

Open Lines

Ontario South Assembly Newsletter

<http://al-anon.alateen.on.ca/>

April 2017

Volume 39 Issue 1

Statement of Purpose

Open Lines is published three times a year 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.

Subscription Rates:

In Canada \$4.50 (1 year) \$8.00 (2 years)

Send NEW SUBSCRIPTIONS / RENEWALS to:

Open Lines Coordinator, Address on last page.

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

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Quick Links for Ontario South

There are some common forms that groups and members are asked to fill out all the time. I have made the following links available for you. To access these forms hold your control key and click on the underlined words. A new window will open and your document will be there. Be sure to click ok to the warning you will get about unsafe documents.

[Group Records Change Form](#)

[Donation form](#)

[Form C for SAMS](#)

[Literature Order Form](#)

Al-Anon Declaration

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.

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
District 16.....	Mississauga, Oakville
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
District 30.....	Upper Ottawa Valley
District 31.....	Loyalist
District 32.....	Kawartha South

[Ontario South Website](#)

Ontario South

LDC Update #3

The Literature Office Committee wants to keep our fellowship apprised of changes to our Literature Distribution Office.

- ⇒ *The LOC received 11 application for the position of LDC manager. We are grateful for so many being willing to be of service to Ontario South.*
- ⇒ *All applicants were acknowledged and thanked for their willingness.*
- ⇒ *The LOC met and reviewed the resumes and developed a shortlist of members who we will interview.*
- ⇒ *Interviews will take place during the first week of April, 2017.*
- ⇒ ***Moving Forward***
- ⇒ *We will continue to keep you updated as more progress is made.*



Contact Jane H., LOC chair, for information

mjhurley1@rogers.com

April 2017—A New Version of Open Lines

To all;

This edition is the first one to my knowledge that we have asked District Reps from around our area to submit reports and updates about their areas. I am pleased with the results!

Please let me know what you think and perhaps this will become a permanent feature of Open Lines. I have added the districts in no particular order. Check out the entire publication to see if your district submitted information.

Some district reps were surprised by my request to submit reports. For that, I apologize. I thought that this got discussed some time ago, but it is possible that it was not sent out to everyone as early as it could have been. There are also some submissions by executive and coordinators and there are some flyers that were submitted to me prior to publishing. Thanks, and enjoy your Open Lines!

Yours in service.

Brian

District 19 Al-Anon Report

In district 19 we have grown as a group and have learned a lot from each other. The DR position does take some time and effort but I am truly grateful for the great people that I have met and the growth I have had while serving this position.

At our first meeting on January 2015 there were only 5 GRs present while there are 14 groups in district 19 . We had a treasurer and the GRs took turns to take the meeting minutes. The place of our meeting was at a church; in a corner of the main hall partitioned from another noisy choir group.

Now in the third year of serving as a DR we have grown both in size and strength. We have moved to a new location where we meet in a quiet nice board room. On Feb 09 2017 there were 14 people at the meeting (10 GRs and 4 Alt-GRs and past GR), we have a treasurer, a secretary and alternate DR who will continue to serve as a DR from 2018 to 2021. We all are equal and well united, all GRs take part in the meeting and share their experience strength and hope.

- **In our meeting we have been discussing / studying:
GRs share the Issues/ problems of their groups and we discuss Al-Anon principle which can help to resolve the problem(s).**
- **Study selected topics from the Al-Alon/ Alateen manual**
- **Review and discussed different Guidelines**
- **Study the 12 concepts**
- **Study Steps and traditions and how they can be used to resolve issues/ problems at groups**
- **Review “Task Force” from WSC 2015 and 2016**

It has been a pleasure to serve district 19.

Pren

District 12 Al-Anon Report

District 12 covers areas from Ridgeway, Welland, Niagara Falls, Port Colbourne and Dunnville. There are 8 Al-Anon groups in our district. All continue with a group core of members with occasional new comers that will come back. One Alateen group is still open.

Alateen – We do struggle with getting youth out to meetings. A lot of grandparents attending Al-Anon have concerns for their grandchildren.

Our groups have had a lot of discussion on Alateen and how to reach out. Last winter, we placed a “cold-call” to a local youth hostel where two SAMS went and introduced themselves on behalf of Alateen. For six consecutive weeks they went and shared with the youths. It was extremely rewarding. It was becoming more apparent with each meeting attended that these young people were extremely affected by not only alcohol, but also drugs. When the youth would introduce themselves with great honesty, they would say “Hi my name is ____ and I am an addict.” The social worker wanted our SAMS to continue at the hostel, we explained that we did have meeting places, and this was what we called “Meeting on Wheels.” It really opened our eyes to the devastation these young people have put themselves through. They responded well and were quite willing to participate and share. We can only hope that maybe a small seed got planted during that time.

