



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

# Northern Hi Lights

*Al-Anon News from New York North*

## Thoughts From Our Area Chair:

Hello NYN,

There are 4 key elements in the Knowledge-Based, Decision-Making process (KBDM): Open communication, Dialogue before Deliberation, All Decision Makers have Common Access to all the information and it exists in a Culture of Trust.

The use of these 4 elements makes this a good process to follow in the Al-Anon decision making process as well as in our personal lives. I know when I have a decision to make and it involves someone else it makes good sense for us to openly communicate, to look at all of the information we have available and to discuss our thoughts and viewpoints surrounding the decision. We do our research or homework and list both pros & cons. We also trust one another by giving honest information to each other. We don't need to make rash decisions. I know I like to have as much information as possible when I make a big decision. I also know that once I make the decision I can be happy with it, knowing that I made the best decision at the time, based on the information I had available. When using this process to make decisions in a group (continued on next page...)

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**Northern Hi Lights** is the monthly service publication of the New York North AFG Assembly Area. It is intended to keep the Area informed of all service related projects and activities at the District, AIS, and Area levels. It will not contain poetry or personal recovery stories. Content of each issue will include service reports from the Delegate, Officers, and Coordinators of the Area and pertinent service topics from the World Service Office. Reports from Districts and Information Services will be included as space allows. *Announcements should be submitted at least 6 weeks before Event.* **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

**Email submissions by the 15th of the month prior to: [newsletter@nynafg.com](mailto:newsletter@nynafg.com)**

Groups are requested to pay for a subscription at \$7.50 per year. A copy is sent to the Group Representative of each group on record with the Group Records Coordinator unless we have specific instructions about a Group Mailing Address. The address label is on the back page.

**For more information visit the following websites:**

New York North: [www.nynafg.com](http://www.nynafg.com)  
WSO: [www.al-anon.alateen.org](http://www.al-anon.alateen.org)

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**Web Version Proofreader:** Connie D.

environment, it is important to perform due diligence or fact finding, gathering as much information on the topic as possible from prior minutes and discussions that have occurred, and also any new information that has become available. The next step is to document all the information, store it in a common place and present it to the decision makers in advance. In our case, decisions being made at the Assembly are made by the Group Representatives (GRs), so it makes sense to make sure all the information is disseminated to the GRs prior to the Assembly. The benefits of this process is that everyone has all the available information needed to make an informed decision; even people new to the decision making body have all the background information needed. Having information in advance gives members the opportunity to understand the decision they are being asked to make and participate in the discussion. During the dialogue phase it is important to present the facts. People can ask as many questions as needed, keeping the basic principle of the: Who, What, Where, When, Why and How. This is a proactive approach, not reactive. Trusted servants are not asked to make uninformed decisions and will be able to communicate and articulate on the decisions that are made.

Too often we get hung up on Robert's Rules of Order and Parliamentary Procedure and don't spend enough time looking at all the facts in the decisions that we are making. My hope for 2013 is that NYN will focus more on the KBDM process.

**I hope to see you all at our 2013 Spring Convention/Assembly in May in Lake Placid.**

Let it Begin with Me,

**Pam A.**

## **Alternate Delegate/Forum Coordinator:**

This month's topic is KBDM (Knowledge Based Decision Making). What is this, and how can I use it in my Service work and in my Personal Life? When our Delegate introduced us to this concept a few years ago, I thought it was just some other

corporate jargon that would fade away in a few years, just as many strategies have done over the years where I had worked.

Recently, my Home Group (Circle of Hope AFG Syracuse), was studying the Second Tradition using the book, *Paths to Recovery*. We came upon a personal sharing from a member who shared what KBDM really was. She did not use this term, but her sharing explained KBDM in a nutshell. She said she "needed to acknowledge how she felt, then she needed to postpone her personal decision until she heard all those who wished to share. Next, she needed to review the literature, and then she could vote." (See *Paths to Recovery*, page 149.)

