



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

Inside This Issue

Topic: Saving Alateen

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Newsletter Editor: John O.

Proofreaders: Gwenne R.,
Connie D.

Technical Support: Pat H., District 2

Northern Hi Lights

Al-Anon News from New York North Area Delegate

Happy New Year to all!

It's hard to believe 2017 will be my last year as Delegate. I have enjoyed working and learning with all of you this term, as we attended Assemblies, Days of Sharing, Committees, AWSC Meetings, NYNAC, talked on the phone, or just met one-on-one throughout this period of service.

Some News from WSO:

- I was notified in early January that even though New York North had submitted a bid for the “**Road Trip!**” event, we were not selected. However, the good news is that Aurora, Colorado will be holding this event on Saturday, October 21, 2017. We can submit a bid for next year.
- Through the help of many members, groups, districts and areas throughout the world, WSO was on target to reach its financial goals for 2016. I would like to thank you all for contributing financially, being a part of the “Spiritual Principle of Unity.” As we think abundantly we will receive abundantly.
- Members can receive AFG Announcements.
(*Delegate*, continued on page 2)

Mission Statement

Northern Hi Lights is the monthly publication (10 issues) of the New York North AFG Assembly Area. It is intended both as a member outreach tool and to keep the Area informed of all Service related projects and activities at the District, AIS, and Area levels in between Assemblies. 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, Information Services and Alateen Sponsors will be included as space allows. A topic of the month may be chosen by the editor as a focus for reports. **Northern Hi Lights** is not copyrighted. It is not conference approved literature.

Submissions: Email by the 15th of the month prior, to: newsletter@nynafg.com

When submitting reports, keep in mind that all quotes from Conference Approved Literature (CAL) must have prior written permission from WSO (see pgs. 106-107 in your 2014 *Service Manual*).

Announcements should be submitted at least 6 weeks before event.

Subscriptions: Suggested donation of \$10/year when possible (see back page): All Al-Anon members are encouraged to subscribe (**electronically if possible**) to receive an individual copy. A copy will automatically be sent to each Group Representative on record with the Group Records Coordinator, unless we have instructions for a specific Group Mailing Address.

For more information visit the following websites:

New York North: www.nynafg.com

WSO: www.al-anon.alateen.org

- To receive a free subscription to AFG-Announcements, sign up on the members website to be informed. All they need is your email address (you can unsubscribe at any time). This communication system for individual members will deliver announcements from the World Service Office right into your inbox. Examples of announcements include *Area Highlights*, *group e-news*, and surveys. For those members who already receive information on *AFG Connect* there is no need to re-subscribe because you will receive this automatically. I hope many of you will take advantage of this opportunity, in order to be kept up-to-date on information.

As I prepare for the 2017 World Service Conference, which will be held April 24-28 at the Wyndham Oceanfront Hotel in Virginia Beach, I have done the following;

- Worked on a task force entitled: "Spirituality in District Money Discussions."
- Communicated with my conference mentor, Nancy W., panel 57, from Utah.
- Purchased my airline tickets, and have started work on the three minute talk that I will have to present at the conference related to the theme; "Our Members: Our Hope for the Future."

I look forward to 2017, knowing that I have all of your support, and that exciting things are happening here in New York North.

Diane C.

Public Outreach Coordinator

Hi Everyone and Happy New Year,

In the last two years as Public Outreach Coordinator for NYN, I feel we have made real progress. Our goal is to attract all families and friends of alcoholics to Al-Anon Family Groups, so that everyone who needs our program can find help and hope in their community. More and more, I

believe, we are accomplishing this. In my final year, I am hoping we can get even more fresh faces involved in our outreach attempts.