Public Outreach – We continue to brainstorm and share ideas for reaching the public. Our district along with District 13 created a letter illustrating what Al-Anon is all about and sent it to different agencies with a return email address. To date, no one has responded. Every year our members circulate *How Al-Anon Faces Alcoholism* booklets to the community. Discussions have taken place about approaching guidance counsellors in the high schools and reaching the elementary school kids in grades five to eight, making it part of their health class. As well it would be an interesting idea to try and hook up with AA’s public outreach committee and work together as a team trying to implement some of these ideas.

District meetings – Our district meets from September through to June (taking July and August off) on a monthly basis. It’s here we discuss the group’s growth, financial responsibilities, public outreach, fundraising events, concerns, and our responsibility to our group members and each other. We try to limit the meeting to one hour as some have a great distance to travel.

Fundraising events – Spring Thaw – This event is held in April. Each group fills a basket full of themed items. (ex. Chocolate, Paper Products, Garden Supplies) Tickets are sold and everyone chooses which basket they want to win. We have a 50/50 draw and a potluck lunch with a morning workshop and AA and Al –Anon speakers in the afternoon.

AA Roundup – this committee meets each month from September until May. District 12 Al-Anon is very active with District 13 AA in this convention. Al-Anon is invited along with Alateen to have a speaker in the afternoon of this day. We have a bake sale, 50/50 draw and raffle for Alateen. This ends up being a successful day and carries us afloat for awhile.

Joint District Day – in November of 2016, District 12 & 13 Al-Anon came together for a panel of speakers day. We had a potluck lunch with speakers both in the morning and afternoon. This was not a fundraiser although we did have a 50/50 draw to cover rent for the facility. It went over really well!

Submitted by Penny A, DR District 12.

District 16 Report

District 16 covers the Oakville and Mississauga Area.

We have sixteen meetings altogether. They include two Alateen Groups, two Adult Children Groups, a Polish Group and One Open Speaker Meeting. All the others are regular Al-Anon meetings. Three of the regular Al-Anon meetings meet at a similar time to an AA meeting at the same location.

District 16 has formed a Committee to endeavour to put a bid in for the Ontario South Assembly in 2017.

District 16 will be having their Annual Al-Anon Day of Recovery on April 22nd, 2017. There will be six Al-Anon speakers and six AA speakers, sharing their experience on the Twelve Steps.

We have seven certified SAMS. There were fourteen Alateens at the Monday Night Alateen Group in Oakville recently, five of whom were newcomers. Hoping that these Alateens will return.

We have an active PO Committee, placing Al-Anon and Alateen WSO approved posters in appropriate places. Our PO Committee have monthly meetings and continue to encourage members in our District to attend their meetings.

Yours in Service,

Bev M – District 16.

District 30 Report

Our six groups are flourishing and well. Most are from 6 to 8 members. Our Al-Anon Day is Saturday April 29th in Pembroke at Holy Name church. Thanks loads.

Toni A. District Rep Upper Ottawa Valley District 30

DISTRICT 28 REPORT

Things are getting busy in Ottawa, as we get ready for three major recovery events in the next four months. Our District's Al-Anon Day is fast-approaching on April 8. Our 19 groups take turns hosting each year's Al-Anon Day, and the Royal Ottawa AFG is putting on this year's event. It promises to be a day of great speakers, engaging workshops and welcoming fellowship.

Each year, our District participates in two local AA conferences. The Spring Conference is a one-day event on May 6. Our liason and program co-ordinator is working well with the AA committee to put on a full day of Al-Anon meetings for our members and to help carry the message to potential newcomers. As the entire city shifts into party mode for the 150th anniversary of Confederation, we have been invited to AA's Canadathon – a sober, family-friendly day of meetings, fun and fellowship on Saturday, July 1. The event is held at a local community centre within viewing distance of the Parliament Hill fireworks show.

Around our District table, we regularly see representation from about three-quarters of our groups. As District Representative, I've been extremely fortunate to be accompanied in this chapter of my recovery by a great Alternate DR, Secretary and Treasurer.

If you're in the capital, stop by one of our groups! You can get information on meetings in Ottawa and Gatineau by calling 613-860-3431 (819-669-0543 en Français) or visiting al-anon-ottawa.ca.

District 23 Report

Groups—Our district covers the Durham area from approximately Sandford in the North West down to Pickering in the South West, across to Orono in the South East and up to Janetville in the North East. (approx. 2500 sq/km)

The last two years have brought change to our district. Due to declining numbers at some of our groups, our oldest group (50 years) closed, as well as four others, and our only Alateen group. Of the remaining 15 groups some are thriving, while others struggle to remain open as numbers continue to dwindle, although thankfully, we still have a meeting or two every day of the week. At a recent district meeting, in an effort to create more unity, both at our groups and within our district, we started a dialogue regarding ways of supporting one another. Two ideas were brought forth that we decided to act upon.