I hadn't thought of this process as anything different from what we had always done in Al-Anon. Now, it makes better sense to me and helps me realize that it is more important to get all of the information and opinions I can to make an Informed Group Conscience than it is to get things done in a hurry.

In my personal life, I need to listen to my family's ideas about things, I need to gather all the facts about how this decision will effect others in my family, and then I need to do the footwork as to what it will cost financially for us. Then, and only then, can I give my vote as to what I want, or feel I need to do. I was using this when I decided to retire last January, a year before my official Social Security retirement date came about. Did I think of this as KBDM? No, but that is what I used, knowing I wanted to make the best decision for myself and for my family. This has proven to be a decision that has worked out well.

**KBDM gives each of us the opportunity to have our voices heard without criticism; it gives us a chance to know the facts; it gives us the time to think and it gives me the confidence that whatever is decided and voted upon I can live with.** I think Tradition Two helps me to put this concept into practice by reminding me that there is "but one authority--a loving God as He may express Himself in our group conscience," and that "Our leaders are but trusted servants--they do not govern." We do the best we can using the principles of the program and KBDM.

Wishing you all well as we start a New Year in recovery. Please read your *Forum* to learn how others use the Steps, Traditions and Concepts in their lives each day.

**Diane C.**

## Area Delegate, Panel 52:

Dear NYN Friends,

I am hoping that this article will reach members throughout New York North and as a result will be able to help AI-Anon members in New York South (NYS). With Hurricane Sandy in November, there were a number of AI-Anon groups that were displaced and that lost much of their literature. We see the pictures of homes, schools and churches that were damaged by the storm. Many of these places were homes for AI-Anon meetings.

A few weeks ago, an AI-Anon what NYN could do for our fellow AI- She wanted to know if a group could I didn't know what we could do, but

### AI-Anon Groups affected by Hurricane Sandy need your help.

member approached me and asked Anon members affected by Sandy. "adopt" an AI-Anon meeting in NYS. was willing to find out.

I contacted Petra L., the current Delegate for NYS. She herself has been displaced by Sandy and is currently living in temporary housing. **My suggestion was that either a Group, a District or an AIS in New York North could adopt a Group in New York South that was affected by Sandy and provide Conference Approved Literature (CAL) to the adopted Group.** Petra loved the idea. As it happens, NYS held their Assembly last weekend. The response was overwhelming. People were so grateful for the outreach of support from the fellowship.

Petra has sent me contact information from District Representatives (DR) in NYS that have had Groups affected by Sandy and that are in need of help. They will be contacting me with information about the Groups in their Districts that have lost CAL materials. I have heard from one DR already from Long Island who has two Groups in Long Beach that are in need.

The way that this project will work is that any Group, District or AIS may "adopt" a NYS Group. To keep things as simple as possible, I'll be the intermediary in this project. If your Group wants to help, you just need to email me at [delegate@nynafg.com](mailto:delegate@nynafg.com) or call me (my number is listed on the last page of the *Northern Hi Lights*, except for the web version). I will give your Group contact information for a NYS Group that is in need so that the literature can be mailed to them.

You can either purchase the literature from WSO and have them mail it to the Group in NYS, or you can purchase it from your local Literature Distribution Center and have them, or yourself, ship it.

Any gift of CAL will be greatly appreciated; it doesn't matter how big or how small. To be able to help members of our fellowship is a wonderful way to start the New Year. I am very grateful to the NYN member who first approached me about this. I hope to hear from many of you in the next weeks.

Gratefully in Service,

Ruth S.

### *Service Manual* SCAVENGER HUNT

#### **Challenge #4: Can AA's *Big Book* be used in AI-Anon meetings?**

The *Service Manual* page on which **THE ANSWER** can be found is listed elsewhere in this issue (another scavenger hunt!).