- A final reminder: the deadline to order the second printing of "**AFA 2017**" is **February 8th, 2017, 5 p.m. ET.**
- **March 4th is Lois W.'s birthday.** We can celebrate our cofounder by remembering to "forget" as we leave copies of *Al-Anon Faces Alcoholism*, or any other piece of public information literature, at medical facilities, professionals' offices, break rooms, waiting rooms, and other public places.
- **April is "Alcohol Awareness" month.** I know it seems far away right now, but if we start talking and planning now we will be better prepared to participate. Consider working with your local library. See if they will welcome a display of public outreach materials.
- Al-Anon is now on Instagram. Find us on Instagram by following and liking our posts or click on the link located on the WSO Public Outreach website, al-anon.org

Brian, our Public Outreach Coordinator for the Rochester AIS, and his committee have been busy. Here are a few things that they are or have been up to:

- A presentation by Al-Anon members will soon be offered at Pre-Trial Services for people who have been charged with a DWI. As of right now it looks as if we will be meeting bi-monthly.
- Every other month, a First Step meeting is being brought to Jennifer House, a residential program for women and their children. Jennifer House serves homeless women with a criminal history who are entering the community from jail, in-patient facilities, the streets and other homeless situations.
- At Unity Hospital a couple of members shared their experience, strength, and hope with families and friends of alcoholics that are in recovery. Outreach literature was brought in and my understanding is that the Hospital would like this to be done on a monthly basis.

- Members are going, on a monthly basis, to FLACRA, Finger Lakes Addictions Counseling & Referral Agency, to share their experience.

Kelli, our new Public Outreach Coordinator for WNY AIS, had a conference call on Sunday, January 8th. Kelli had formed a committee and invited me to participate in the call.

- Each person on the committee has taken on a role; from sending out sample letters, (available on the members' site), to school counselors, physicians, counseling centers; and also enclosing our AFA's along with their personal message.
- Members continue to partake in the family recovery program at Erie County Medical Center, ECMC.
- We will have a table at a health fair in Buffalo this March.
- Our next conference call is February 5th.

(Kelli and her committee are off to a great start!)

From District 8:

- Outreach flyers geared to parents and to the general public were distributed to the GR's.
- Participation in a health fair at St. Rose College this past year brought this surprise—
100 percent of the students who came to the table did not want written material but chose only to capture some info with their phones.
- Members found that the use of the term "Al-Anon" was confusing to the students, who thought it meant AA. (The district is redoubling their commitment to use the term "Al-Anon Family Groups" in outreach efforts.)
- Participation in a panel discussion at a senior living center in Rotterdam may have sparked interest in starting a new group.
- Packets were mailed to individuals who asked for information by contacting the district via email.
- Two queries about Alateen were received but, sadly, there is no area Alateen group to refer them to.

No word from WSO on the new PSA's; when I receive that information I will be in touch.

What is happening in your area of NYN?

Together we can make a difference.

Pat H.

Alateen Coordinator

Hello and Happy 2017,

I hope that everyone had a great holiday season. I was so happy to see that this month's topic is saving Alateen. Some of you may not be aware that Alateen is celebrating its 60th anniversary this year. What a better way to celebrate than to make our local communities aware of what the Alateen program is all about. Since my last report, I am happy to say that we are working on many different things to try to spread the word about Alateen. We have developed a strong Alateen Sponsors Committee made up of Sponsors, NYN Officers and Coordinators, as well as members of our Alateen groups. The primary focus of the committee is to develop strategies for making the community aware of Alateen, educating our current AMIAS's (Al-Anon Members Involved in Alateen Service) about their responsibilities and how we can make our current Alateen meetings stronger. Our goal is to meet on a quarterly basis, to discuss what is working and not working within our individual areas.

The following is a breakdown of the various projects we are working on as a committee:

- We have come up with an announcement to be used for posting Alateen meetings to local newspaper and TV station calendars of events.
- Opening a line of communication between sponsors, so that we can support each other and share suggestions.
- Researching a conference phone line that we can use to meet as a committee in between our face-to-face meetings. This

line will also be available to any other committees within NYN.