The first was to show support for other groups; all the GR's along with the DR and any other members who wish to participate, have chosen a week in April, to attend as many meetings in the district as possible. We are calling this "Alathon".

The second idea was to promote district unity by making a District Quilt. With each square representing a group in our district, the 'Quilt' will be displayed at future district conferences.

Alateen— Although we had the SAM's and Co-sponsor ready and waiting, we did not have teens coming out to the meeting. We agreed to have our intergroup phone line let newcomers know when asked that they could go to our Saturday Night Open meeting with their kids and if there proved to be an interest we would reopen the Alateen meeting. All of our SAM's are keeping their status up to date in the interim.

District Meetings—We meet monthly throughout the year with the exception of July, August and December, to discuss district, area and WSO business as it comes up. We also use this time to talk about district money matters and any issues good or bad that may come up at meetings or elsewhere in our district. All our funding comes directly from our groups donations.

The first year of this panel we spent studying a Tradition at the start of each meeting. In this way, we have been better able to see and use the traditions in context to our positions of trust at the district level.

Public Outreach—In an effort to reach out to the Alateens, the last two committees sent books, pamphlets and an explanatory letter to every Public, Private, Separate and Roman Catholic school Principal in our district. We requested the books be placed in their lending library or with the school Guidance Counselors, so that any child in need has access to these resources. The current committee has reached out to libraries, teen help centers and currently churches throughout the district on behalf of both Al-Anon and Alateen. They work in conjunction with AA Public Outreach to speak at schools and businesses when asked, as well as AA's annual 'Bring a Professional' night each fall.

The committee continues, as in previous years, to hold a Family and/or Pizza night, as a means of introduction to the public, as well as, their annual Spaghetti Dinner which funds their Public Outreach endeavors.

Conventions—Our district sets up new committees each year to put on our annual Al-Anon Day in Sept/Oct, oversee our participation in the spring and fall AA Roundups and the annual AA conference that takes place over an entire weekend in August.

Hugs in Service,

Tracey S

District 23

District 4 Report

District 4 covers a large geographic area and includes 24 Al-Anon groups and 4 Alateen groups. Guelph, Rockwood, Fergus, Elora, Cambridge, Kitchener, Waterloo, New Hamburg, and Elmira are all included in our District.

We hold 9 District meetings, January to June, Sept to November. We have started having a summer potluck at the June meeting and have enjoyed a potluck at November meeting also. This has given us a social outlet as well as the meeting which follows. Our meetings last 2 hours from 7-9pm and rotate throughout our District locations so that driving is shared. About 60-70 % attendance is the average for Group Reps at our District Meetings. We still struggle to get Alternate Group Reps to step up to do service or the other public outreach positions. As the District Rep I have started a General Discussion as part of our meeting. It has been received very well and some of our topics at the round table discussion have been: What makes a healthy group, How to handle a disruptive or controlling person, Sponsorship, Group Conscience, Crosstalk and Step Study Groups within the District pros and cons of how to hold a step study. Group reps are encouraged to bring topics for discussion that they would like to share or find answers to problems. We also discuss our District issues financial responsibilities, and public outreach opportunities.

We have a yearly District Al-Anon Day, the location rotated between 3 of our major cities with the responsibility for set up and planning of the day being the area where it is held. This rotation promotes service in each area and allows for shorter travel for the area holding the Al-Anon Day.

We cooperate well with our local AA members in 3 local roundups. At these functions we provide both Al-Anon and Alateen speakers panels that lead an Al-Anon meeting. and our lit We have our own District 4 literature person who purchases books from Ontario South Literature Distribution Centre and also WSO as necessary and provides all our groups with literature at reduced rates due to the bulk we order. This makes it handy for our groups and accessible as she comes to all District meetings also and attends all functions Al-Anon Days and AA Roundups locally.

Our meetings vary in size, the biggest being Sat am in Kitchener, and Friday am in Guelph. We have 2 Adult Children of Alcoholic meetings. We have one meeting that offers babysitting and others who have made young parents feel welcome to bring their children if they need to, to be able to attend a meeting.

Alateen still struggles to get teens to attend, but we do have 5 or 6 that are consistently coming. We see so much growth in these young people as Alateen helps them with family as well as life at school, their relationships and jobs.

I am very excited to announce that we almost have our District 4 Website up and running. Just a few more things to check out and a few bugs but it looks great. Thanks to John D. and Steffen stepping up and getting it off to a good start.

In the spirit of love

Fran M District 4 Rep

District 14 Report

Hello from District 14!

Our district covers the area of Hamilton, Burlington and Stoney Creek. At this time, we have sixteen active Al-Anon groups throughout District 14. We have a steady flow of newcomers to our groups.