## Immediate Past Delegate:

KBDM, the acronym for Knowledge-Based Decision Making, is the process for reaching an informed Group Conscience that was first introduced to Delegates at the 2006 World Service Conference by the members of the Executive Committee who had been members of the Board of Trustees where this process had first been used. The process is defined as looking at a topic through 'agreed upon' criteria to see if it is something that the Group wants to pursue. After gathering and sharing the background information a decision can be made as to whether this is a matter that is worth pursuing further. In 2007, the title of the process was expanded to "Knowledge Based Decision Making for a Group Conscience," which brings it in line with our AI-Anon principles.

Knowledge based decision making has four essential elements based on a philosophy of: open communication between leadership and membership, dialogue before deliberation, all decision makers having common access to full information, and it exists in a culture of trust.

The goal of adopting this new model was to align the spiritual tone of the 2006 World Service Conference (WSC) with the spirit of AI-Anon unity typical of AI-Anon's first WSC. Its purpose was to put the Conference in closer touch with AI-Anon's core values and principles, and bring greater harmony to the Conference and a stronger spirit of unity.

How does this relate to the Twelve Concepts of Service?

It is based on the following:

- mutual trust
- designated authority – traditional and legal
- participation
- leadership
- the right of decision
- our spiritual foundation

Why is it a good model?

- It allows thorough examination of mega issues without an end in mind.

- It allows those who make decisions to become far less important than the fact that a good decision is made.
- It is a process for ongoing strategic thinking and strategy development.
- It allows us to develop a reputation for value and nimbleness in carrying the message.

What does this mean for AI-Anon as a whole? It provides AI-Anon with:

- Recognition as a credible organization
- A reputation for value
- A culture built on trust and communication
- Group members are more likely to support the decision made
- Group effort is more likely to yield better results
- Participants become part of the process, more voices are heard, more solutions generated
- Recognition that responsibility for action rests on everyone
- Actions tend to lean toward the greater good for the organization
- Negativity is diffused

(These three bulleted sections were taken from the 2006 *World Service Conference Summary*, p.6, by permission of AI-Anon Family Groups, Inc.)

The KBDM process is something that I can also use in my personal life as I deal with issues of family and life. I like that I can have the conversation and see where it leads me. It is a dialogue that I can have with my sponsor or another AI-Anon member. It is a well thought out process that leads me to better decisions and ultimately better results. So, let's continue to have the conversation.

Grateful to be in service,

**Elaine R.**

**Deadline for the next issue of  
*Northern Hi Lights* is  
February 15, 2013**

**Topic: Third Step, Concept or Tradition**

## Literature Coordinator:

Happy New Year to my friends in NYN,

Last month I mentioned that *Many Voices, One Journey* (B-31) sold less than half that of other recent books in their first year and that last year sales dropped 81%. My question was: What can we do to get the word out about this book to help members understand the value it could have to their recovery? **I haven't received any feedback yet and I would love to hear your ideas.** Please email me at [lit@nynafg.com](mailto:lit@nynafg.com)

During 2013, the World Service Office (WSO) plans to showcase *Many Voices, One Journey* (B-31) several times in the "CAL Corner" section of *The Forum*. We encourage Coordinators to do the same throughout the year. **Also, please ask members in your Area to submit sharings about the book to "CAL Corner."** (There is a "CAL Corner" sharing sheet on e-Communities in the "CAL—Spreading the word" subfolder.)

Knowledge Based Decision Making (KBDM) is our topic this time around, so I decided to take a look in *Many Voices, One Journey* to see what was written. Take a look at pages 363-7. KBDM has four basic elements:

1. A philosophy of open communication between leadership and membership.
2. Dialogue before deliberation.
3. Common access to full information for all decision makers.
4. A culture of trust.

I am slowly realizing how this works. At our 2012 Spring Convention in Chautauqua, I got to experience this process first hand. After much dialogue regarding our newsletter, we realized that we did not have all of the information that we needed, and the group was split. It was suggested that we table this until we had more information, and so we did.

In my home Group, we practiced KBDM. I asked if we could have some conversation about the format of our meeting. We had several conversations, taking our time, listening to one another's points of view. Very slowly, gradually, we came up with a format we could all agree on—unity! It felt wonderful to have taken our time and to have listened to one another.