- Jill C. from our Auburn Alateen Group wrote a fantastic press release article titled "What Is Alateen." I submitted the article to World Service for review, and am happy to report that they gave us the approval to go forward.
- I am submitting a proposal to NYN Assembly to split the current Alateen Coordinator's position into two positions. The Coordinator position would handle conflicts within groups, updating our NYN Alateen Guidelines as needed, and educating all new and current AMIAS's as to their responsibilities. The AAPP (Area Alateen Process Person) would handle the processing of paperwork for registering new Alateen Groups and new AMIAS's, and the annual recertification process. The AAPP would also process any changes to information about Alateen Groups or AMIAS's, such as address changes, meeting time changes, inactivating groups or AMIAS's as requested.
- We discussed World Service allowing each Al-Anon Area the opportunity to assign someone to assist the Area Alateen Coordinator in conducting the annual Alateen AMIAS Recertification Process. I have someone who is considering signing up to assist me, and if she finds that she can handle this function, she is willing to stand for the AAPP position if approved at the next AWSC Election Assembly. By having the second person, it will allow me to focus on educating all AMIAS's in NYN, along with attempting to complete the updating of our current NYN Alateen Guidelines.
- We want to work with the NYN Website Coordinator to create an Alateen page on our NYN Website. The link will include information about Alateen, and a list of all Alateen Meetings in NYN. We would like this to be a one-stop location for teens who

are seeking information about the Alateen program.

- Members of the group expressed an interest in becoming trainers to assist in presenting the Alateen Education Module to all current AMIAS's in NYN.
- Patty H. announced that World Service is about to release a Public Service Announcement for Alateen. Once released, the committee will discuss who will work on having it sent out to all local radio and TV stations.

I will be submitting the minutes from our Alateen Outreach Meetings to the NYN Website Coordinator so everyone can see what is being done in an effort to save Alateen in NYN. I will also be mailing copies of the minutes and outreach document to all Alateen Groups so that they can make their communities aware of the Alateen Meetings in their area. If anyone is interested in becoming a part of this committee, or wishes to assist in any way, please do not hesitate to contact me at Alateen@nynafg.com.

Thank you for all of the support being given by so many, to help support Alateen. You are all awesome.

Love in service,

Walt S.

Group Records Coordinator

Hello Everyone,

I truly cannot believe that a new year has begun. This is the last year of my three year term. Where has the time gone? In the fall we will be having the Election Assembly. If anyone is interested in learning more about this position, please contact me so I can answer your questions. There really is nothing to report from my position.

Our topic this month is "Saving Alateen." It is important to do all we can to save Alateen; but how do we go about it in a healthy Al-Anon way? Enabling isn't the answer. Change is the thing that

needs to happen, but how do we go about it? The 3 A's give us a guideline. We are Aware of the problem; we Accept that it cannot continue as it has, and we need to take Action.

An over-simplified idea has occurred to me as I thought on this topic. The problem seems to be getting the teens to the meetings. Walt has been doing a great job with outreach, but he is only one person in one area of our large state. Maybe if we combine the Alateen and Al-Anon meetings by having Al-Anon members bringing their teens to the meetings and have it be more family-friendly, then the parents can get a glimpse of the true suffering their children have experienced. If this gets too painful for the parents to hear maybe they will become more invigorated to help do some public outreach for Alateen and/or start a meeting. The help available in the rooms is so needed, whatever your age. Just a thought.
Love in Service,

Lynda S.

Area Chairperson

Hi NYN,

It feels good to get back into the swing of things after a month off. I'm really looking forward to seeing all of you at the next AWSC meeting that will be held Saturday, April 8 from 12 noon – 4 pm at the NSEA building, 210 South Main Street, North Syracuse 13212. There will be committee meetings scheduled both before and after the main meeting.

Committee chairs, please let me know if you would like your committee to be on that schedule. The committees are Finance, Web redesign, Policy Simplification/Organization, Expanding AWSC Vision, and Insurance. If any AWSC members would be interested in participating on one of these committees, please let me know your interest.

I have finished researching the 2013 and 2014 minutes and sent the policy decisions to Kevin (Archives Coordinator). I'm working on the agenda

for the AWSC meeting. So far I have one question that we will be discussing. District Reps, please talk this over with the Group Reps in your district so you have a sense of their opinion.

