Al-Anon, District 3

P.O. Box 16513

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Al-Anon Information Services

District 3 Business Meeting Report September 12, 2015

Agenda District Meeting September 12, 2015

Opening

Steps

Traditions

Concepts

Warranties

Hostess -

Need Host for November Need Host for December Fun Day

Greeter - Charlene

Introductions - Name, Group, District Position

DR Report -

Area Items

AWSC - GIP Reports

Assembly – October 2-4, 2015, Sheraton Lake Buena Vista Resort

- How many people are going?
- Hotel reservations need to be made by Monday
- Proposals from AWSC to Assembly: Details can be found at www.afgarea9.com
 - o Proposed 2016 Budget
 - Election procedures
 - o Orlando Storage Unit
 - o Turnover Guidelines
 - End of District 13 trial period
 - Background check frequency
- Light Side on Saturday afternoon

District Business

Secretary's Report - Curt

- Approval of April Minutes –
- Approval of July Minutes –

Treasurer's Report – Maddy

LDC - Roxanne

Convention 2015 – Who has a workshop?

Convention 2016 - Charlene

AIS Reports -

New Business #1 – Contact method

New Business #2 – Agenda & Reports

New Business #3 – 2016 Calendar

Other New Business

Closing

1. Gage opened meeting with the serenity prayer

2. Opening: Kim S. Preamble

a. Steps: Risa

b. Traditions: Maddyc. Concepts: Michelle

i. Warranties: Michelle

3. Host for next meeting: Michelle SOS

4. Host for December funday: 12/5

a. Roxanne: Program

b. Joanie: Raffle

c. Freddie: Food and Flyer

5. Greeter: Charlene

- 6. Introductions: See attached Sign-in log. (22 attendance including 12 GRs)
- 7. Need a new Alt. D.R. (Open)
- 8. Thought Forces and Task Forces tabled until November (Gage)
- 9. Area:
 - a. AWSC August- (Sec. has not received this report Gage will forward)
 - i. Susan: went as G.I.P.
 - 1. Round tables allowed meeting others
 - 2. Discussion of various topics
 - 3. As G.I.P. she could not contribute just listen
 - ii. Risa: went as G.I.P.
 - 1. impressed at how area gets stuff done
 - b. Thought force: "Autonomy, Right of Decision and Carefully Defined Service Authority"
 - i. Can participate via website afgarea9.org for link to survey input.
 - 1. Asked Phyllis to comment on paper for non-computer heads.
 - 2. If others are not computer-heads please complete (Florence).
 - c. Freddie thanks for help with Public Outreach coordination.
 - d. Assembly Info.
 - i. Have until Monday to make reservations
 - ii. 17 plan to attend
 - iii. You have a printed package with the needed information.
 - 1. Includes proposals (7).
 - 2. Take time to read through all proposals.
 - a. Bring package with you and discuss with group for opinions and input.
 - b. You will then vote based on the information you have at assembly (it may not be the same as the group as you may have additional info.

TREASURER – CONTRIBUTIONS TO CURRENT PANEL NEEDS TO GO TO NEW ADDRESS (WHERE AND WHEN AND SHARINGS HAS THE CORRECT ADDRESS AND WEBSITE – ZIPCODE NEEDS TO BE CORRECTED TO 32173?

Discussion ensued regarding how to bring up [AREA] info at meeting. There were different methods about how to handle at the group level (What were some of the methods?)

- e. LIGHT SIDE? WHEN CONV 16 WILL BE REPORTED AND SKIT
- f. RED LIGHT GREEN LIGHT QUESTIONS FOR ASSEMBLY
 - i. GUIDELINES FOR SOURCE OF ANSWERS
 - ii. WHAT DO WE DO WHEN THERE IS AN UGLY CONFLICT
 - iii. IS YARD SIGN VIOLATION OF ANONIMITY
 - iv. GROUP NOT FOLLOWING LEGACIES AND HAS NO GR AND THEY LIST THEMSELVES AS A RECOVERY GROUP, DO WE REPORT THEM OR REMOVE THEM FROM WHERE AND WHEN?
- g. AREA HIGHLITES (IS TAKEN FROM THE LEGACY) 159+/- hits. GR'S SHOULD PRINT OUT Area 9 Legacy

