

April 27, 2011

Subject: **District 22 Report**

I am very grateful to have been given the opportunity to represent District 22 for the past 3 years.

We have had a very good turnout to our District meetings (which we hold 5 times per year) and utilize email to distribute information between meetings. We had the opportunity to have an Al-Anon Day in 2010 featuring workshops and a play.

We have 8 Al-Anon, 1 Alateen and 1 Institution meeting in our area.

We have a very strong Public Outreach group and continue to provide posters in the Toronto Transit System Stations and Buses, have met with Police departments, attend Health Fairs and visit Shelters when requested. They also participate in the Greater Toronto AIS Public Outreach meetings where activities for the full Greater Toronto Area are coordinated. Our Groups also support an AA service meeting which invites Al-Anon speakers to participate weekly.

A number of our meetings have seen an increase in membership and one meeting which was struggling has seen significant growth. One of the groups has grown to a point where more space needed to be rented which increased the costs. This group also supports the Alateen meeting in Scarborough.

In Service,

Ruby S

District 23 Report

May 25, 2011

Area 86 Area World Service Conference District 23 Report

Achim here, District Representative for District 23. Welcome everyone.

District 23 is geographically a fairly large district, beginning at the easternmost border of Scarborough going eastward to Hwy. 115/35, and in the north/south orientation beginning at Lake Ontario and reaching northward up to Port Perry and Orono. When I leave my house in Ajax to visit the Port Perry group, I need 45 minutes to get there, and when I want to visit the Orono group I need about an hour.

There are currently 17 groups in our district. We hold a GR meeting on the first Wednesday of the month, December, July and August excluded. Two of our groups

are Alateen groups, two relate by their names to adult children of alcoholics, and as

a whole our district is wonderfully supported and supportive of many events put on by and for Al-anon members such as Al-Anon Day, Lakeshore Conference, a Spring Roundup put on by AA with an Al-Anon panel, an annual Spaghetti Dinner put on by our Public Outreach Committee. This year we are having a second annual June picnic initiated by some members sort of in memory of Stepping Stones. One of our groups has an annual plant and bake sale at the end of May - the baked goods seem to always be sold out in about the first four and a half minutes.

During my short term as District Representative, I have visited every group in the district except the Al-ateen groups. Three groups have been consistently low in numbers, which leads to the situation where the same two or three people rotate to conduct the group meetings. So from time to time the GR's of these groups report that this can be stressful, especially if one of the members develops a health issue or a family situation arises which is difficult to deal with. However, our members push on through regardless to keep the groups open and functioning.

As I was starting this term, our Al-ateen groups had been restarted during the previous term and it was again due to the dedication of our Al-ateen group sponsors and SAM's that this opportunity to help young people was nurtured. Unfortunately, we are visiting the possible closure of one of the Al-ateen groups at the current moment as no young people visit and no one new has stepped up to sponsor the group and ensure it remains open. So it's a Let Go and Let God and a One Day at a Time situation. The Whitby Alateen Group is doing well with good support, yet the numbers remain low and it continues to be difficult to find people who can rotate the sponsorship of that group.

When I first began this Service Journey, I was motivated to participate because I had no fear and I wanted to improve my communication skills. I have a service sponsor as well as a program sponsor, and I am happy to say I believe I have made progress, but I am far from what I would consider perfect. Without this program and my involvement in service, I would not have achieved this level of progress and I am very grateful to have had the opportunity to serve in this capacity.

Gratefully, Yours in Service, Achim.

Kawartha Lakes – District 24 – AWSC Report 2011-05-23

District 24 is currently made up of 7 groups. Our district is quite large the distance between our most northern and southern groups being about 2.5 hours travel time one way.

Right from the start I felt the **friendliness** our groups are known for.

We have no registered Alateen groups but our Al-Anon groups are extending friendship to teens who seek us out, while keeping in mind the safety requirement that no adult should be alone with a minor.

Our groups have also welcomed those affected by other peoples' drug use.

All but one group report a struggle of **membership**. We don't lack for people trying out Al-Anon and suspect they don't stay because the new people want to cure the drinker not themselves. Omeme, meeting in a small, mostly crowded, hot room, behind a stage, accessed through AA meeting, is our most successful.

Outreach by us is distribution of printed material. We have books in several local libraries with a list of meetings inside, Faces of Al-Anon with days and time of the closest meeting and the 20-question self-assessment "Are You Troubled By Someone's Drinking?" in offices.

