

North Dakota Area 43 Spring Assembly
March 21, 2015

8:00 a.m. Registration

8:30 a.m. Announcements

Call meeting to Order: The meeting was called to order by Connie at 8:35 AM.

Serenity Prayer, Welcome read by Walt, Introductions, Twelve Step Preamble and Steps read by Brenda, Traditions read by Mona, Concepts and Warranties read by Dee.

20 members present. 13 Group Representatives Voting.

Secretary Report – Motions read by Jenn. Loretta J. made a motion to accept the secretary's report. 2nd by Donna J. Motion carries unanimously.

Treasurer's Report – Read by Barb. Sheri S. made a motion to accept the treasurer's report as corrected. Motion 2nd by Brenda H. Motion carried unanimously.

*** Treasurer's report and appeal letter attached.

District Reports

District 1: no report

District 2:

Donna J. is representing Dickinson and they are doing great, average 10 members at their meetings, Donna says she's here to observe and get connected with state doings. Participating with AA on May 30. They are looking for an Al-Anon speaker, event held in Richardton.

District 3:

Our last District meeting was on February 7, 2015 at the Cornerstone Presbyterian Church. Most of our groups are doing well with attendance and finances. Bottineau is having trouble with attendance and finances. Our district has a new meeting on Monday's at 6:00pm. It is based on our new book "Reaching for Personal Freedom".

We have distributed literature around our district for Public Outreach including meeting lists. More places were discussed for possible distribution. We have also distributed "Al-Anon Faces Alcoholism 2015" to the groups in our district to place in their communities.

Next Saturday, March 28th is the Annual Spring Fling hosted by District 2 AA, with Al-Anon participation. As a district Al-Anon hosts the lunch time meal and puts on 2 workshops. The morning workshop will be on Conflict Resolution. Loretta J. will be our Al-Anon speaker.

Love gifts for Donna to take to conference were also discussed. There were a couple of ideas tossed around-One being pens and the other notepads. It was decided that the pens were too expensive. The notepads are in the works.

Gratefully Submitted,

Brenda H.

Alt DR

Also May 15-16, 2015 is the "Hands across the Border" American and Canadian AA Roundup with Al-Anon participation. Hosted by the Canadians. Flyer on the website.

District 4:

Heartview Al-Anon speaker opportunity tonight at 8pm. Walt will provide transportation. The district is mourning the loss of our Fort Yates group after 2 years of effort by Mona. Step meeting effective and well attended by 12 members.
Submitted by Walt G. DR

District 5: No Report.

District 6&8: Nothing to add since the Alavine

District 7:

We had thought our elections had to be in January, and when there were no volunteers to fill positions we delayed elections until our March meeting. At our March meeting we realized that elections were to be held in September for our District Positions. Since we have had trouble finding people to serve at the District level, we discussed changing some of the "job descriptions" to allow a group to hold the position and rotate the responsibilities and duties amongst several people. Positions discussed for this were District Secretary and District Public Outreach/Literature.

We are still discussing workshops to be held by the district - mainly what, where, and when. Knowledge Based Decision Making Worksheets were handed out and discussed. It is our hope to begin using this process as early as May.

At the end of the March meeting, Group Inventory sheets were handed out for groups and individuals to fill out regarding the District meeting. These will be discussed at our May meeting.

Janell H. DR, District 7

Coordinator Reports

Alateen-

No report

Alavine-

No report (see Alavine Taskforce in Old business)

Archives-

I continue to work on getting all of our archives onto flash drives. I am getting close. Lana gave me some "Longtime Member Questionnaires" that she came across lately. I haven't had a chance to read them yet, but looking over them they look rather interesting. It will be fun to see what our longtime members have to say about Al-Anon. If you are a longtime member and would be willing to fill out one of these forms please let me know and I will get you a copy to fill out.

Yours in Service,
Brenda H.

Forum-
No report

Group Records-

Since the Fall Assembly, I have received notification via email from WSO of TWO NEW group registrations in our area. I confirmed the registrations on the WSO database. Sunday Night AFG registered at WSO on 12/18/2014, this group is located in Fargo, ND in District 8.

Personal Freedom AFG registered on 2/27/2015, the group is located in Minot, ND in District 3. The District Representative, Website Co-Coordinator, District Secretary & District Chairman were emailed the new groups' details.

The WSO Online Group Records application version 4.3 was released on November 7, 2014. This up-grade includes:

- * A "Group e-mail" along with a "Group e-mail Verify Date" fields have been added on the Group Overview tab to support groups that are using a group e-mail address to receive electronic communication.
- * The group status has been added as an additional criterion along with the district to the Group Detail per District Report.
- * The reports export format has been enhanced throughout the application.
- * The Alateen Group side of the application is now editable so AAPPs are now able to process Alateen group changes.

Verification of e-mail addresses is essential and should be accomplished on regular basis since the WSO and Areas are increasingly communicating electronically with the groups. I participated in the Area Group Records Conference Call on November 8, 2014. Highlights of the call included the importance of electronic communication with groups. Electronic communication is essential as it allows the WSO to convey valuable time-sensitive information to groups. Sixty percent of the groups have an e-mail address on file to date, conversely, forty percent (6,000 groups) don't, and are missing out on receiving vital information available thru the WSO monthly newsletter, Group e-News, and Area information as well, as more Areas send their Area newsletter electronically.