10. DISTRICT STUFF

- a. APRIL MINUTES
 - 1. A motion was made and seconded to accept as corrected.
 - a. Passed unanimously
- b. July MINUTES
 - 1. A motion was made to accept as corrected with corrections and seconded
 - a. Passed unanimously

Break

- c. TREASURER'S REPORT NO REPORT DUE TO COMPUTER PROBLEM
 - i. MADDY WAS BUSY AS STUDENT AND MISSED MEETINGS. SHE WILL CONTINUE IF NO OBJECTION, BUT UNDERSTANDS IF SOMEONE ELSE WANTS TO STAND FOR POSITION.
 - ii. CHECK WAS ISSUED BUT NOT CASHED and not found. NEW CHECK ISSUED.
 - iii. BANK BALANCE 3,392.41 +/-
 - RESERVE BALANCE???
- 11. Discussion opened REGARDING TREASURER'S POSITION.
 - a. Charlene listed Maddy's qualifications
 - b. THERE WERE MANY QUESTIONS REGARDING OPERATION AND CONTROLS.
 - i. THERE WILL BE FOLLOW THROUGH REGARDING PROTECTION OF FUNDS
 - c. A MOTION WAS MADE AND SECONDED TO ACCEPT MADDY'S RESIGNATION.
 - i. Passed unanimously
 - d. A MOTION WAS MADE AND SECONDED TO ACCEPT SUSAN AS NEW TREASURER.
 - i. Passed unanimously
 - ii. SIGNATURE CARDS AND ALL WILL BE HANDELED BY GAGE AND ETC.
- 12. GAGE WILL SUSAN SCHEDULE A BUDGET MEETING FOR OCT.
- 13. LDC (ROXANNE) SEE ATTACHED. 500 CONTRIBUTION TO DISTRICT (2500 lgan to Convention 16

a. Balance 4238 21 as of Aug 31, 2015

- b. RAFFLE WINNER FOR JUNE SAN MARCO
- c. RAFFLE WINNER FOR JULY CIRCLE OF HOPE
- d. NEED TO CORRECT NAMES ON ACCOUNT GAGE WILL DEAL

14. Convention 2015:

- a. Saturday AM "appointment with the boss" (steps 6 and 7)
 - i. Convention has given it to another district as we had more workshops
 - ii. We will contact Kathleen / Beth to work out conflict
- b. "Service is Part of My Recovery"
 - i. Will follow up to see who is presenting.
- 15. Convention 2016: Charlene
 - a. Need funding
 - i. Received funding from the LDC.
 - ii. need a motion for the district to provide \$2500 donation or loan to cover upfront expenses that won't be recuperated until after registration fees begin being received.
 - iii. Presented mops. IF YOU WANT A MOP FOR \$20 DONATION TO CONVENTION 16
 - iv. RAFFLE AFG CLOCK TAKE BACK TO GROUPS \$5/1 \$10/3
 - v. WE WILL BE DOING A SKIT AT THE END OF CONVENTION 15 (SONG)
 - 1. WE WILL HAVE REGISTRATION FOR 16 AT END OF 15
 - 2. CALL FOR VOLUNTEER SINGERS FOR SKIT
 - 3. SHIRTS TO REVEAL
 - 4. WE CAN HELP WITH JEWELRY EXCHANGE
 - vi. JULIA MOVED TO LOAN 2016 CONVENTION \$2500 PROVIDED IT IS AVAILABLE IN RESERVE FUNDS TO BE PAID BACK BY SEPT. 30^{TH} 2016
 - 1. WHAT IS MIN BAL. FOR AVOIDANCE OF FEES
 - 2. SUGGEST THIS BECOME AGENDA ITEM FOR NOV 1 BUDGET MEETING
 - vii. MOTION WITHDRAWN
 - viii. IT WAS MOVED AND SECONDED TO LOAN 2016 CONVENTION \$1500. FUNDS TO BE PAID BACK BY SEPT. 30, 2016 (Kim S made the motion, second by Julia S)
 - 1. Passed unanimously

16. MARK (AISL REPORT)

- a. Open Positions
 - i. ALT AISL POSITION OPEN
 - ii. TELEPHONE ANSWERING POSITION OPEN
 - iii. RAFFLE POSITION OPEN
 - iv. WHEN AND WHERE POSITION OPEN
 - v. OUTREACH TO INSTITUTIONS POSITION OPEN
- b. Outreach efforts: Carolyn (see report on C.O.R.E. on Amelia Island July 19-22, 2015)
- c. Two area treatment centers:
 - i. Stepping Stones
 - 1. Wed 3:30 4:30
 - 2. Moved to new building (first building on the right
 - ii. Breakthroughs Treatment Center
 - 1. Need a group to sponsor that meeting
 - 2. Has been listed as an official group, but needs support.
 - 3. Doctors there support our efforts
- d. CAROLYN H: Organizing J.U. safety fair Sept 16, 2015 11a to 2p