One struggle in our groups is to put principles above personalities. I think we lost two groups and a third is currently dealing with this. I am privileged to be part of a group where this is not a problem. In fact I know that members of this group have intervened in another group to prevent one person from taking control. Senior members of my group attended the meetings of the second group and quietly refuted erroneous information being presented by the takeover person. Eventually the person left. I have seen this at work in our own meetings when I have chaired. I am grateful for the maturity of one particular person who has intervened at least twice on my behalf for the good of the group.

Group representation is sketchy. Maynooth, the farthest away, has been represented by the same person going to District and OSA meetings by herself. Four groups lack regular designated representation and have done so for these past 3 years. Three out of seven groups are formally represented.

Three years ago at our first District meeting after election we agreed we would split up the work using the experienced people to train the inexperienced. That immediately started to deteriorate when one person went back to school and all groups did not send a rep to meetings.

One thing we are proud of is our **Al-Anon Day**. It has moved around due to cost of facilities and the requirement of insurance, but we have now found a home in a good location. Last year we were welcomed into Oakwood United Church. They are happy to have us for a donation for the use of the hall, it is on highway #7, in a village where we know there is a need, there is more than enough room for the numbers we attract and a good time is had by all who come. This year we hope to expand the seating by making better use of the space and using the big sign outside the church.

Our **ongoing discussion** has been about what can be put in auctions silent or otherwise. We have come to an agreement, as long as there is no commercial label, an item is acceptable. That includes all literature that is not approved. Our thinking is that writers' names become branded even in

fiction writing. We have found the things that sell best include homemade food and plants but of course we accept lots of different things.

We are happy to be a part of Al-Anon even with our struggles. Thank you all for your support.

Quinte District #25 - 2011 Report

Good evening. I am D.R. for District 25, My name is Rena.

Our District starts at Port Hope comes along the 401 to the far side of Belleville. From there we go north to small towns like Foxboro, Stirling, Marmora and Campbellford, and south into Prince Edward County through Wellington to Picton. These are small towns and villages with one group each, spread out over a large area.

We started off in 2009 with 13 Al-Anon Groups and were joined shortly after by an Alateen Group. The Alateen Group only lasted about 9 months, due to lack of interest and no Alateens.

Also in 2009 our P.O. person had to resign and she has not, as yet, been replaced. We have however managed to be present with our Literature Table at 5 Roundups and supplied Al-Anon Panels for those..

2010 we lost 3 Al-Anon groups. One in Marmora and one in Wellington. These were small groups to start with, and lack of participation and interest we had to close them. Because of the distance between groups we don't have a lot of visiting by members.

The third group to close was in Cobourg and since this Group had been open for 21 years it was sad to see it close . The same three people were there every week and they were long time members and were having a hard time holding on to Newcomers so they decided to close their group and move in with one of the other two groups in Cobourg. We have a lot of long time members in our District who don't visit other groups very much. Probably due to our bad winter weather

We had a 50th Group Anniversary in Belleville last October and this was well attended. Especially by some of their founding members so it really was a special event.

However we had to cancel our Al-Anon Day last year from lack of support.

Of the 10 groups we have, we only have six groups with G.R.'s so our monthly meeting's are not well attended. In January of this year I was asked to have a service meeting at one of the larger groups in Belleville. This went very well, and I think I was able to help them. Even though they don't have a G.R., they are now sending a representative to the monthly District meetings to keep their group up to date in what is happening. They are a group of mostly Dual Members. I find this is happening in quite a few places in the district.

Trenton Group has a 40year Anniversary happening in May and we are sharing this with Trenton's A.A. group. Cooperation is still alive and well.

This year we are having an Al-Anon Day on June 4th in Belleville. I am hoping that relocating the Al-Anon Day will encourage more people from our District to attend.

The Picton Group has split into three groups and are in the process of registering their group. Picton has also started an Alateen Group which has 2 boys attending. So we are almost back to where we started in 2009.

I feel that I have worked very hard in the past 2 1/2 years and have found the experience

frustrating but rewarding and feel very blessed to have been a part of the Al-Anon Family and worked with some great people.

District Representative Report for District 26 (St. Lawrence District) 2011

My name is Suzanne and I am the District Rep for District 26.

Our meetings are every two months and we take a break in July and August.

District 26 consists of 8 Al-Anon groups and 1 Alateen group, as of today, May 2011.