I have received a list of recurring questions from other Literature Coordinators and would like to share some of its items with you throughout this coming

year. The answers are given by Tom C., Associate Director of Communications—Literature. Here are two from the list and Tom's responses:

### Q. Will there be a new *Service Manual* in 2013?

A. "According to Member Services, the next edition of the *Service Manual* is expected to be printed in late fall of 2013. There are a number of decisions that the World Service Conference might make next April that could result in some changes to the *Manual*."

### Q. Can members create a pamphlet and put the AI-Anon logo on it?

A. "As it states on page 104 of the *Service Manual*, 'The World Service Conference has authorized AI-Anon Family Group Headquarters, Inc., also known as WSO, to be the sole publishing agency for the fellowship worldwide. Therefore, no AI-Anon group, Information Service (Intergroup), Literature Distribution Center, or any other service arm may produce or publish its own literature or sell outside literature and/or materials.'"

(Tom goes on) "Please allow me to give you some historical perspective as to why this is our policy. Conference Approved Literature came about from discussions held in 1961 at AI-Anon's very first World Service Conference. At the time, we had very little material of our own. Many local groups and service structures were writing and distributing their own literature, which varied widely in quality and content. Other groups were using more and more outside literature, much of which did not reflect AI-Anon philosophy. These pieces were sometimes religious in tone, or one person's opinion of what to do to "fix" the alcoholic. As a result, great disparity existed from meeting to meeting. At that first Conference, our cofounder, Lois W., described why she felt we needed a process for Conference approval: 'You see, this whole idea of the Conference is to continue AI-Anon into the future, in usefulness and in unity. The matter of unity is why we should have Conference Approved Literature, so that sometime one part of the country doesn't get a particular slant and go off on its own way while another section goes another way—all under the name of AI-Anon.'

The first few Conferences developed a process to give conceptual approval for the development of AI-Anon literature, and it was the will of the Conference to recommend exclusive use of CAL in AI-Anon meetings.

As far as the use of the AI-Anon logo, page 104 of the *Manual* also states: 'The logo without the AFG

was adopted by the WSO for easy identification of stationery, service tools, and other Al-Anon/Alateen material. Al-Anon/Alateen service arms (such as Areas, District, and Information Services) and Conventions with Al-Anon/Alateen participation may use this logo without the alteration for identification on printed materials.”

Enough for now, from Tom and me— see you in March.

Gratefully,

Pat H.

## Alateen Coordinator:

Hi My NYN Family,

First, I hope all of you had a good holiday season. It can be a difficult time of year for a lot of people who have been affected by the disease of alcoholism, myself included. I really have very little news to report. I have, however, been concerned for our Alateen members. We have been working on updating our current Alateen Guidelines and Requirements. I realize that we need to do all we can to keep our children safe, but as we know from our program, we have no control. The only thing we can do is respond with love and prayers.

Our topic this month is KBDM (Knowledge Based Decision Making). **In my opinion, KBDM is the root of our program.** To me it means that I have to be honest with myself and the reality of any situation. Honestly sharing all sides of any issue is imperative to having the knowledge necessary to "talk things over and reason things out," as our program suggests. Common sense and the gathering of all information is key to making healthy decisions. If we do not have all of the information, it is important not to act without considering all the ramifications for us and others. Recently, I forgot this important idea and spoke without thinking. I call it the "sticking your foot in your mouth" effect. This is a very uncomfortable position to find oneself in. (It also makes it difficult to walk on only one foot.)

I hope we all can move forward to help maintain the integrity of our program while continuing to progress in our own recovery. Happy New Year to you all.

Love in Service,

Lynda S.

