

District 11

District 11 is the smallest in Ontario at 3 groups. This brings us challenges of minimal resources in terms of people and money. However we have managed to continue our public outreach with distribution of Al-anon literature and placement of "How Al-anon Works" in every library in our district. One of our members has facilitated a group within a local Mennonite area close to her home, another visits a local detox center's family support group to tell how Al-anon has helped her and provide local meeting information. We also participate in a yearly AA roundup in our area. Although it often feels like a struggle there are advantages to knowing one another and having a close Al-anon family.

June Higham DR district 11

District 12

Hello, my name is Sharon McCumber and I have the privilege of being the DR for District 12, Niagara.

We have a wonderful group of Group Reps. who are all active within the District. We have 9 Al-Anon Groups and 3 Alateen Groups. We are fortunate to have EIGHT S.A.M.S. who sponsor Alateen meetings, and THREE S.A.M.S. who do not sponsor a group.

Our District begins in Selkirk and runs through Dunnville, Port Colborne, Ridgeway, Fort Erie, Niagara Falls, Fonthill, Welland, Wellandport and Canborough. We don't have groups in each place that I have mentioned, but they are nearby. It isn't a very large area in comparison to some Districts, but we are quite close as far as mileage is concerned. I am able to reach any one of the groups in the District within an hour or less.

Districts 12 and 13 share expenses for Public Outreach. Our local Literature Chairperson takes orders from the individual groups and then fills them through Lynn. We also share an answering service which is manned by an Al-Anon person. Our Public Outreach members are very dedicated and continue to spread the message throughout the entire areas.

Each Spring, District 12 has an Al-Anon Day, which we have named our Spring Thaw. This is held in either March or April, and takes place at one of our group meeting places, on a Saturday. Last year, we also participated in the Al-Anon Day with District 13. Theirs is held in the Fall. It worked out so well that they participated in our Al-Anon Day this year. We hope to continue this as it helps to keep us united.

There are several AA functions in our area each year, and, because of the good rapport between AA and Al-Anon, we are invited to participate.

In the Spring the AA have a one day Round-Up, during which Al-Anon and Alateen are invited to share. In the beginning, very few AA members stayed to hear what 'the other side' had to say, but in the past few years, most are very interested and stay.

Many of you are familiar with The Blossom Time Convention that takes place during Mother's Day Week end in Niagara Falls. Al-Anon and Alateen have a very full agenda during the entire week end, thanks to AA for inviting us to participate.

In September, following the Labour Day Week End, there is a campout and convention in Dunnville at Byng Park. We are invited to take part in the planning of the week end. We are given an hour on Saturday afternoon for our speakers. The AA people have been very supportive when we have asked to have a 50/50 draw, or any sales to benefit Al-Anon and Alateen programs. We have only had the 50/50 draw for the past couple of years as our District is doing okay financially, but, when we were in financial straits a few years ago, we did quite a bit of fund raising at the camp-out. When we stopped, many of the AA members were very disappointed. They especially loved our bake sales. You know what good cooks we Al-Anon people are!!!

Many of the AA groups have asked for our Meeting Lists to keep at their groups, and they are constantly asking for new ones. Many of their members are Double Winners.

Being elected as District Representative has been a very humbling experience for me. I take my duties very seriously, and, although I have an extremely ill husband at home, I do manage to get around to visit each of our groups.

I love Al-Anon and Alateen and only want what is best for our programs. I try to encourage any active Al-Anon member to become a S.A.M. as it can be the most rewarding and humbling experience of ones' life. I have grown immensely by sponsoring the teens. They can be a handful at times, but, for the most part, they are wonderful and trusting. They are the future of the Al-Anon program!!!

I am truly sorry that I cannot be here this week end, as I was so looking forward to meeting new and old friends. To each of you, I send warm greetings.

Have a wonderful week end. May the God of your understanding be with each of you.

Sharon McCumber

District 13

Had a new meeting open which is struggling but the members who are using it know that their higher power will give them what they need. This was a learning experience because we were under the impression that the district had to be informed; not so you only have to contact world service with a contact name and address, but the area

manual tells us that as area conscience it has been decided that the new group registers with area and area registers with world. Yes I am confused but that is o.k.

Claire was a valuable resource to me over the first few months of my stint as d.r. but things have calmed down now and I have not contacted her as much. One of the things I used Claire for was the “chanting at the end of meetings” has this been banned by world? The answer was not really they don’t condone it but group conscience runs the groups! Also appropriate topics was brought up, is divorce a suitable topic? Well it is a reading in one of our daily readers so yes it is!