Those groups are in the towns of Perth, Smiths Falls, Carleton Place, Kemptville, Prescott, 2 groups in Brockville and Westport. The one Alateen group is in Smiths Falls.

Earlier this year (2011) an Alateen group in District 26 disbanded.

My home group, Perth, is 36 years old, and has a nominal membership of 20 members.

The 8 Al-Anon groups fluctuate in terms of attendance. Several of this District's towns are cottage and/or boating areas hence the fluctuation.

So, there is often a summer swelling of people attending meetings.

Our District has a Public Outreach co-ordinator. The main initiative for our Public Outreach has come from the groups with our Co-ordinator assisting with ideas, pamphlets, etc.

In 2010 Brockville involved us in a Community Information panel on Addictions. We were able to make ourselves known to a number of counsellors at various Addictions facilities.

Most of these facilities, including Tri-County Addictions, Smart recovery, Alwood Treatment Center are either provincially or federally funded programs. I feel that we made an important contribution by being at these workshops. Many of these funded centers are for limited periods of time so they need us once they are finished their programs.

We made available to all participants CAL, District 26 meeting lists and short presentations on Al-Anon. These presentations included several members sharing their experience both before Al-Anon and during Al-Anon attendance.

We have had an Al-Anon Day in each year of my 3 year term as DR. The 8 groups alternate hosting the Al-Anon Day so each group has their day every 8 years. All 3 Days have been very successful days for a variety of reasons. It is an opportunity for different groups in the District to work together toward a common Al-Anon goal. And 2010's Al-Anon Day group did well enough financially that the group was able to send its GR to Assembly with funds made from the Day.

At each of the Al-Anon Days,, groups other than the host groups contribute with skits or panels thus creating an inclusive, sharing feeling in District which definitely contributes to all of us feeling that Together We Can Make It.

One spin-off from this year's Al-Anon Day was my discovery that many members did not know who Lois W. and Anne B. were. They may have been aware of Lois and Anne but the photos that I had given to each GR were not named and when it came time to sending out our Al-Anon Day flyer, the flyer said Remembering Lois and the photo was of Anne B.

The photo was actually superimposed on the text so not that visible but the more important issue was that people didn't know who was who.

Copies of these photos are always present at Trillium.

So, March District meeting was not only about the photos but more importantly, that members know their history. Were it not for Lois and Anne there would be no meetings that we would be able to attend.

From a personal point of view I have found my service as DR to be an eye-opener in terms of my recovery.

I have seen how vital Principles above Personalities is as a guideline for a DR. Although I may not like all of the GRs I have started to love them all in a very special way.

I have learned the importance of listening; of allowing people to have their own opinions and maintaining mine even though it differs.

I am trying to improve in the area of team work rather than me being the Boss and telling others what to do (still often my preference but I'm softening)

Warranty 3 has been invaluable to me when struggling with a decision about something in District. We can always take a vote.

Warranty 4 is a reminder to reason things out with someone else rather than trying to punish someone for differing.

And Warranty 5 is a constant awareness to me that I have a voice and I am entitled to express my opinion.

All of the above I have learned in Al-Anon and deepened in my experience as a DR.

And I am so very grateful to Al-Anon and for everyone here today for helping me with this growth process.

Respectfully yours in service

Suzanne Baron

District Representative Report for District 26 (St. Lawrence District) 2011

My name is Suzanne and I am the District Rep for District 26.

Our meetings are every two months and we take a break in July and August.

District 26 consists of 8 Al-Anon groups and 1 Alateen group, as of today, May 2011.

Those groups are in the towns of Perth, Smiths Falls, Carleton Place, Kemptville, Prescott, 2 groups in Brockville and Westport. The one Alateen group is in Smiths Falls.

Earlier this year (2011) an Alateen group in District 26 disbanded.

My home group, Perth, is 36 years old, and has a nominal membership of 20 members.

The 8 Al-Anon groups fluctuate in terms of attendance. Several of this District's towns are cottage and/or boating areas hence the fluctuation.

So, there is often a summer swelling of people attending meetings.

Our District has a Public Outreach co-ordinator. The main initiative for our Public Outreach has come from the groups with our Co-ordinator assisting with ideas, pamphlets, etc.

In 2010 Brockville involved us in a Community Information panel on Addictions. We were able to make ourselves known to a number of counsellors at various Addictions facilities.