Here is the question:

1. Procedure for placing groups on "Inactive" status. Should it be determined by whether they participate in an active district, are considered inactive by WSO, or some other criteria?

Regarding the topic of Saving Alateen, my first thought was, "Good Question!" Since coming to Al-Anon, I have worked diligently at removing my rescuing behaviors, so "Let Go and Let God" came to mind. I also wonder whether our well-intentioned efforts to protect teens went overboard and ended up restricting Alateen attendance by too many rules and regulations. As I said in my last article, I think we need to get some guidance from the teens as to how they communicate and what they think is the best way for them to attract members. Alateen started with a group of teens. Perhaps it needs to be restarted by a group of teens.
Yours in service,

Susan A.

***Northern Hi Lights* Topic for
March 2017 issue is:**

Recruiting Service Members

Articles are due February 15th, 2017

Treasurer's Report

Hello NYN!!

Happy New Year!! I hope 2017 is a great year for each and every one of you!!

A couple of housekeeping items first: PLEASE make sure the donation checks are made payable to "NYN Area Assembly" and NOT to me! PLEASE mail the donations to "NYN Area Assembly, PO Box **398**, Morrisonville NY" and NOT to PO Box 388, which will be closed in the near future. I appreciate your cooperation!!

The following donations have been received in November and December 2016:

<u>Group Name</u>	<u>Gr #</u>	<u>Amt</u>
Chittenango	9677	22.00
Webster Mon Nite	10385	15.00
Oswego Mon Nite	10167	25.00
Thurs Serenity	30580948	50.00
District 23	n/a	75.00
District 5	n/a	100.00
Tues Courage	48141	5.00
District 22	n/a	25.00
Hudson Falls Thurs	9815	25.00
Simple Beginnings	44964	35.00
District 15	n/a	125.00
Syracuse AIS	n/a	150.00
Fresh Start	53282	35.00
Circle of Hope	54280	42.98
Thurs Eastwood	UNK	25.00
South Wedge	30646347	25.00
Bequest, Estate of Leonard D		100.00
Hope For Today	66500	25.00
Chittenango	9677	15.00
Serenity Circle	30521550	20.00
Homer	UNK	60.00
Serenity at Noon	502088	10.00
Sun Nite Parents	32379	100.00
Roch Hope 4 Today	53134	40.00
Beginning Today	UNK	40.00
Live & Let Live	503200	29.00
Fayetteville	9742	25.00
Cour to Change	63806	25.00
New Beginnings	39872	70.00

January/February 2017

UNK	32150	15.00
Sherrill Hope	UNK	50.00
District 8	n/a	150.00
UNK	9612	15.00
Canandaigua	24271	30.00
Tues Bemus Pt	30524821	45.00
UNK	9676	10.00
Queensbury Tues	9765	30.00
Queensbury Tues	9765	50.00
District 29	n/a	100.00
Tues AM AAC	31686	25.00
Concord	62569	34.50
Cortland	9696	50.00
Eastside	9722	30.00
Proceeds Fall '17	n/a	1455.26

THANK YOU, NYN!!!

The following expenses have been paid:

AFG Inc (bal Del Eq Exp)	\$200.00
Ann T (St Fair banner)	79.57
John O. (NHL print & mail)	122.00
AFG Inc (AFA for St Fair)	140.00

Current Balances are as follows:

Regular Checking	17,661.75
Reserve Account	9,750.20
Sage Ruddy Mutual Fund	2,893.11

This month's topic is **SAVING ALATEEN**. I wish I knew what the answer was. I think we need to do something with the internet. All I know is that I am at the Alateen meeting place every week, just in case an Alateen shows up. Let it Begin With Me! I hope we can come up with some great ideas! Hugs In Service,

Linda A.

