

Alt Del/Forum Coordinator Report

Spring Assembly May 14, 2016

Alt Del:

I have welcomed three new Al-Anon groups and one new Alateen group since the beginning of the year. Two of the Al-Anon groups are in District #28 and 1 in D#22; and the Alateen group is in D#9. As of the AWSC meeting on April 2, 2016, as suggested, whenever I welcome a new group in their district, I now email a copy of my letter to the District Representative and the AIS person, for their information.

I was able to attend the WSO's 65th Anniversary Open House on April 16 in Virginia Beach with Conne D. and Anne F. What a wonderful trip we had! It was a long drive, but we mixed it up with a stop at my cousin's in Richmond on the way down, and on the return up the coast to see the wild ponies at Chincoteague and Assateague Islands!

I was so impressed by the architectural structure of the WSO building, designed to incorporate the Al-Anon logo so that when the sun shines it makes a circle within a triangle on the floor as you walk in. The landscaping and setting are such that many of the offices look out onto beautiful lawns and a pond. We were given a tour to meet all of the employees and hear what their jobs entail. There was even a room by the restrooms called a "Quiet Room" where one could go to have a "time out." What a great concept for an office building! If every office building had one, perhaps we wouldn't have all those soap operas on TV!

We attended a banquet and got to sit with Diane C., Diane R. and Helen H. There were two inspiring speakers, one who had been in Al-Anon since 1957!

I was struck by the positive energy and atmosphere of the whole experience and came away feeling proud to be a part of such a dedicated organization.

The Forum:

As I was reading the latest issue of *The Forum*, I took note of how many topics were covered in this one issue: Acceptance, Let Go and Let God, Gratitude, Serenity, Control, Responsibility, Step One, Newcomers, Listen and Learn, Motives, Sponsorship, Forgiveness, and Service; in addition to Step, Tradition and Concept 5. Wow! What a treasure trove for meeting topics, newcomers and meetings between meetings.

Be sure to check that your group has subscribed to *The Forum* for only \$11 per year and that it is shared with your group every month.

Gwenne R.

Alt Del/Forum Coordinator Job Description Presentation

Spring Assembly, May 14, 2016

My NYN position is the only one that is both an officer and a coordinator. Being a Gemini, this suits me. To keep it simple, I will describe my position in one sentence: I am the NYN ALT DEL/FORUM COOR; I go to the WSC for the WSO if the NYN DEL can't go. Any questions?

Okay, so now I will tell you what I really do.

Alternate Delegate: My least favorite, although most visible, part of my job is being the time keeper for 2 minutes at the mike for Officer and Coordinator Hot Topic Reports. I guess it would be good experience if someone wanted to become the Chairperson and man the gavel.

The most important part of my job is preparing myself to step in for the Delegate if necessary. This means I must become familiar with the WSO Conference procedures, read the Conference Summary, and work with the Delegate to learn as much as possible. Although not necessary, it was helpful and fun for me to have the opportunity to visit the WSO Headquarters in Virginia Beach. Now, I can picture what the Delegate does at the Conference and it doesn't seem so scary. What a surprise to find that everyone is so human and AI-Anon-ish!

I also get to write welcome letters to all new AI-Anon and Alateen groups in the area and participate in the "New Group Representative" meeting held at Assemblies.

Forum Coordinator: As the *Forum* Coordinator, my job is to promote *The Forum*. This includes encouraging writing for *The Forum*, educating about *The Forum*, and being the NYN Area *Forum* contact person for the WSO. I receive notices from WSO about *The Forum* to pass on to my Area. I hold a drawing for a free Forum subscription at every Assembly.

Gwenne R.