Most of these facilities, including Tri-County Addictions, Smart recovery, Alwood Treatment Center are either provincially or federally funded programs. I feel that we made an important contribution by being at these workshops. Many of these funded centers are for limited periods of time so they need us once they are finished their programs.

We made available to all participants CAL, District 26 meeting lists and short presentations on Al-Anon. These presentations included several members sharing their experience both before Al-Anon and during Al-Anon attendance.

We have had an Al-Anon Day in each year of my 3 year term as DR. The 8 groups alternate hosting the Al-Anon Day so each group has their day every 8 years. All 3 Days have been very successful days for a variety of reasons. It is an opportunity for different groups in the District to work together toward a common Al-Anon goal. And 2010's Al-Anon Day group did well enough financially that the group was able to send its GR to Assembly with funds made from the Day.

At each of the Al-Anon Days,, groups other than the host groups contribute with skits or panels thus creating an inclusive, sharing feeling in District which definitely contributes to all of us feeling that Together We Can Make It.

One spin-off from this year's Al-Anon Day was my discovery that many members did not know who Lois W. and Anne B. were. They may have been aware of Lois and Anne but the photos that I had given to each GR were not named and when it came time to sending out our Al-Anon Day flyer, the flyer said Remembering Lois and the photo was of Anne B.

The photo was actually superimposed on the text so not that visible but the more important issue was that people didn't know who was who.

Copies of these photos are always present at Trillium.

So, March District meeting was not only about the photos but more importantly, that members know their history. Were it not for Lois and Anne there would be no meetings that we would be able to attend.

From a personal point of view I have found my service as DR to be an eye-opener in terms of my recovery.

I have seen how vital Principles above Personalities is as a guideline for a DR. Although I may not like all of the GRs I have started to love them all in a very special way.

I have learned the importance of listening; of allowing people to have their own opinions and maintaining mine even though it differs.

I am trying to improve in the area of team work rather than me being the Boss and telling others what to do (still often my preference but I'm softening)

Warranty 3 has been invaluable to me when struggling with a decision about something in District. We can always take a vote.

Warranty 4 is a reminder to reason things out with someone else rather than trying to punish someone for differing.

And Warranty 5 is a constant awareness to me that I have a voice and I am entitled to express my opinion.

All of the above I have learned in Al-Anon and deepened in my experience as a DR.

And I am so very grateful to Al-Anon and for everyone here today for helping me with this growth process.

Respectfully yours in service

Suzanne Baron

District 27 Report

AWSC Oshawa

May 27, 2011

District Representative

Mary Miller

It has been my pleasure to serve as DR in District 27. The following is a list of highlights that has occurred over the last 2 $\frac{1}{2}$ years:

- District 27 has 6 Alanon Meetings and 1 Alateen meeting
- Approximately 100 members meet weekly
- District meetings are held approximately 9 times a year, the last Wednesday of the month
- Public Outreach: has established posters on city Transit buses "If your home is unhappy because someone drinks...", posters left with the OPP detachment, campaign to distribute Alanon Faces Alcoholism, created an Alanon display at the library, & attended a Health Fair for people at Risk (distributing large amounts of pamphlets)
- In our District we presently have 5 registered SAM's
- As of May 2011 we have a new Alateen group meeting every Monday night up to 4 Alateen members attend
- The District participated in 2 AA Fall Conferences with Alanon participation holding successful fundraisers to offset costs
- Cornwall held it's first AA Spring Conference in May 2011, with Alanon participation it was a huge success

-We created a "Beginners Meeting on Wheels", which is a 6 week program designed for Alanon beginners, the meeting rotates from east, west and central

-The Alanon land line averages 20 phone calls a month, volunteers take the phone for 6 months to a year (costs average \$57.00 per month)

-Two Alanon meeting places had been requested to pay insurance on top of their rent

- Alanon meetings in rural areas usually host their meetings at the same time & in the same building as the AA meetings, Alanon and AA celebrate their Group anniversaries cooperatively

-In 2010 the District hosted an Alanon Day (60 people attended) money raised (\$375.00) is donated to district

-We have a Literature Coordinator who stocks popular CAL and orders literature in bulk for the district

In conclusion this has been a positive period of growth for the District and for myself.

Mary Miller

DR AFG #27

District #28 is a huge geographical region as it now encompasses the former District 29. It goes from Hawkesbury in the east to Cloyne in the west.

This year has afforded me the opportunity to work on emerging character assets and keep the less so ones at bay.