A few years ago we amalgamated the district with AIS to conserve money and volunteers. Unfortunately, we do not have any active Alateen groups at this time. However, we refer all meeting enquiries to the Oakville Alateen group that meets on Monday evenings. There have been many discussions during our district meetings regarding Alateen and what can be done to revive it. We've not come up with any ideas at this point but we stay hopeful that a solution can be found.

At this time we do not have an institution Coordinator, but there are individual members that consistently visit the jail to hand out literature and speak with the inmates.

All of our groups participate in some form of Public Outreach, whether it's passing out Al-Anon Faces Alcoholism booklets, remembering to forget some literature and talking with a newcomer. As a district we have been invited to speak and answer questions at one school in Hamilton as part of the health curriculum. We've also participated in the Human Library. As part of our Public Outreach, we maintain a website which we have found to be a vital tool. Our site has been formatted so that it is easily accessed by smartphones and tablets as well as traditional computers.

<http://www.alanonhamiltonburlington.ca/>

Our website coordinator responds to all enquiries via email, posts announcements from our groups and reports all this activity at the monthly district meeting.

Several years ago we revamped our phone service to reduce costs, using Bell Canada's Single number reach service. The caller leaves a voicemail message and a volunteer returns the call within 24 hours. Each volunteer works in two week intervals returning calls. Voicemail can be reached from any phone line, making the transition from one volunteer to another seamless. Our phone service coordinator also reports all activities to the monthly district meeting.

A few years ago, District 14 formed its own literature distribution centre to help groups reduce the cost of shipping and so that they could get books and literature quicker. The Literature coordinator reports the amount of literature purchased and sold each month at our meeting. The coordinator also attends any function which may require a literature table and supplies the literature.

District 14 meets the first Tuesday of each month. We meet during the summer months, but have decided in some years not to meet in July and August dependent on our volume of business. Our meetings hear from all coordinators regarding the health of each area and of course how much money we have!

Each spring District 14 holds an Al-Anon day. This year Al-Anon Day is being held April 8th starting at 8:30 am with registration, a potluck lunch at noon and finishing at 3:15 pm. Our past Al-Anon days have been well enjoyed by all. We also participate in the Hamilton AA Autumn Leaf Roundup each September with a full Al-Anon program run by District 14. Sue R – District 14.

District 11 Report

Location—Our district comprises the Paris, Brantford, Simcoe, and Port Dover areas.

Number of Groups—There are only 3 Al-Anon groups active in our area. One group meets in Brantford on both Wednesday evenings at 8pm and Saturday mornings at 11am at Grace Church on the corner of West and Pearl Street N3T 3N4. The other two groups are based in Simcoe. One meets on Mondays at 1pm at Evergreen Heights Church, 140 Oak Street N3Y 5M5. The other Simcoe group meets on Thursdays at 8pm at the Haldimand-Norfolk Resource Centre on the corner of West and Orchard Streets N3Y 3H1.

Alateen—Unfortunately, there are currently no active Alateen groups in our district. There are some longer time members who have expressed a willingness to become SAMs, but currently we do not have enough to make Alateen feasible in our district. I did dream this when Debbie P did her dreams activity two years ago at AWSC though, so I remain hopeful that by the time my two children are old enough, we may have Alateen in our district!

Public Outreach—We do not have a Public Outreach person at the district level, so a few of the members who are willing help to get information out in our district. A number of years ago we purchased several copies of the prescription pads to leave in doctor's offices, and we just managed to get the last ones out! We have distributed Al-Anon Faces Alcoholism for the last several years throughout the district. We also started a few years ago to distribute copies of Alateen's "Courage To Be Me" and "How Al-Anon Works" to each of the secondary schools in our district. I am proud to say that we have been successful in reaching all of the schools! We have also provided copies of the AFA to a number of the secondary school guidance offices. We have taken a variety of literature to both the mental health ward of the Brantford General Hospital, The Norfolk General Hospital, and the hospital in Hagersville. We have also recently taken literature to the Brant County Health Unit. We have contacted the local papers to run Al-Anon announcements on a weekly basis, though we noticed that they are no longer running them, so we will need to reach out again! We have also collaborated with AA to provide literature at the annual Norfolk Wellness fair which runs every March.

District Meetings—When I began as District rep several years ago, our district met four times a year, but we now meet in September, January, and May, as we are small and meeting attendance is typically low, consisting of the group reps, and very occasionally, other members. We have a potluck lunch prior to the meeting to enjoy a time of fellowship and also to try to encourage others to attend!

Fundraising Events—We have not done any fundraising events in the last several years, though we participate actively every fall in the AA Fall Roundup, which is typically held at the end of September or early October. We did have Debbie P, our delegate, come two years ago to speak, and that was amazing! However, actual Al-Anon attendance at the roundup was low.