**SENDING DONATIONS TO NEW YORK NORTH**  
Donations should be sent by check or money order.  
**DO NOT SEND CASH!!**

Make payable to:

**NYN Area Assembly**

**PO Box 196**

**Westons Mills, NY 14788-0196**

**Add Group's registered name & the Group's ID Number (Very Important)**

*Make Your Own  
"Restore My Capacity for  
Wonder" t-shirt  
at the 2013 Spring  
Assembly/Convention  
in Lake Placid, New York*

*We are REEEEEALLY excited  
to be able to offer you this  
opportunity!*

*All you need to do is  
bring your favorite solid,  
white or light-colored t-shirt  
and \$5.00 for the transfer.*

*A space will be available at the  
Crowne Plaza to make your very own!*

*And, of course, "Restore My Capacity  
for Wonder" water bottles  
will also be available for purchase  
to match your new t-shirt!*

*Please also consider bringing your own  
coffee/travel mug to use for the entire weekend;  
and your guitar, singing voice, etc. for the  
talent share Saturday evening!*



# AL-ANON FAMILY GROUPS

Rochester, NY  
District 19

## DAY OF SHARING

Sunday February 24, 2013 11:30 a.m. — 3:30 p.m.

**RELATIONSHIPS IN RECOVERY—Keeping 'em Healthy!**



St. Cecelia's School  
2732 Culver Road  
Rochester, NY 14622

Potluck—please bring a dish to share

Come to win the 50/50 raffle and our theme baskets.  
And for the fellowship, fun and food!

**Schedule:** 11:30 – 12:00 noon: Registration  
12:00 – 1:00 p.m.: Lunch  
1:00 – 3:30 p.m. Music, skits panels, speakers...

\$5.00 suggested donation

All are welcome. No one turned away!



COME HELP US CELEBRATE

## THE WOMEN'S 12 @ 12 AFG 11<sup>TH</sup> ANNIVERSARY



**WHEN:** WEDNESDAY, JANUARY 9<sup>TH</sup>, 2013  
**TIME:** NOON  
**WHERE:** SPIEGEL COMMUNITY CENTER, RM 101  
35 LINCOLN AVE, PITTSFORD, NY 14534



**SPEAKERS  
AND  
REFRESHMENTS**



### Scavenger Hunt Answer

See page 101 in your *Service Manual*.

## CELEBRATING



## WORLDWIDE UNITY

[www.al-anoninternationalconvention.org](http://www.al-anoninternationalconvention.org)

**Al-Anon's 2013 International  
Convention  
Vancouver, British Columbia, Canada  
July 5 – 7, 2013**

For all the details, please visit the International  
Convention Web site at  
[www.al-anoninternationalconvention.org](http://www.al-anoninternationalconvention.org)

*Let's celebrate our recovery together and make  
memories that will last a lifetime!*

Al-Anon Family Groups - District 5  
2013 Day of Sharing  
Saturday, April 20, 2013  
9:00 – 3:00

## Recovery is a journey, not a destination

Speaker, Workshops in the morning and afternoon,  
Lunch and Raffles (50/50 and baskets)

CVPH Medical Center, Beekman Street, Plattsburgh, NY  
Parking is on the side of the hospital.

Use front entrance and follow the overhead signs to the auditoriums.  
There will be a registration table set up outside of the door to the  
auditorium.

Come for the whole day, or part of the day.  
We will order lunch at 10:30. If you arrive after 10:30,  
please provide your own lunch.

Coffee, tea, water and lunch will be provided.

**BRING COOKIES OR BARS TO SHARE.**

**\$6.00 donation to cover supplies and lunch.**

## Area Secretary:

Hello There,  
I want to wish you a Happy, Healthy New Year! As I was not sure how to, or what, I wanted to contribute in this article, I decided to do some research on Knowledge Based Decision Making (KBDM). I found information in *Many Voices, One Journey*, and *The 2012 World Service Conference Summary*. In 2006, the World Service Conference was introduced to this process. The goal was to make the quality of the decision more important than who makes it. In Parliamentary Procedures one would first pose a motion, then debate that motion's pros and cons in a win-lose style. Knowledge Based Decision Making, on the other hand, discusses the issue, then makes sure all involved are fully informed before a motion is made. Keeping it simple, this is really an Informed Group Conscience.