- TRUST that HP will reveal a solution
- GRATITUDE that I can do a task
- Being PRESENT and attending to those speaking to me

- BELIEVING in myself and my abilities
- INTERDEPENDENCE and asking for help and support when needed

THINGS TO CELEBRATE

- Two new AFG's have been registered
- One new alateen group has formed / registered and an al-anon meeting has created a break out meeting
- Our oldest AFG celebrated its' 41st anniversary meeting and one group their 1st.
- Individual AFG's took on the coordinating roles for Al-Anon participation in the local Alkathon, Fall Conference and the Spring Conference
- Al-Anon Day was celebrated on March 12th on the theme of "60 Years of Gratitude In Action". We welcomed 160+ with attendees ranging from 1 week to 37 years.
- District SAM certification now rests at a total of 11

DISTRICT MEETINGS

- These too can be part of the things to celebrate. Meetings are held monthly September to June, 7 to 8:30.
- Format is a modified KBDM style fostering round table discussion, talk for clarity, an atmosphere of trust and background info given in advance, information searches for given to GR's at Assembly on a variety of topics:
 1. How to we decide at the District Table
 2. Is there a willingness for a District Speakers List? What would look like?
 3. How might we open our meeting, as in past practice or in another way?
 4. Is there a need for a 7th Tradition at the District meeting?
 5. What is the purpose of Al-Anon Day and how does it get funded?

QUESTIONS COMING TO THE DR AND DISTRICT TABLE

The first 6 weeks were quiet and then wham! Had my service sponsor on speed dial and if not there Claire or Sharon Barnes at WSO.

- Would District support in spirit a Women's Al-Anon Weekend **(Yes)**

- Can a dual member come to District meetings on behalf of a group, have a voice but no vote? **(Yes)**
- Can a dual member come to AIS on behalf of a group as AGR, have a voice and vote. **(Dual Members pg 78-79)**
- Will District cover the rent of a group struggling financially? **(Group Finances/Budget pg 53)**
- A GR seeks help as 3 old timers continue to interrupt during business meetings **(Guidelines G11, G8, Tradition 1,2 & 5, Business Meeting pg 49, Group Conscience pg 50)**
- A member is concerned about cross-talk **(Group Problems and Solutions pg 24 and 51, Group Inventory G-8)**
- A group struggles about the question of closing their meeting. **(Tradition 2, Guideline G-8)**
- Can I show a film Love is Not Enough at a conference **(Use of Material at Al-Anon Meetings pg 101, Films pg 80, 81, 82)**

CHALLENGES

➤ SERVICE

District 30 Report

April 20, 2011

District 30 is located west of Ottawa in the upper Ottawa valley. It covers a large geographical area. We have just seven groups but they are all spread to the outer limits. As district rep. my travel time to four of these groups is from one to two hours one way. This seems to be one of our bigger challenges. Our interaction between groups is limited because of this.

One of the things that help bring the groups together is our Al-Anon day. Three years ago we started having Al-Anon days again. We have a chair and co-chair for the day. This works well for us. The co-chair is better prepared for their position as they take over the chair the following year. The day is rotated throughout the district to make it more available to the members and potential members. We normally get 25 to 60 people in attendance. The day is mostly made up of panels of Al-Anon speakers with A.A. participation and a potluck lunch is also serviced. This Al-Anon day has helped to build unity within our district.

As of April, 2011, we have a new Alateen group that has started up. It is being held at the same place and time as one of our Al-Anon groups in Renfrew. So far there are three members attending. My compliments go to Gerry an Al-Anon member for starting this group and for going to schools to let teens know of this program. I know it was a big job to start up this group with a number of challenges along the way, but it makes me feel good knowing that our district has an Alateen group for teens to go to, when things are not good at home.

As far as our district meetings go I think in general they are running smoothly. We have just four to five meetings per year. Over the last 3 years we have become a little more organized and a little less confused. We have struggled to have a secretary over the 3 years but hopefully we have one as of this May. This problem with the secretary has shown me just how important our responsibility to service positions is. We have a very good treasurer and over the past 3 years our groups have supported district to the point where we can now donate to Area and world service.

During my time as district rep. we have seen one group disbanded. On the other hand we have seen one Al-Anon and one Alateen group start up. I would say that since January, in general, our groups are seeing 3-4 more people per meeting. I'm not sure why that is, but it's good.