Attendance—Attendance at both of the Simcoe meetings is typically lower than in Brantford. During my time as the DR in the district I have definitely seen the ups and downs of member attendance, as our Unity Group dipped to 2-3 people at times, and has also swelled to well over 20 members, several years ago. I was starting to become a bit discouraged about our ability to attract new members, but we recently had a meeting with 15 people in attendance, so there is always hope! The next week we were back down to 8 or so, and I joked with members that they probably thought I was the crazy lady because the night there were so many of us I may have showed a bit too much exuberance and scared them all away again! Ah well, the ability to laugh at myself is certainly a gift that Al-Anon has given me!

Yours in Service,

Aimee E

DR District 11

District 26 Report

Hi everyone. I send greetings from our groups and will give you a brief update of how and what our district is doing. We have 8 AI-anon groups in our district, 7 of which are present and participating at the district table. We sadly don't have any Alateen groups but we do have an AI-Anon group with young, fully participating members at their table regularly.

As do many other groups, our groups do struggle at times to have members volunteer to serve, especially beyond group level. We continue to encourage, inform and suggest service sponsorship and believe our HPs will help us find trusted servants when the need arises. We have an active Public Outreach chair and just recently she and some group members down in the Brockville/Prescott and Maitland area put on a public outreach meeting for professionals. Although no professionals came, maybe due to the freezing rain, we did get an inquiry from 3M. They have requested presentations be done in their plants about what AI-Anon is to 400+ employees! Good results and it gave our district members a chance to run a PO forum as a trial for next time. We also continue to offer literature and AI-Anon Faces Alcoholism to our local professionals.

We provide a panel and/or meetings at AA functions in our area at their request. We have our annual AI-Anon day coming up on May 6th in Perth. The flyer has been sent to all DRs via our area secretary Mary Ellen.....thanks Mary Ellen. We would love it if any of you would like to visit us and join in on our day's events.

As the nice weather approaches, and yes I am optimistic it will be sooner vs later, we typically have an increase in memberships at our meetings due to cottage residents and visitors to the area joining us. We will continue to endeavor to keep our groups healthy and the doors open for everyone who qualifies. We wish you and your groups a 2017 of growth.

Linda P DR District 26

District 17 Report

District 17 covers the seven cities of Brampton, Milton, Acton, Erin, Georgetown Bolton, and Woodbridge. We have a total of eleven groups. Our two Alateen groups, sadly, have both closed in the last couple of years. We have several morning groups. One group meets twice a week. We hold district meetings five to six times a year alternating towns to meet with some of our evening group members.

Our Milton group held a day to invite professionals to learn about AI-Anon. We have brought back a day of recovery, Celebrating Recovery Through the 12 Steps, in Brampton on the first Saturday in February. This day features six AA and six AI-Anon speakers and a pot luck lunch. This year we were grateful to have an Alateen speaker as well. Some of our groups host the Saturday Night and Sunday Night Open meetings in Toronto and Oakville, respectively, once a year each. We provide speakers and run the meetings. One of our Brampton groups hosted the AI-Anon/ Alateen Hospitality Suite at the Ontario Regional Conference (AA with AI-Anon/ Alateen participation) last year.

Challenges continue to be filling service positions at group and district levels and to interest members in performing public outreach. Some groups are more successful with these goals than others. We do distribute AI-Anon Faces Alcoholism annually and now WSO approved AI-Anon posters.

Sandy O, District Rep, District 17

District 18 Report

District meetings: We meet 5 times a year

Groups: Bradford, Keswick, Stouffville, and Aurora have an open speaker meeting on the 5th meeting of the month (when there are 5 meetings in the month). This is a great time for groups to get together and enjoy fellowship and hear someone share their experience, strength and hope.

Our district holds an Al-Anon day once a year and is hosted by one of the groups in our district. This day usually has great attendance.

Aurora is able to have a newcomers meeting in a separate room and offers a step 1,2,3 meeting. Our group has been giving the book "How Al-Anon Works" to anyone who is attending their 6th meeting as a gratitude gift. Our group supports the service meeting at St. Ansgar Saturday Night Open by hosting a meeting once a year. It's always a great night of service and fellowship.

Bradford: Our group meets on Wednesday nights and is growing. Newcomers are welcomed and encouraged to stay after the meeting to talk and ask any questions they may have. The meeting has strong attendance and is a healthy meeting.

Aurora Alateen: Currently we have 7 certified SAMs in our District. Currently there are 3 SAMs that are able to help with the Alateen meeting on Sunday nights on a regular basis. We desperately need more SAMs that can help with this service position. Our Alateen meeting is held at the same time as an open AA meeting and if we don't have any Alateens we either go to the open AA meeting or have fellowship between the SAMs. We had 7 members coming on a regular basis but we are down to 3. The open AA meeting announces our Alateen meeting upstairs and the Aurora Al-Anon group announces it at their meeting. The Alateen group has received donations from the Al-Anon groups and district to keep it open as it is not fully self-supporting yet.