I, like many of us in AI-Anon, had problems making decisions. I wanted to make decisions that would get me exactly what I wanted. I learned in AI-Anon that no one can know in advance all the consequences of any decision. We can only take the information at hand and do our best in choosing thoughtfully. Thus, it is possible for us to use KBDM in our personal lives.

Through the support of the AI-Anon fellowship and the use of KBDM, we learn how to peacefully decide matters that are important to the Group. **This process gives us the tools to examine all sides, ask questions, share opinions, and accept the decision of the Group as a whole.**

Gratefully,

**Marge R.**

## NYNAC Coordinator:

I am so excited about this year's NYNAC. Our host group is The Stars of Hope Alateen Group from Buffalo, New York. I am looking forward to working with them. They have many ideas to make this another awesome NYNAC!

**It's time to start thinking about fundraising.** Last year all the Groups had great success with their fundraising. I have not figured out the exact amount needed to attend NYNAC this year, but it will be more than last year.

Our topic this month is KBDM (Knowledge Based Decision Making). At the 2011 NYNAC kick-out meeting we were faced with the task of possibly moving NYNAC from Watson Homestead to another location. Bridget, sponsor for the Stars of Hope Alateen Group, offered to research other facilities that we could possibly use for NYNAC 2012. We were then able to agree that maybe it was time to move on and start some new NYNAC traditions. This year's convention was so successful, and VanderKamp was where we needed to be!

In my personal life, I also need to make knowledge-based decisions. When I trust my Higher Power and the members of AI-Anon to help me, I can make decisions that are best for me. This past year has been a very emotional year for me, and I could not have worked through any of my situations without the God of my understanding and some very special members of this program.

Love in Service,

**Lynda C.**

## Newsletter Coordinator:

Knowledge Based Decision Making (KBDM) is, to me, a revolutionary concept, in that it puts the power squarely in the hands of each and every individual. I like page 222 from *Hope For Today* where it talks about the value of every single voice, since we never know whose voice the Higher Power will use to give us the information we need. This was such a new concept for me to embrace, having come from a family where we were never asked for our opinion, just expected to shut up and put up. Being naturally shy, I never developed my voice or even knew I had one worth sharing until AI-Anon. When I was first asked to share my story behind a microphone, I was so overcome with emotion that I broke into tears and could hardly speak. The hugs of encouragement I received afterwards from AI-Anon members were very healing.

**Newsletter News:** Last month George from Group Records mentioned a simple way to sign up for the Newsletter electronically (see the last page highlighted in yellow). I am continuing to investigate printing options and will report my findings soon. Looking forward to seeing everyone at the AWSC meeting in March.

**Gwenne R.**

**NYN AFG 2013 Spring Assembly & Convention**  
**MAY 10-12, 2013**  
 Hosted by Districts 5 & 22

*Relax in the Adirondacks  
 Mother's Day Weekend  
 at the Crowne Plaza Resort & Golf Club  
 in Lake Placid, NY*

**\*\*Al-Anon & Alateen Convention  
 with AA Participation**



**Hotel Reservations**

Room Reservation Deadline **April 10, 2013**

Crowne Plaza Resort & Golf Club, 101 Olympic Drive, Lake Placid, NY 13212

Room Rate: Two-night minimum: \$89+\$9.58 (tax)per nite **\*\* If only staying one night the room rate is higher :\$109+\$11.72(tax) \*\*To confirm reservation, 1 night's deposit by check or credit card**

**is required. Please list roommates' names. Extra night(s) Thursday and /or Monday \$89+ \$9.58 (tax) per night** **\*\*Rate is per room/1-4 people \*\*All rooms have fridge, microwave & coffee pot**

For reservations call 1-518 523-2556 or 1-800 874-1980(Mention New York North AFG for rate)