In closing I'd like to say that when I took this position I was really keen to make a difference and to do a good job. My sponsor George at the time told me, you won't be able to make any big changes; you can only try your best to be a good district rep. I think the district has improved over the last 3 years and I'm sure that it will continue to improve if we can all share our wisdom.

DISTRICT # 31 REPORT :

Our District has 11 Alanon groups of which one is a closed meeting in Pittsburgh Institution and 1 Alateen meeting. We tried for six months to get a meeting going in the north end of Kingston but were unsuccessful. This may be revisited at a later date in a less visible location.

We hosted the 2009 Assembly in Kingston.

In Feb. 2010 I became D.R.

In March 2010 we held an Alateen Workshop which over time resulted in 6 approved S.A.M.s and a registered Group in March 2011.

We take part in Gratitude Days and Roundups in the Cloyne, Marysville, Corbeyville and Napanee Areas.

In April 2011 we held a spring Workshop on Sponsorship, Alateen, and Archives.

In June we are planning a Potluck B'Day Celebration for 60 Years of Alanon.

Our P.O. Committee is very active and has really blitzed the Kingston Area with literature and speakers. Some of the places they have reached are: Hotel Dieu Hospital Addiction Centre, the Kinesiology Dept. at Queens University, Interval House, Marthas' Table-a drop in centre for street people, all Drs offices, all churches, the Roman Catholic Schools, Health Fairs at St. Lawrence College and one at a local church.

Literature has also been sent to the Katarokwi Native Centre, The Four Directions Centre and the Geagnano Residence in Kingston which serve the Aboriginal Canadians in Kingston. Preliminary work was done at the Health Centre on the Tyendenaga Reservation.

Literature was also placed in the hospital in Napanee and the Childrens Aid and Family Services.

We have a vibrant membership in the Kingston area which has made being their D.R. a rewarding experience.

District Report for AWSC 2011

District 32

DR - Martin Hickey

There are 10 groups in District 32. We have monthly meetings that are well attended and I think we function very well as a team. We are fortunate in that we have an active and effective Public Outreach Committee. In spite of that, one of our one-time successful groups folded early in 2009 due to poor attendance.

Like many Districts at the beginning of 2009, we didn't have an active Alateen group. Alateen became a priority for us and we have been able to generate a modest membership that has swelled to as many as 6 teens at one time. This was not done without a lot of trial and error. It helped that we moved the group to a Friday night that also had a popular and supportive AA meeting at the same place and time. We also recruited a lot of SAMS but that doesn't necessarily translate into more teens.

Al-Anon membership was another concern and I think it is because of Service work and our P.O. committee that we have since been able to address both these issues. Presentations have been made to: Parent Teacher Night in local schools; to parents at the Children's Aid Society; at the Teach Centre in Havelock; and to Forecast staff members. Students studying Social Work at Sir Sandford Flemming College were given a presentation in lieu of their attending and studying a closed Al-Anon meeting. We have been invited back and will try to present them with a mock Al-Anon discussion meeting, attended by volunteer members. All of

our Al-Anon groups purchased yearly subscriptions of the Forum Magazine for the Peterborough area libraries.

The 1000 Acts of Outreach contest inspired some of our members to act beyond the call of duty.

Lily, Barb and Susan traveled the road to distribute literature and talk to store owners in Douro, Warsaw, Havelock, Hastings, Keene, Bethany, Millbrook, Lakefield and Norwood.

To help fund the Outreach committee and to break the isolation that some groups form, we encouraged each of our groups to have rotating open speaker meetings every month, with one half of the 7th tradition on such occasions going to P.O. (By the way, it was our District that won the \$75.00 of Literature).

Is it worth it? Is the fact that we have more new members a coincidence? Time will tell.

Our meeting times are now published in the local papers and Al-Anon posters are on the city buses. At present we are again full participants at the 50th Kawartha District Conference, (which unfortunately takes place the same weekend as the Trillium). We are also planning this fall for the beginning of a joint A.A. - Al-Anon speaker meeting.

This has been a great learning experience for me personally. I started out with a very outdated desktop computer which I rarely used and an e-mail address I couldn't remember. My laptop is now the most important communication tool in my house. Initially I had self-doubt about being a District Rep, having forgotten that my growth from the Al-Anon program had prepared me for this task. Because of Al-Anon I had learned to listen, to share responsibility, to have faith in myself and others, and to ask for help and for that I am sincerely grateful.

Thank You,

Martin Hickey