Service work: Our district has struggled with getting people to do service work both at the group level and the district level.

David Y. District 18 DR

District 13 Report

District 13 encompasses the area of St. Catharines with 6 groups, Niagara-on-the-Lake with 1 group and Grimsby with 1 group. There is also 1 Alateen meeting which remains open even though it is rare that any teens attend.

District meetings are held the first Tuesday of every month and are well attended. Our District experienced a change over in the DR position in September of last year when our former DR John Rennie returned to school in the Kitchener-Waterloo area and made a move to that area. As the ADR I took over the position of DR in October of 2016 and have enjoyed working more closely with our groups. I am happy to report that the ADR position was filled early in 2017. Many of our groups do not have an AGR as members are reluctant to step up to service, a situation we hope to remedy going forward.

Our Public Outreach Committee which represents both Districts 12 and 13 developed, designed and produced a business card for use by our members. All members are encouraged to carry a few of the business cards with them to give to individuals they encounter who express an interest in Al-Anon or to attach to public bulletin boards in their community. The card uses the Al-Anon/Alateen logo and simply asks "Are you troubled by someone drinking? We can help you." and includes the Districts Al-Anon phone number and email address. We expect use of these cards will help us get the message out. Members of the PO Committee have attended a number of Health Fairs held in area schools where questions are answered and Alateen pamphlets are given out.

In recognition of the 65th Anniversary of Al-Anon our District chose to celebrate with a banquet of our own held on the Anniversary date, April 16, 2016. We think we probably sat down for dinner at the same time as our Delegates in Virginia Beach. Our dinner consisted of roast beef and all the trimmings followed by special desert cupcakes each sporting its own number 65. The roast beef and trimmings were prepared by the husband of one of our members who is himself a member of AA. Instead of speakers after dinner we thoroughly enjoyed watching the two documentaries; Lois' Story and Lois W. and the Pioneers. We did not charge for this special celebration but covered most of our costs with a 50/50 draw and a book draw of historical CAL donated by one of our members.

An Al-Anon Day was held jointly with District 12 on November 12. Those attending enjoyed a sumptuous potluck lunch and a variety of speakers, both Al-Anon and AA. The day also included both a sobriety and a serenity countdown.

YIS Gerda M, District 13 DR

District 9 Report

District Overview:District 9 includes the Municipality of Chatham Kent. There are five groups: one located in Tilbury, one in Ridgetown, and three in Chatham proper. There is a GR for each of these groups who regularly attends district meetings.

District Meetings:Any AFG member is invited to attend district meetings which are held the second Wednesday of September, November, April and June for one and half hours. We have a DR, Secretary, Treasurer, Literature Co-ordinator, Public Outreach Chairperson, District Phone Manager, and a GR from each AFG attend meetings. Many of the groups hold their own business meetings after the district meetings to share information and discussion topics.

Public Outreach Committee:Our district PO Committee was reinstated this year, with five members. Members began by perusing all past literature and weeding out all redundant or outdated material. Small, cardboard literature holders were purchased and affixed with the Al Anon insignia. These holders, containing CAL pamphlets, were distributed to local libraries, senior centres, foodbanks and other public locations. The Dean of Chatham Kent Catholic Deanery also agreed to use this communication system with parish priests to publicize information about Al-Anon in our area. The priests were invited to include this info in their parish bulletins, and many did. High School Counsellors are being visited this spring to make them aware of the message of Al Anon and local meetings.

Joint AA/Al-Anon District Events:District 9 AFG's are included in the local AA Round-up each spring and also participate in AA/Al-Anon annual June Family Campout. This event has taken place on the Fathers' Day weekend for the last 38 years.

DISTRICT 1 A-ANON REPORT

District 1 covers from South East point of Cook's Bay and Shore Acres Drive, north along east coastline of Lake Simcoe to pick up Hwy 11 at Washago. It continues north to Hwy 518. West on 518 to Hwy 69, North to Parry Sound, South along the west coastline of Georgian Bay including Christian Island and Hope Island to Hwy 26 (near Wasaga Beach Provincial Park) south on Hwy 26 which becomes county road 42 and then becomes County Road 18, east on Hwy 89 (Alliston District 18) which becomes county road 93 and then Shore Acres Drive and Cook's Bay.

There are 16 Al-Anon Groups and 1 Alateen Group. All Groups have a core of at least 10 members with a lot of members leaving for the winter and visitors coming in during the summer months. All have a GR except for two of our groups.

The Alateen Group in Barrie has a core of 3 members with three SAMs.