Checkin: 4PM

Checkout: 11AM

**\*\*Alateens must have notarized permission/medicalrelease forms and adult supervision\*\***

**Registration Form** Detach below and mail to address @bottom of form

**NYN AFG 2013 Spring Assembly / Convention Registration Form**

**Make Checks Payable to : NYN AFG 2013 Spring Assembly /Convention**

Name: _____	Early Registration (before 3/30/13):\$15----- _____
Address: _____	Full Registration (after 3/30/13): \$20----- _____
City/State/Zip: _____	Alateen Registration:\$12----- _____
Phone #: ( ) _____	Dinner Banquet:\$32(Deadline 5/3/13)----- _____
Email: _____	Chicken___ Beef___ Vegetarian___
	Donation to Hospitality:----- _____
	Total enclosed: _____

Are you a new Group Representative? \_\_\_\_\_

Are you a new District Representative? \_\_\_\_\_

Are you registering as Al-Anon\_\_\_\_;Alateen\_\_\_\_;AA\_\_\_\_

Are you here to attend the Convention? \_\_\_\_\_

Are you here to attend the Assembly? (GRs, DRs, Officers, Coordinators)\_\_\_\_\_

**\*\*All are welcome to attend Assembly meetings.\*\***

**Mail to:** NYN AFG 2013 Spring Assembly & Convention

PO Box 398

Morrisonville, NY 12962

**Questions??**

**Call: 518 578-1532**

**Email: Spring AFG 2013 @gmail.com**

*Join us for a 'wonder-filled' informal talent share Saturday Evening!*

*Don't forget to bring your guitar, singing voice, original poetry, and/or other talent to share.*

**DIRECTIONS:** Take Exit 30 off I-87 N (Adirondack Northway) for US-9 toward NY-73. Left @ US-9 N. Left @ NY-73 W. Left @ Main St. Left @ Olympic Dr. Hotel is on top of the hill on left. and/or The Crowne Plaza Hotel is located @ 101 Olympic Dr. in the center of the village. If you are driving into Lake Placid from the east or southeast via Route 86 or 73, look for the Olympic Arena complex on your left. Olympic Dr. is the first street on the left past the Olympic Arenas. The hotel is located at the top of the hill on your left. If you are arriving from the northwest via Route 86, drive into town and look for the municipale parking lot on your right hand side as Main St. begins to curve to the right. Olympic Dr. is the first right turn after the parking lot. There is a hotel sign at the end of the parking lot at the corner of Olympic Dr. and Main St..

#### ROOM DESCRIPTIONS

- Traditional rooms have 2 double beds or 1 king bed -- hotel's choice, based on room occupancy.
- Rollaway beds are available upon request at a nightly charge of \$15.00+ tax
- Specialty rooms available, please ask your hotel reservationist for room types and rates.

#### RESERVATION POLICIES

- Reservations received after the conference room block is full or after Wednesday, 4/10/13 will be accepted on an availability basis.
- Cancellations must be received by Friday, 4/26/13.
- Deposits will not be refunded after Friday, 4/26/13.
- Check in time is 4PM - Check out time is 11AM.
- All reservations must be guaranteed by a major Credit Card.
- Reservations will be guaranteed from date of arrival to date of departure, as confirmed and Credit will not be given for Early Check-outs.
- Payment arrangements for your stay will be required upon arrival in the form of Cash or major Credit Card.
- Rates for Arrival before Thursday, 5/09/13 or for Departure after Monday, 5/13/13 will be quoted upon request, subject to availability and cannot be guaranteed at the Conference rate.
- Confirmation of your Reservation will be e-mailed, faxed, or mailed using the information provided on this form.

The hotel has included the room descriptions and reservation policies noted at the left. If you have special needs, please let them know when making your reservation.

Please let us know if you have special dietary needs if attending the banquet on Saturday night.. All other meals are on your own.

The hotel restaurant offers a Breakfast Buffett from 7AM-10AM @\$11.95.

Lunch is available (order from the menu) from 11AM-2PM and dinner from 5PM-9PM.