Blossom time was held with our participation and was successful it was a very interesting and rewarding weekend for all involved. Blossom time is a aa conference with al anon and al ateen participation.

District 12 and 13 amalgamated to do our spring and fall Alanon days with great success. So this will carry on.

Alateen has added one new meeting in the Niagara falls area which we all hope will keep the presence of al ateen in everyones minds

Getting people to re certify in a timely manner has been a challenge. At present about half of our sams are re certifying. Even though they are all keen on keeping in touch with the al ateen program.

I wonder if we should re certify tri annually or something like that. any one accused of abuse someone at district level would know I think..

DISTRICTS 14/15 REPORT 2010

This report is from January 2009 to May 2010 which covers my present term as DR District 15. As Districts 14 and 15 blend geographically, we come together for our District meetings and other functions. District 14 includes Hamilton West including Dundas, Ancaster and Flamborough West. District 15 includes Hamilton East including Burlington, Stoney Creek, Flamborough East and Waterdown. District 14 has 11 Al-Anon Family Groups (1 newly formed last winter) and 1 Alateen Group. District 15 has 9 Al-Anon Family Groups and 1 Alateen Group for a total of 22 groups.

ANNUAL EVENTS

Autumn Leaf Round Up: This AA Conference with Al-Anon participation is held every September in Hamilton.

Al-Anon Day: This is held every April in Hamilton.

Christmas Pot Luck: Held every December at the District meeting.

NEW DEVELOPMENTS

AIS: In January 2010, AIS merged with the Districts. The DR's, GR's and the AIS Coordinators now meet as one large group, combining our resources. We have one Treasurer and one Secretary. We have increased the annual group donations in order to cover the work of the Districts plus AIS. The DR for District 14 will provide more information on this merger in his report.

District Website (alanonhamiltonburlington.ca) This Website includes meetings, events and more. It has been an excellent addition to our Step 12 work.

Information/Education Session: We plan to include a 15 minute session at the District meeting, as needed.

CHALLENGES

AIS and District merger: We continue to work out issues as they occur. We are all on a learning curve. Overall, the tone is one of enthusiasm and positive energy.

Alateen attendance: The Hamilton meeting has a few teens attending. The Waterdown meeting has had a few teens over the past months but has none at present. The Waterdown meeting has recently relocated from the outskirts of Waterdown to a more central location. We are hopeful that this will be more accessible for the teens.

Marg M.

DR District 15

District 16 (no written report)

District 17

District 17 is known as Upper Peel Halton . There are nine groups in Peel, three in Halton one in Wellington Coounty and one in Vaughn,

Things are going well. Two groups that have spent the last year struggling with attedance problems seemed to have turned things around. The group that almost closed last year has recovered

quite well eight to 12 regular members and they almost registered an Al-teen group but the 2nd SAM was not able to commit to the long drive .

A new project we have on the go is to get Al-Anon in the Halton and Peel phone book . It has not been there for 10 years.

It will be the main topic of discussion at our next meeting on June the 8th , It will cost a one time fee of \$360.00 but I think it is worth it , we should be in the phone book. *Bob Thompson*

District 18 Report 2009/2010

Nancy Sinton – DR

Janice Witty, our P.O. co-ordinator, has been very busy, as you can see in her enclosed report.

Our 2009 Al-Anon Day was a success attracting people from other districts as well as District 18. There was a lot of enthusiasm shown both by the committee and participants. Our theme was “Joy in Service” and included a Service workshop, based on questions from “Paths to Recovery”, as well as speakers on different aspects of service. Stouffville AFG has agreed to host the 2010 Al-Anon Day.

Our lone Alateen group is in Aurora on Sunday Night. 8 SAMs re-registered plus a new male, 2 SAMs declined to sponsor. Once more I made the mistake of sending the police check to our AAPP, Nick. I will do it perfectly next year, just in time to hand over to the next DR. Two of our SAMs were involved with the Unity committee as Al-Anon advisors, along with one of our Alateens who was in college. There were also some very enthusiastic members from other districts, some travelling long distances to attend the committee meetings in Stouffville. All who went to the Unity Conference in Markham had a great weekend with lots of excellent fellowship and good food.

We had the “1st Georgina A.A. Campout Convention at Eaglewood” in June 2009 with Al-Anon and Alateen participation. I was on the committee and arranged the speakers. There was a reasonably good turnout for a first time event and, not only did we educate some members of A.A. about Al-Anon, but also got at least one new member.

A group of us went to the Tottenham meeting, it is still in existence, and we were able to obtain all the new contact information. The new GR has attended District meetings.