- e. This is National Recovery Month.
 - i. 4 area treatment centers are participating and we are contacting them if they need literature
- f. We have received the 2016 "Al-Anon Faces Alcoholism"
- g. Contact Mark if you know of any events that public outreach might want to know about.
- h. District 13 would like to borrow public outreach banner and table cloth for two events. We would need a motion to do so. Con: Possible damage to Banners, Banners have District 3 info, How to get them back, hopefully will get one of their own if passed at Assembly. Pro: Anytime Al-Anon can present a creditable face to the public, we are proud of our banners and would like to show them. We may need them here, example: The AA round-up is in Jacksonville the same weekend as Assembly.
- 17. It was moved and seconded to NOT loan our outreach material to District 13
 - a. (Passed Unanimously)
- 18. It may be time to look into a new telephone service provider because of computer issues and language problems but we should have a new chair to deal with it.
- 19. FREDDIE NEED HELP FROM GROUPS TO KEEP WEBSITE UP TO DATE
 - i. TONI GROUP CONTACT INFO. CHANGE OF #'S...
 - 1. Freddie If you want group e-mail forwarded to person e-mail, let her know.
- 20. Speaker Keeper no changes
- 21. Records and publications (I don't think Al-Anon uses these, it's just a plain: Where and When
 - a. There was no update for August
 - b. We have updated printed copies for today (printed copies)
 - c. It is posted on our website
 - i. SUSAN HAD SENT INFO REGARDING MONDAY AFTERNOON SERENITY
 - 1. It is still meeting.
- 22. Archives no report
- 23. New issue of "Sharings" is here. (It is also on the website in pdf.)
 - a. Risa postponed her visit to groups to survey what groups want in the Sharings.

24. NEW BUSINESS

- a. GAGE CONTACT METHOD?
 - i. How many people got contacted this week? (Most, some, half, consensus?)
 - ii. Would you want text messages for e-mail?
 - 1. No
 - iii. How many group reps would like a contact list for personal contact information of Panel Officers. ?? Did we count or get a consensus?
- b. Danny(I believe it is Dany) there is a Tuesday night meeting (Providence)(name of meeting is Laugh Out Loud AFG) — there was a question about using non-al-anon literature. As groups are autonomous - then she (they want to) can bring in non- CAL to the meeting. She needs someone to sit in on that meeting lead it where it needs to be. Mary E agreed to visit LOL AFG with Dany.
 - i. They do not have a GR.
 - ii. Dany is alarmed.
 - iii. Toni We as the district, have the ability to remove a group from our W&W if they are not following Al-Anon traditions.

- 1. It is in our service manual "starting an al-anon group" that can be presented at the
- 2. Don't ignore the 2nd part of the statement regarding autonomy.
- 25. Susan Budget meeting November 1st on Sunday at 14:00 @ 3142 Lonnox Rivd.

Gage closed meeting with serenity prayer.

MOTIONS for September 12, 2015 Business Meeting

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- 16. It was moved and seconded to NOT loan our outreach material to District 13

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OPEN POSITIONS

Dany A. was approved as our Outreach to Professionals Chair at the July District Business Meeting. Gage M. agreed to serve as the interim Outreach to Institutions Chair until a volunteer steps forward

- Alternate AISL
 - Divide AISL duties in agreement with both members
 - Substitutes for the AISL when necessary
 - o AISL responsibilities include:
 - o Participates at North Florida AWSC and Assemblies; Maintain Greater Jacksonville Information Services PO Box; Is a member of WSO's Outreach e-community; Serves as information source for chairmen; Transmits all communication from WSO to district; Leads AIS portion of district meetings
- Telephone Answering Service Chair
 - Liaison with the Professional Answering Service
 - o Maintains volunteer list and provides volunteers with group updates and directions to
 - Has substitute and telephone operator reverted call volunteers
 - Request new volunteers as needed
 - o Reports number of monthly telephone calls and email requests at business meeting
- Raffle Chair
 - o Gather Al-Anon related items and CAL for baskets
 - o Prepare baskets for 2 Assemblies, Service workshop or TEAM, Alateen Round-up and District events
 - Chair the raffle at Assembly when assigned to District 3
- Where and When Chairman (Three Year Term)
 - o Receive meeting information changes from District Group Records only
 - o Edit and proofread by another Al-Anon before printing
 - o Print meeting list two to four times a year
- Outreach to Institutions (Three Year Term)
 - o Recruit volunteers to lead Institutions Introductory Meetings
 - o In Rehabs without family nights, update Al-Anon/Alateen notebook that is already there
 - o Present Al-Anon to institution staff members

