Send it to 202 Church St. PO Box 93 Keswick, ON L4P 3E1. Email [georginacampout@live.com](mailto:georginacampout@live.com).

June 19-21 Trillium 2009  
"A Journey of Choice"  
Double Tree Hotel in Toronto 416-244-1711 or Fax 416-244-7281 to reserve your room. Tell them you are attending Trillium 2009.  
See flyer for convention registration information.

48th Annual Kawartha District AA Convention (with Al-Anon Participation)  
June 26th & 27th The Evinrude Centre 911 Monaghan Road. Peterborough, ON  
For more information Call (705) 745-6111 or visit [www.peterboroughaa.org](http://www.peterboroughaa.org)

The 34th Annual Windsor-Essex County AA Convention will take place July 17-19 at the University of Windsor in Windsor, ON. AA, Al-Anon and Alateen speakers will all be part of the weekend as well as a banquet and dance on the Saturday. For further information please contact Shann J (519) 968-1428

39th Annual Central Ontario West Convention of AA  
August 7-9th with Al-Anon participation on Aug. 8th. 9am till 5pm with banquet to be held at 6pm. Event to be held at the University of Guelph in Guelph Ontario. Theme is Steps to Freedom. Main Al-Anon speaker will be Sue G from London, ON. There is a full day planned including a host of speakers: Spirituality Panel, Alateen/Adult Children/ Family Panel. Contact Al-Anon Chair Royetta S. (519) 821-9293 for more information.

Steps to Transformation. 18th Annual District 4 Al-Anon Day Sat. Oct. 3rd from 8:30 am till 4 pm at St. Agnes R.C. Church 75 Bluevale Ave. N., Waterloo, ON. Registration is \$5. Breakfast and beverages will be provided. Pot Luck Lunch. Contact Veronica (519)748-4819 or Carol (519)954-3316 Please support this event by donating food/gift table items.



Districts in Ontario South

- District 1.....Muskoka
- District 2.....Georgian Bay
- District 3.....Bruce County
- District 4.....Waterloo Region
- District 5.....Huron Perth
- District 6.....London Region
- District 7.....Sarnia Region
- District 8.....Windsor/Essex
- District 9.....Chatham Region
- District 10.....Elgin Region
- District 11.....Brantford
- District 12.....Niagara Region
- District 13.....St. Catharines
- District 14.....Hamilton West
- District 15.....Hamilton East
- District 16.....Mississauga
- District 17.....Upper Peel-Halton
- District 18.....Dufferin, York., Simcoe
- District 19.....Toronto North
- District 20.....Toronto West
- District 21.....Toronto Central
- District 22.....Scarborough
- District 23.....Lakeshore
- District 24.....Kawartha
- District 25.....Quinte
- District 26.....St. Lawrence Region
- District 27.....Seaway Valley
- District 28.....Ottawa West amalgamated with District 29.....Ottawa East
- District 30.....Upper Ottawa Valley
- District 31.....Loyalist
- District 32.....Kawartha South