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 398, Morrisonville, NY 12962 Add Group's registered name and Group's ID Number (Very Important)

Literature Coordinator

Hi NYN,

I survived the holidays! Some of it was nice, and some was challenging, but I made it through thanks to Al-Anon! Perhaps you have already heard:

Alateen Service e-Manual is now updated, and can be downloaded and/or printed from a PDF format. Also, there is a new workbook: ***Paths to Recovery Workbook*** (P-93). I mentioned this in my November *Northern Hi Lights* article. This workbook is a companion to the ***Paths to Recovery*** (B-24) book. The cost is \$10.00, or buy the book and workbook together for \$25.00. The 2017 literature catalog is out, and features the new workbook on the cover. That's it for now, and I wish all my Al-Anon friends a Happy and Healthy New Year!

Nancy R.

NYNAC Coordinator

I don't really have a grasp on how Alateen is to be saved. I know that there is outreach work being done by a group of us being led by Walter S. (Alateen Coordinator), and many ideas are being discussed. What does seem to be apparent is that parents and guardians who are in AA, Al-Anon or both, seem to be of the opinion that since they are in program, their children are fine. Well, I agree with that: some of the teenage relatives of alcoholics are Frustrated; Insecure; Neurotic; and Emotional; only the parents and guardians don't seem to realize that.

Once strong and numerous, Alateen groups are dwindling in membership and groups are closing. One thing that still seems popular is NYNAC. The members in the groups still want this to continue. This annual conference allows members to meet other members from outside their immediate geographical area, and do some networking. Sadly, the numbers attending NYNAC each year are also dwindling. Once again we are looking for a more affordable space to hold this conference with the hopes of reducing costs. If anyone out there has any suggestions for a venue change, please send me an

email with your suggestion to nynaccoordinator@yahoo.com.

This program is near and dear to my heart, as I realize that I could have benefited from this program as a teenager, as well as Al-Anon much sooner than I actually became a member. This is a valuable program for teenagers, but not only the teens have to participate. So do members of AA and Al-Anon by bringing their children to the rooms. We need everyone's support.

Yours in Service,

Leslie C.

Presentation Coordinator

I have reason to believe that if Alateen hadn't been available to me when I was growing up, I would not be typing this article. I remember magnificent, chaotic, inspiring Alateen conferences back in the 1980s, with 600 teens in attendance. I remember feeling like I belonged to something very cool, where I got to hang out with the cool kids. I think that feeling saved my life a couple times. Therefore Alateen's decline has caused a lot of sadness for me personally.

I began serving as an Alateen sponsor myself about 15 years ago, and instantly noticed a difference from when I had been a teen. There were significantly fewer teens coming to meetings. The conferences had shrunk to under 100 attendees. Al-Anon members seemed older, which meant they didn't have teens living in their homes. This seems to have lessened a lot of members' incentive to support Alateen.

I don't serve as an Alateen sponsor anymore, in part because I am deeply uncomfortable with the lackadaisical way Al-Anon treats potential liability for Alateen sponsors. Our safety guidelines protect AFG, Inc., but they don't protect the people in the rooms with the teens, and most Al-Anon members are unable or unwilling to provide the type of support needed to keep everyone in an Alateen room safe. I also recognize that parents are not comfortable leaving their teens in a room for an

hour, week after week, with people they've never met and with whom they had no hand in vetting—nor should they be.

One possible solution is using technology. It is not that difficult to set up a telephone or video conference. We could use technology to rejuvenate not only Alateen meetings but Al-Anon meetings, making them accessible and convenient for busy young parents, who could then get their teens involved in Alateen. Maybe it would be uncomfortable for a while. It would require us to step out of our comfort zones and let go of some preconceived notions about what a meeting looks like. Luckily the Al-Anon Steps, Traditions, and Concepts teach us how to do just that. I think it would be worth it.

In Service,

Sarah R.

Newsletter Editor

Reading the articles submitted this month makes me feel good about choosing the topic of "Saving Alateen." I don't have the answer. I did like hearing from Susan A., concerning the joint effort of AA and Al-Anon, speaking to a large high school assembly, prompted by the heroin epidemic. Since the average Al-Anon member is older than "soccer mom," we need to be creative in outreach, perhaps asking AA, and others, for help?