OUTREACH EFFORTS

Clinical Overview of the Recovery Experience (C.O.R.E.)

July 19-22, 2015 Omni Amelia Island Plantation Resort Amelia Island, Florida Report by Carolyn H., Support Organizer

Expenses

- Registration: Complimentary, including table, two chairs, meals for two people for Sunday night, Monday and Tuesday breakfast and lunch, and Wednesday morning breakfast.
- AFAs: \$35.00 for 100 Al-Anon Faces Alcoholism 2015
- Books: \$91.00 unexpected expenses for the books taken from our table. They were not marked with prices or noted for sale.

Literature

- We searched our rooms and homes for old Al-Anon Faces Alcoholism magazines and made packets of four different years, tied in Christmas ribbon for "Christmas in July" presents for each of the 90 treatment center tables and some private practice counselors.
- We displayed all our Al-Anon books along the front edge of the table.
- Books taken: 6 "How Al-Anon Works", 2 "Reaching for Personal Freedom", 1 large print "One Day at a Time" and 1 regular print "One Day at a Time".

Banners

We used the tall banner "Do you need Al-Anon" and the table banner for Professionals. With our blue tablecloth, we looked sharp and friendly. They were easy to set up and came home with no blemish. Our table was in the hall with good visibility coming and going to classes. No harm was done to the banners during the night when we were not at the table.

Volunteers

• Carolyn H organizer. Fernandina Beach SOS AFG helpers: Lisa B, Tina D, Mel E, Becky D, and Linda M

Counselor Experience

- Many counselors stopped at our table to share their experiences in Al-Anon and about sending their clients to Al-Anon. We encouraged them to purchase AFA magazines from the WSO website, for each family member. We also went to each of their tables and left a "Christmas present."
- One young man said he was limited to what he could take home on the plane, but he for sure would take the AFAs for he could see how useful they could be.
- Another compared the price of each Al-Anon Faces Alcoholism to the gadgets they had bought and realized that 35 cents would go further to help someone go to Al-Anon by seeing themselves in the magazine.
- A local counselor we met at the IPN conference earlier this year told us he gives out our calling cards to all his clients now, so we gave him another handful and request for him to call when they run out.

Volunteers Experience

Going to any outreach function was a first for several volunteers. It was a step out of their home group and comfort zone. We were all impressed with how well we were welcomed and appreciated and no one felt their anonymity was compromised. The food was an unexpected bonus and was good.

Trends

We saw a promising trend in treatment centers to include the family as part of recovery. Financing family care has been a roadblock in the past, now is often included in the total cost of recovery.

Thank You

• Tina D wrote a thank you note to C.O.R.E. for including Al-Anon Family Groups. Carolyn is going in person to the SOS AFG to tell the group and the volunteers thanks for participating.

Follow Up

- Most treatment centers were not from Jacksonville and the one from here already has an Al-Anon Introductory Meeting there.
- We felt our presence was a positive influence for including the families in treatment and presented another outreach tool (the AFAs) for them to use, no matter where they reside.
- As often is the case in outreach, we never know whom we reach, but we know for sure, the ones of us participating grow in our own recovery by working and seeing the 12th step in action.

Future Events

Lisa B has volunteered to be the 2016 C.O.R.E. organizer, scheduled for July 10-13, 2016. Upcoming events are July 14-20, 2017, July 13-19, 2018.