We have not had a Public Outreach Chairperson for the last three years however, some of our members have attended Outreach Awareness Days and have delivered pamphlets and literature to schools. Our District Literature Chairperson has attended Al-Anon Days to sell literature and give out pamphlets.

Our District has four meetings a year – April, June, July and November. Winter months are not safe travelling weather. The Groups hosting the meeting provide a great lunch, There is business conducted and lots of hugs and fellowship, during our two hour meeting.

On May 27, 2017, AA Round-Up with Al-Anon participation is being held at the Georgian Bay Native Friendship Center, 175 Yonge Street, Midland, Ontario. I would b happy to get tickets for anyone interested in attending this fun day.

Shirlie B, DR District 1

District 21 – Report

Greetings from District 21, Toronto Central. I am happy to be writing this, my first ever district report, despite the fact that I am now in my second term as D.R. I happily assumed the role part-way through the previous term when our then D.R. stepped down and then took on a full term when the next one came up.

We have an Alternate D.R. so I am happy to report that this is my final year in this role as there are other service opportunities calling my name. We also have a district secretary and a district Treasurer (who is not even a G.R. but attends the district meetings with another member anyway), Bravo to that!

There are 10 meetings in the downtown Toronto area. Most of the meetings have a G.R.; 2 that do not have a contact so that all receive the minutes of the district meetings and other Ontario South news and we have great presence at our district meetings. We hold district meetings approximately 5 times per year, which schedule is arranged at the first meeting early in the year. They are lively, fun events and magically always take exactly the 1 ½ hours allotted to them! Like a miracle!

I believe that the reason for the lack of G.R. and perhaps other service positions in some groups is due to the notion of rotation of service, which is a good one. These members either are doing other service and/or have already done their turn(s) at being G.R. or other roles and feel others should step up and fill these shoes. Our literature supports this idea. I'm personally impressed at the level of commitment to service in our district, despite reports of lack of enthusiasm in this area that we all seem to continue to hear.

Sadly, we took the group conscience decision in the fall to put a hold on the one and only Alateen meeting, due to lack of attendance. We are hoping that this situation changes, but until then, there were neither the funds nor the will to continue without teens in attendance.

Currently, we have a surplus of funds as groups in our area tend to be mostly well-attended. This is also a bit of a hold-over from the year that District 21 hosted Assembly (2014) and we collected more in 7th Tradition in the Hospitality Suite than was actually required. We used some of these funds to help with the Hospitality Suite for the following year's Assembly in Cornwall, some to help the Alateen G.R. attend Assembly and have been discussing what to do with the surplus ever since it seems. Of course, the Public Outreach Subway Poster campaign is a worthy cause, for which we would like to see some of the funds go. And I would like to see some P.O. Activity in the area of Alateen which I think is sorely needed. As a S.A.M. I have a personal interest in this area.

To this end, we are cooking up a Fun, P.O. Event in the Toronto Central Area. This event is scheduled (at this time) to occur on Tuesday, May 30th, at Glad Day Bookshop on 499 Church Street (just South of Wellesley). Mark your calendars, there will be notices coming out soon! My home group, Fresh Start AFG, is celebrating our Anniversary (somewhere around 30 but who can remember?), the next night, on May 31. Again, mark your calendars, it will be an open meeting with speakers, food, fellowship and good memories.

I did request reports from other Groups, but sadly did not receive any responses, so I have no other news or Anniversaries to announce here. Apologies for that.

Respectfully submitted,
Carrie E
D. R., District 21



TOGETHER EMPOWERING AL-ANON MEMBERS

ST LAWRENCE DISTRICT 26 AL-ANON DAY,

SATURDAY MAY 06, 2017

9:30 A.M. REGISTRATION

10:00 A.M. -----3:00 P.M.