John O.

Convention Coordinator

Why not make your reservations **now**. Yes, it is cold, snow, ice. Brrrr.... But I am told Spring is coming. And with it is an opportunity to attend the Spring **Assembly/Convention** and join in "**Celebrating the Golden Years**" ... Fifty years of New York North Al-Anon. **Save May 19-21 2017**, and travel to the **Millennium Hotel**,

Cheektowaga, NY (Buffalo area.) There is a registration form in this issue and future issues. Make copies. Give them out at your meetings. Post them in your room. Invite members to ride with you and even share the room with you. It's fun, and also a lot cheaper when you are sharing expenses. A **BIG** thank you to **District 12** for Hosting. Hope to see y'all in May!

And there are more plans ahead...Mark your calendar!

2017 Fall Assembly, September 22-24, hosted by Districts 3 & 18 Election of new panel of Officers and Coordinators, Comfort Inn and Suites North Syracuse

2018 Spring Assembly/Convention, May 4-6 2018, hosted by Districts 5 & 26 At the High Peak Resorts, Lake Placid (** and all hotel rooms face Mirror Lake. wow!)

2018 Fall Assembly: District 15 Hosting, Comfort Inn and Suites North Syracuse.

Spring & Fall 2019 Which District is ready to say, "**Yes, We will host the Assembly?**"

??Questions, Need more info?? Contact Convention Coordinator- (that's me.)

Saving Alateen

Find an Alateen Group meeting in your town or District and ask the Sponsor or DR if you can visit. Oh, you don't have an active Alateen group. Check with neighboring District *Rep. or check with Walt. S* (NYNAFG Alateen Coordinator) Visit with the Alateens and you will fast know that **we must save Alateen!** Alateens are no different than Al-Anons, just younger. They hurt, and they laugh... which will it be?

Nancy H.

NYN AFG 2017 Spring Assembly & Convention (with AA participation)

May 19-21, 2017 @ the Millennium Hotel, 2040 Walden Ave. Buffalo NY 14225

Hosted by District 12 (Buffalo South)

The Golden Years: Celebrating 50 Years of Serenity through Self-Discovery

Featuring Mary G. the current (Interim) Executive Director of Al-Anon Family Groups, Inc., and former long-time Western NY member who has served in many capacities over the years

Room rate/per room: \$147.88 (\$130.00 + \$17.88 tax per night 13.75%), extra nights same rate

Reservation deadline April 1st (800)323-3331Specify NYN AFG convention

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull-out couch in addition to two queen beds and a balcony overlooking the pool/atrium area if possible give roommates' names when calling, or at least make them aware that you will be having one or more roommates, 1 night's deposit by check or credit card required to confirm/hold reservation; all rooms have internet, cable TV, mini-fridge, coffee & tea making facilities, radio alarm clock, irons and hair dryers

Check in 4pm, check out 11 am

****Alateens must have notarized permission & medical release forms and adult supervision****

Walk-in registrations are always welcome, but pre-registration is preferred

For more information email NYNAFG2017springconvntnbuffalo@gmail.com

FYI the hotel is less than two miles from the Amtrak passenger train station for anyone interested in checking out the train schedule

NYN AFG 2017 Spring Assembly & Convention Registration Form

PLEASE submit a **separate registration form for EACH person** attending

Make checks payable to NYN 2017 Spring Convention

Mail completed form to: NYN AFG Spring 2017 Convention, P. O. Box 1013, Buffalo NY 14220

REGISTRATION & BANQUET

Name: _____

Early registration (by 4/15/17) **\$15**

Address: _____

Full registration (after 4/15/17) **\$20**

Alateen Registration **\$5**

\$ _____

Phone: _____

Are you registering as Al-Anon or AA?

email: _____

Are you attending the Assembly meeting or Convention Panels?