Support of Meetings at Treatment Centers

Carolyn H. is continuing to organize district support of the Stepping Stones Treatment Program, located in the Regency area at:

 Lakeview Health Center Main building Center Door 1900 Corporate Square Blvd

The group focuses on newcomer topics and meets on Wednesdays from 3:30 to 4:30 p.m., and follows the format from "Al-Anon Groups at Work," which is provided by Stepping Stones. Attendees are family members of adult clients going through treatment. They are there only one week and many are from out of town. You do not have to sign in or have background checks

As the interim Outreach to Institutions Chair, Gage M. has been working to line up similar support for the North Mandarin Newcomers meeting at Breakthroughs Treatment Center. We are asking groups to sponsor the new meeting on a monthly schedule similar to what has been used to support the meeting at Stepping Stones. Details on the meeting are:

- Meets on Thursdays from 7:30 p.m. to 8:30 p.m.
- Breakthroughs Treatment Center 3810 Williamsburg Park Blvd Jacksonville, FL 32257

CHAIR UPDATES

OUTREACH

Outreach to the Public and Media

Chair: Marty S.

Upcoming Events

JU Safety Fair

Carolyn H. is coordinating participation in the JU Safety Fair, which will be held on Sept. 16 from 11 a.m. to 2 p.m. She is asking for volunteers to help her support the meeting.

National Recovery Month

September is National Recovery Month, "a national observance to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life." Four area treatment centers (Beaches Recovery; River Region Human Services, Inc.; Gateway; and Lakeview Health) are sponsoring the following events:

Sept. 19, 8 a.m. Recovery Walk

River Region Human Services, Inc.

390 Park Street

Limited supply of free T-shirts. Breakfast served after walk.

Sept. 25, 5 p.m.

Block Party

Alumni House

900 Bridier Street

Cookout, DJ, and games

We will be contacting the organizers to determine if we can have some literature available for participants to pick up.

Also, if your group has the business cards printed up with District 3's contact information, please use this as an opportunity to distribute them locally – at Starbucks locations, Panera Bread, any public place with a community bulletin board.

Calendar

We are working on compiling a list of upcoming outreach opportunities, such as health fairs or physician conferences. If you are aware of any coming up in our district, or know of any we have supported in the past, please send in that information to aisl@jaxafg.org to be added.

District 13 Request to Borrow Public Outreach Materials

Terry Anne A., AISL for District 13 (including Charlotte, South Sarasota and Desota counties), contacted Mark and Freddie to see if they could borrow our public outreach banner (the tabletop one) and tablecloth for two events. One is on Oct. 28, and the second is on Nov. 10. They proposed taking the banners from Convention and keeping them at least until their second event.

GRs will need to vote on this request, as we did for the request to bring them to the Convention.

Listings in Local Newspapers

Mark reached out to the Florida Times-Union and Folio Weekly to see if Al-Anon could be added back to their calendars. The Times-Union said they will add our information to their support group listing that runs periodically on line. They do not publish support group information in the paper any longer. Folio has added our local number and website to their event calendar.

Telephone Answering Service

Interim Chair: Yelena D.

We answered 80 calls in the month of August and we need a TAS chair volunteer. Please see the September edition of Sharings for the rest of the chairperson's report.

Our current provider is having computer issues where the volunteers are not receiving messages. They are also from Miami and speak languages other than English so it is very hard to volunteers to understand the operators. The provider seems to be having a fast turn over.

Outreach to Professionals

Chair: Dany A.

Mark has received 800 copies of Al-Anon Faces Alcoholism for use at conferences or to refill the plastic bins spread throughout the city. Dany A., our new Outreach to Professionals Chair has half of the order. The remaining 400 will be stored in the locked cabinet in San Marco until needed.

Outreach to Institutions

Interim Chair: Gage M.

Until a volunteer steps forward, the Outreach to Institutions efforts have focused on supporting the two meetings at treatment centers described in the Outreach Efforts section.

Website

Chair: Freddie S.

Appeal for Updates

Our website is as current as Freddie can make it. She would like to request your help in making it more current. Her job is to post what is sent for the website. Have you checked what you have given her to post lately? Do you need to send Freddie an updated version?

Freddie would love to post your up-coming events. Are you having an anniversary meeting? Other special meeting? Send Freddie your flyer or other information and she will put it on the website.