If you are staying at the hotel, a \$5 off coupon for dinner @ The Boathouse Restaurant is offered along with a shuttle to and from the location. (Across the lake )

There is a wide variety of dining options within walking distance of the hotel.

Go to : <[www.lakeplacidcp.com](http://www.lakeplacidcp.com)> to see menus and photos of hotel.

**\*\*\* New York North combines it's Spring Assembly with our Convention. All members are free to attend any meetings. In the Spring, our Delegate gives a report from the World Service Conference at the Assembly. We have a workshop, hear reports from our coordinators and vote on various issues. Group Representatives are the voting members in our Assembly. You are here to participate along with our Officers, Coordinators and District Representatives.**

Our Convention includes participation of AI-Anon members(including Alateen) and AA. Panels will be throughout Saturday. **If you are representing your group, please attend the ENTIRE ASSEMBLY MEETING.** You will have an opportunity to hear speakers and meet others throughout the weekend. Prior to the weekend, we will post the program on our NYNAFG.com website.

Look forward to seeing you ...Host Committee....Districts 5 & 22

**Also Needed: Donations of Baskets to Raffle**

**Do you know who to contact if you have an AI-Anon related question?**



Unless this is a personal subscription, this copy belongs to your group. Please share it with them; make each issue available at your meeting ***TO INSURE ANONYMITY, TEAR OFF THIS PART BEFORE LEAVING IT WITH YOUR GROUPS***

NYN AFG Officers & Coordinators for 3 year Term, beginning January 2012			NYN Past Delegates
<u>Delegate:</u> Ruth S  delegate@nynafg.com	<u>Immediate Past Delegate</u> Elaine R  ipd@nynafg.com	<u>Alternate Delegate:</u> Diane C  altdelegate@nynafg.com	<b>Panel 4</b> Helen S <b>Panel 13</b> Ruth F <b>Panel 16/19</b> Maxine M. B <b>Panel 22</b> William S
<u>Chairperson:</u> Pam A  chairperson@nynafg.com	<u>Secretary:</u> Marge R  secretary@nynafg.com	<u>Treasurer:</u> Loretta P  treasurer@nynafg.com	<b>Panel 25</b> Marcia J <b>Panel 28</b> Mary G
<u>Alateen:</u> Lynda S  alateen@nynafg.com	<u>Archives:</u> Kathy M  archives@nynafg.com	<u>Conventions:</u> Maureen K  convention@nynafg.com	<b>Panel 31</b> Arlene M (deceased) <b>Panel 34</b> Sherry B <b>Panel 37</b> LaVaughn R
<u>Group Records:</u> George S  records@nynafg.com	<u>Public Outreach:</u>  pi@nynafg.com	<u>Literature:</u> Pat H  lit@nynafg.com	<b>Panel 40</b> Anne F
<u>Newsletter Editor:</u> Gwenne R  newsletter@nynafg.com	<u>NYNAC:</u> Lynda C  nynac@nynafg.com	<u>Home Page:</u> Emily K  <a href="http://web@nynafg.com">web@nynafg.com</a>	<b>Panel 43</b> Connie D   <b>Panel 46</b> Bob C
<u>Spanish Contact:</u> Cira B  spanish@nynafg.com		<b>Panel 49</b> Elaine R	

NYN Area Assembly  
Northern Hi Lights  
34 Ellison Ave.  
Rochester, NY 14625

**Deadline for the  
March 2013 Issue  
is February 15, 2013**  
**Topic: Third Step, Concept or Tradition**

  
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If Group Subscription, Group Name \_\_\_\_\_

WSO# \_\_\_\_\_ District.# \_\_\_\_\_ If sent to address other than above, please include that name and address, WSO #, in writing on another piece of paper. **Make checks payable (beginning January 2012) to: Northern Hi Lights. Mail to: New York North Area Assembly, PO Box 196, Westons Mills, NY 14788-0196.** Mail Address Changes and Updates to: [records@nynafg.com](mailto:records@nynafg.com)