Banquet (family style/by 5/1/17) **\$35.00**

\$ _____

Donation to Hospitality (greatly appreciated)

\$ _____

We will confirm receipt of your registration by email

Are you a NEW Group Rep? _____

TOTAL ENCLOSED

\$ _____

NEW District Rep? _____

PLEASE ADVISE OF SPECIAL NEEDS HERE:

We hope you'll **"SAVE THE DATE"** for the
NYN AFG Spring Assembly/Convention May 19-21, 2017
With AA and Alateen participation

Hosted by District 12, Buffalo South & part of Southern Erie County, with the help of many!

Featuring Mary G. as our banquet speaker, the current (Interim) Executive Director of Al-Anon Family Groups, Inc., a former long-time Western NY and District 12 member, who has served as GR, DR, Chairperson of the WNY AIS, Newsletter Editor for NYN, Chairman for NYN, Delegate for NYN, WSO Trustee (Conference Chair, Literature Chair, Policy Chair, Chairman of the IAGSM, International Coordination Committee Chair, Member of Finance Committee) and member of the WSO Executive Committee

the **Golden Years:**



The lamp of knowledge

Celebrating

50 Years of **Serenity** through **Self-Discovery!**

To be held at the **Millennium Hotel** Buffalo, located in Cheektowaga NY 14225

Room rate: \$147.88 (\$130 plus \$17.88 (13.75%) tax per night), extra nights same rate

There is a \$10 room upgrade available to Deluxe Courtyard that includes a pull out couch in addition to two queen beds and a balcony overlooking the pool/atrium area

Right next to the Thruway (I-90) and Galleria Mall, and only 2 miles from the Amtrak passenger station in Depew NY if you prefer a relaxing train ride instead of driving!

nynafg2017springconvntnbuffalo@gmail.com



Unless this is a personal subscription, this copy belongs to your group.
 Please share it with them, and make each issue available at your meeting.
 To insure anonymity, tear off this part before leaving it with your group.

<u>Delegate</u> Diane C. delegate@nynafg.com	<u>Alternate Delegate</u> Gwenne R. altdelegate@nynafg.com	<u>Immed. Past Delegate</u> Ruth S. ipd@nynafg.com	<u>Chairperson</u> Susan A. chairperson@nynafg.com
<u>Treasurer</u> Linda A. treasurer@nynafg.com	<u>Alateen</u> Walt S. alateen@nynafg.com	<u>Secretary</u> Pam A. secretary@nynafg.com	<u>Convention</u> Nancy H. convention@nynafg.com
<u>Group Records</u> Lynda S. records@nynafg.com	<u>Literature</u> Nancy R. lit@nynafg.com	<u>NYNAC</u> Leslie C. nynac@nynafg.com	<u>Public Outreach</u> Pat H. po@nynafg.com
<u>Presentation</u> Sarah R. presentation@nynafg.com	<u>Web Coordinator</u> Molly C. web@nynafg.com	<u>Newsletter</u> John O. newsletter@nynafg.com	<u>Spanish Contact</u> Cira B. Spanish@nynafg.com
<u>Archives</u> Kevin M. archives@nynafg.com	<u>Panel 49 Past Delegate</u> Elaine R. Delegate49@nynafg.com	<u>Panel 46 Past Delegate</u> Robert M. C. Cell (518)258-9417 Delegate46@nynafg.com	<u>Panel 43 Past Delegate</u> Connie D. Delegate43@nynafg.com
<u>Panel 40 Past Delegate</u> Anne F. Delegate40@nynafg.com <u>Panel 16&19 Past Del.</u> Maxine B. <u>Panel 13 Past Delegate</u> Ruth F.	<u>Panel 37 Past Delegate</u> LaVaughn R. Delegate37@nynafg.com <u>Panel 34 Past Delegate</u> Sherry B.	<u>Panel 31 Past Delegate</u> Arlene M. (Deceased) <u>Panel 28 Past Delegate</u> Mary G.	<u>Panel 25 Past Delegate</u> Marcia J. <u>Panel 22 Past Delegate</u> William S. <u>Panel 4 Past Delegate</u> Helen S.

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