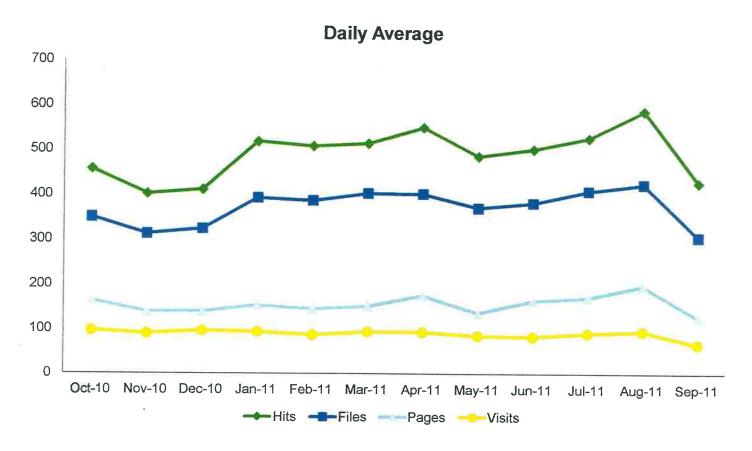
Future Plans

It is time to renew our permission to reprint the Legacies on our website. Freddie plans to not renew and remove the Legacies from our site. Instead - she will add a link to the WSO site. That will eliminate the need for yearly renewal and make more room on our homepage.

Freddie will add the link for the 2016 AFA.

Freddie is considering creating a new website with different software. She has a committee to help with this and would accept more volunteers. Please email her (webmaster@jaxafg.org) if you would like to join. It will not be immediate - but she does have plans. She would like to have our website inline with the Area's guidelines for their website.

Website Statistics



	Daily Avg				The late		Monthly Totals			VIPS III
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									- Williams	
Sep 2015	428	307	127	66	202	93398	198	383	921	1285
Aug 2015	588	424	197	95	2003	1363832	2946	6120	13169	18229
Jul 2015	527	409	171	91	1794	1085014	2843	5310	12702	16341
Jun 2015	502	382	164	83	1716	948189	2511	4932	11485	15077
May 2015	486	371	136	85	1752	807323	2651	4241	11506	15088
Apr 2015	550	402	175	93	1780	702503	2800	5258	12082	16521
Mar 2015	514	403	151	94	1691	771066	2918	4693	12497	15953
Feb 2015	508	387	145	87	1568	775295	2447	4066	10860	14247
Jan 2015	518	393	153	94	1656	823510	2930	4749	12190	16066
Dec 2014	411	324	139	96	1624	504511	2999	4336	10052	12743
Nov 2014	402	313	139	90	1437	501313	2728	4183	9417	12077
Oct 2014	457	350	164	97	1613	412321	3010	5112	10863	14182
Totals			/Seal 1							
IUIAIS						8788275	30981	53383	127744	16780

MEETING SUPPORT

Speaker Keeper

Chair: David G.

• There were no changes to the Speaker Keeper List from the one published in April. We have extra copies to distribute here today.

Records

Chair: Toni C.

RECORDS AND PUBLICATIONS

Where and When

Chair: Risa G.

- Because there was no August District Business Meeting and no route for distribution of hard copies, no Where and When was produced for that month.
- The September 2015 issue of the Where and When is being distributed to Group Representatives at the September 12th District Business Meeting. Group Representatives are encouraged to take copies to distribute at their meeting as needed. Telephone Answering Service (TAS) volunteers are also reminded that the new version is available. Also, everyone will be reminded that the current version is posted online at jaxafg.org.
- Any member of Al-Anon interested in serving as the Where and When Chairperson can contact Risa or the AISL, Mark F., for more information.

Archives

Chair: Carolyn I.

Historian

Chair: Carolyn H.

Newsletter

Chair: Risa G.

- Because there was no August District Business Meeting and no route for distribution of hard copies, no newsletter was produced for that month.
- The September 2015 issue of "Sharings" is being distributed to Group Representatives at the September 12th District Business Meeting. Group Representatives are encouraged to take copies to distribute at their meetings and to remind all Al-Anon members that a color, webenhanced version of each issue is available online on our jaxafg.org website.
- New, incoming Group Representatives will be reminded that meeting news and special events
 can be published in the newsletter; in addition, they are reminded to encourage their members
 to contribute personal sharings to the newsletter by submitting them to
 newslettereditor@jaxafg.org.

 At the July District Business Meeting, Risa notified the Group Representatives that she would be visiting 6 or 7 meetings at random during August for the purpose of surveying their members about "Sharings" in the hopes of finding out how well it is received and if the current distribution methods are effective. Regretfully, she was unable to conduct these site visits as planned and have postponed the survey project until further notice (but hopefully before December 31, 2015).