The Alliston group had been closed for several years but there was interest by someone who wanted to re-open a group in the town. There were 28 people at the first meeting on May 10, 2010, (including 2 previous members) and support from other Districts. 8 Newcomer packages were given out.

We now have 13 active groups plus 1 Alateen group. Most of the groups in District 18 are growing and Aurora AFG has started a newcomers meeting.

Four of the members of Aurora Alateen have attended District meetings at different times to check us out. Miriam, of course, loves to come when she can (she is addicted to the hugs and most people know her). We are hoping that one member will agree to be GR.

Most of our District positions are filled. Jo-Ann Mayo is our A.I.S. representative and we have a member who has agreed to be the Alternate DR. It is great to see people, who have never held a District position, stepping forward.

The only position left vacant is Public Outreach, but we are all working hard to encourage people in our groups to get involved.

I could not have carried out my DR commitments without a lot of help, not only from Al-Anon members, but also from my “recovered alcoholic” husband and our daughter Miriam,

With love in service,

Nancy

District 19 Report

2009 has been a fantastic year for growth in District 19.

We have added an Alateen group – the North Toronto Alateen Group that meets Monday evenings at St. Clement’s Anglican Church (the same place and time as the North Toronto Al-Anon group. Reports thus far are that there have been a few teens show up and the group is hoping that more will come and on a more regular basis.

We also added another Al-Anon Group to District 19 – The “Living with Gratitude” group meets Saturday mornings.

This brings District 19 to a total of one Alateen group, 12 meeting groups, and one service meeting group (Saturday Night Open).

Turnout at our District meetings has been good – averaging about ½ of our membership at each meeting. This represents an increase in attendance and all district reps participate in our lively discussions. Experience, strength and hope is shared and members support each other.

Recent discussions have had a lot of focus on public outreach, and we are exploring avenues for our District to become more active in this area. While we do not (at this time) have any official roles other than DR, Alternate DR, and Treasurer, we do hope to build our district and fill some other service spots (Public Outreach, etc.).

Many of our topic or open discussion times have been spent discussing concerns of many of the Group Representatives that, as Group Reps, there is a feeling that we are without guidance on what exactly our role is when there is a lack of group conscious or there are issues in a group that cannot be easily resolved. While guidelines are just that, guidelines, there has been discussion that perhaps a source of central information for issues that are “rare” would benefit the entire Al-Anon family.

Tied in with this, we have had ongoing discussions that we, as Al-Anon members do not like confrontation and when there is dissention among members of a group, some Group Representatives feel they are without guidance and tools to bring an effective resolution – in fact, there is a member who is likely to resign because she has difficulty with some

long time members who are unwilling to discuss or accept change. Many hours have been spent reviewing our steps, traditions and concepts and applying them to group issues when they arise. It has been a leaning experience for many of us and we are grateful that, in most cases, our group can provide suggestions based on our wonderful program that can assist in a resolution, or at least guidance for ongoing discussion within the group.

All Group Representatives agree that the experience of being a GR has had an impact on the growth they have had in their program. We enjoy our meetings, meeting seven times per year (January, February, May, June, September, October and November) – in between meetings communication is kept up by emails.

Thank you to our executive for their ongoing support and guidance – we appreciate your service and the time you spend, keeping us informed.

District 20 – No written report

District 21 Report **(revised May 30, 2010)**

During the past two years (previously District 21 reported in the last year of the three-year term of representation), Al-Anon gained 2 new groups in Central Toronto – Midday Serenity AFG, which meets near the Eaton Centre at lunchtime on Tuesdays, and Courage & Hope AFG, which meets Thursdays at 6 pm. These two additions brings the total AFG's in District 21 up to 11, which includes a single Alateen group – St. George Alateen (meeting Sundays at 5 pm). We are hopeful that another group may start soon – Renesant House (a family recovery organization) has a new building and there is talk of it starting an on-site weekly meeting, as well as touring existing groups within the district. Fingers are crossed.

Attendance varies from group to group as usual – some with very few members and some approaching forty – but there are only three noticeable concerns in the population of Al-Anon. The number of “double winners”/“dual members” (members of Alcoholics Anonymous who also attend Al-Anon meetings) is growing. Some want to dominate the Al-Anon groups, and serve the group beyond the group level. Also, while attendance numbers are not changing, fewer adherents are willing to offer themselves to serve the groups. Lastly, 7th Tradition offerings are small, mainly due to the fact that the amount given hasn't changed in 30+ years. Many members weekly give only a loonie. If this were their health/fitness club, they'd pay hundreds of dollars annually, but isn't Al-Anon a spiritual fitness club?