ST. JAMES ANGLICAN CHURCH

AUDITORIUM

2 BECKWITH STREET

PERTH, ONTARIO

7TH TRADITION

POT LUCK 50/50 Draw – DOOR PRIZES



District 25 celebrates 66 years of Al-Anon Recovery

Al-Anon and AA speakers

Fellowship

Pot Luck Lunch

Discussion Groups

50/50 Draw

19TH ANNUAL AL-ANON DAY

THEME: GIFTS OF OUR PROGRAM

Family and Friends of Al-Anon, AA and Alateens are welcome

Saturday April 22, 2017

9:30 to 4:00

**Trenton (Grace) United Church, 85 Dundas St. E., Trenton,
Ontario**

Cost: 7th Tradition

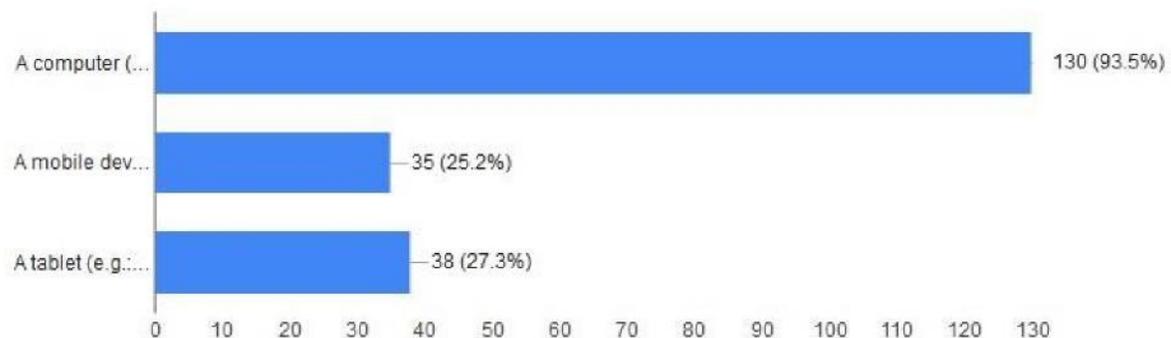


ONTARIO SOUTH WEBSITE SURVEY RESULTS

APRIL 2017

Thank you to everyone who took the time to fill out the Area website survey. From the beginning of December until the survey was closed at the end of February, 139 responses were submitted. This report is a snapshot of the findings.

How do you browse our website? (check all that apply) (139 responses)



Arguably, one of the biggest issues for websites today is their ease of use on tablets, mobile devices and other non-computer devices. Already, when browsing the web on a mobile device, Google ranks websites lower in your search results if the site is not mobile-friendly.

While almost all respondents to the survey browse the site on a traditional desktop or laptop computer, a large number of them also use tablets and mobile devices to access our website.

The design of our Area’s website is not mobile-friendly; this is an issue that needs to be addressed.

Despite the well-covered ground of all of the website’s shortcomings, we did find 21 positive things to say about it. Many of the responses to “What do you like about the Area website?” centred around the fact it has useful information which is helpful to members and our trusted servants. Some members even say they find the website easy to use and navigate.

When asked which parts of our website they visit most often, respondents said (in order):

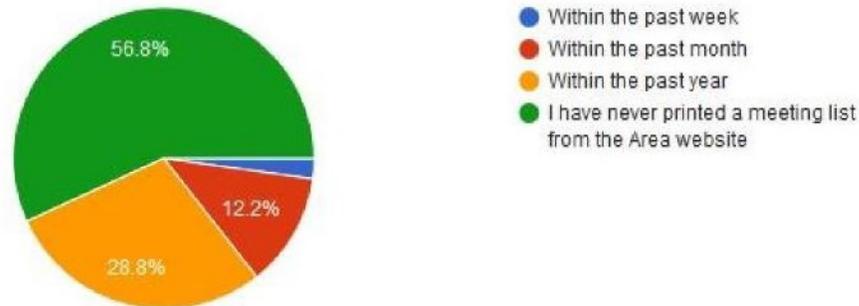
- Meeting lists
- Upcoming events
- Literature

This aligns with what I see each month in the website’s traffic logs.

One member said they wish our website had more information for the newcomer more prominently available. Personally, as website co-ordinator, I agree. I would like to look at making the front page of the website geared toward newcomers, with information for members moved to other pages.

The meeting lists on our website have printable versions. When was the last time you used one to print a meeting list from the Area website? (choose one)

(139 responses)



Most respondents (79 – 56.8%) said they have never printed a meeting list from the Area’s website. Given their current level of use, as well as the rise in the use of mobile devices, it may be time to assess whether we need to continue providing separate printable versions of each District’s meeting list.

Here are some other highlights from the survey:

- Most members feel we should not have a password-protected area of the website, but the Yes and “Don’t care” responses added together equal slightly more than 50%
- 46.8% of respondents use the website a few times a year; 31.6% use it at least monthly
- Most members (42.4%) don’t care whether the website’s address changes; 23.7% think we should have something shorter and easier to remember; 33% think we should keep the address we have
- Multiple members would like meeting locations to be shown on a map or searchable by map (e.g. through Google Maps)

When asked about other AI-Anon websites that they liked, the most common response was the World Service Office’s website. Others mentioned District websites, like Hamilton-Burlington’s and Windsor’s, as well as assorted Area sites around the United States.

Thank you for your feedback! I look forward to seeing many of you at AWSC in June.

Yours in Service,
Jason W.,
Ontario South Website Co-ordinator.



district 6

AL-ANON DAY
with AA participation

SATURDAY, MAY 6TH, 2017

BYRON UNITED CHURCH

420 Boler Road, London ON

9:00AM - 3:30PM

COLD POTLUCK LUNCH

TICKETS \$7.00

2 AL-ANON FORUM GIVEAWAYS

O\ BUS ROUTE

19

ADDITIONAL PARKING ACROSS THE STREET