We were encouraged to have a conversation at the Area level about electronic communication and how it can strengthen the groups' connection with the Area and the WSO. WSO encourages the groups to discuss how information is transmitted in the group and to remember that anonymity must be maintained at the public level. For example, when the newsletter or any other Al-Anon information is sent to a distribution list, it is important to blind copy it so that members' personal e-mail addresses are not shown.

We were informed that the WSO was contemplating the idea of having an electronic version of the Al-Anon Annual Update Sheet sometime in the future. The cost of surface mail has steadily increased by an average of 5% percent yearly, which makes postal mailing a considerable expense to the fellowship. The WSO believes that allowing groups to submit their annual update electronically would increase the rate of return since groups wouldn't have to pay for postage to return the update. Details are not available at this time, since the WSO just began the conversation.

Al-Anon Registration/Group Records Change Form (GR-1) and instructions – the revised GR-1 form and instructions have been released to the fellowship and are now available on the Members' Web site at al-anon.org/members. This minor revision included the addition of a "Group e-Mail" field in the Group Overview section, and the "limited access" meeting definition, as it was revealed that members were checking limited access instead of handicap access.

WSO Online Group Records application - The WSO will be able to extend access to the outgoing panel Group Records Coordinators upon Area request, up to 30 days after the end of their term. The extension will allow previous Coordinators to assist the new Group Records Coordinators if needed. The number of District Representative (DR) inquiries to access the WSO Online Group Records application has slightly increased within the last few months. Some Areas shared that they are providing training to their DRs, which is great! DRs in Areas not yet able to provide assistance can contact the WSO Group Records Department for assistance.

On January 28, 2015 and March 3, 2015 I accessed the WSO Database & noted the following relating to Area 43:

District 1-Williston Area, Stanley AFG is not registered at WSO.

District 3- Minot Area, Kenmare AFG – 'no mail' status as of 12/23/13.

District 4- Linton AFG-marked for deletion.

District 6 – Lehr AFG-marked for deletion and Napoleon AFG is inactive.

District 8 – Lisbon AFG – marked for deletion, three groups in this district are lists as inactive.

District 6 & 8 – Includes meetings in MN on our ND AFG Meetings tri-fold list, but most are not listed in Area 43 at WSO.

Currently, there are 58 Area Al-Anon groups with the following status:

* 42 - Active groups

* 8 - Inactive groups

* 1 - 'No Mail'

* 2 - 'Bounced Email'

* 5 - 'Marked for Deletion'

Please let me know if anyone would like to meet with me to view your groups' records on the WSO database.

Respectfully submitted in Al-Anon service,
Nancy H.

Literature-

No report

Literature Distribution Center (LDC)-

Minot AFG LDC Report

I hope you all had a great Valentines' Day and a Happy St. Patrick's Day.

By now, all of the groups should have the new yellow tab tent card with the AL-Anon Declaration on one side (S-24). I do not have then yet, they are on order. I love the new look, I find it very inviting. I hope the new comer finds it inviting, I will let you know when I get them.

I have another new pamphlet to the LDC, not new to Al-Anon. It is a pamphlet titled "Information for Educators- Alateen Meeting in Schools" (S-64). Loretta J. has been going to Magic City High School, and talking about Al-Anon/Alateen. I did it once when Loretta could not. World Service Office has produced another great pamphlet. The cost for the pamphlet is \$0.05 a pamphlet.

When you are tossing the old order sheets, please remember to shred the last sheet with my name, address, phone number, and my email address on it. That also goes along with getting rid of the business cards.

I want to share with you some great news, for the first time since the LDC has started, that the orders area all paid up. I don't have orders waiting to be paid or I have been emailing or,

often calling and reminding people to pay their LDC bill. I want to thank each and every one of you for a job well done.

It has been pretty quiet since the holidays. I figure you are getting while at spring Assembly, and saving on the shipping. Speed-Dee Delivery is not delivering to the small towns; I do not know which towns they're not delivering to. They tell me when I get there, so this means I will be using United Postal Service for those. FYI, it is cheaper to ship with United Postal Service going under books to ship than using the flat rate boxes, beings the book don't always get into the small flat rate boxes.

Questions: whoever has correct answer first receives a prize.

- 1) Remember which group ordered the most "How Al-Anon works" (B-32)? Well, they still order the most B-32. Minot Newcomer meeting, they still give each new comer a "How-Al-Anon Works" book.
- 2) What year was the hard cover "How Al-Anon Works" (B-22) introduced? And Where? 1995 at the AA International in San Diego.
- 3) Which book is your favorite, other than a daily reader?
- 4) Which pamphlet in your favorite?
- 5) What year did WSO break ground in Virginia Beach the new home of AL-Anon? 1995

Submitted by Lana N.

(Order form is on the website. Emailing or calling in your orders are easiest.)

Public Outreach-

No report

Website- nothing since Alavine

Delegate Report-

I am preparing for the World Service Conference to be held in April 2015. As part of that preparation I attended the North West Regional Delegates Meeting in Rapid City, South Dakota on March 13-15, 2015. Loretta J. and Lana N. also attended from North Dakota. We had great weather and roads for our journey. It was a very interesting meeting and I discovered that all of the other Areas pay in full for their Delegates to attend. Some of them pay for the Alternate Delegate for one year and some also help pay for a Past Delegate that has remained active in service at the Area level to attend. I was able to spend time with the other Delegates and past Delegates and brainstorm about some of the upcoming issues that we will be discussing at the World Service Conference. We will be updating the wording for the explanation of Concept 8 and Concept 11 in our Service Manuals. We also were given ten Chosen Agenda Items and we each picked our top two to discuss at the Conference but I have not received the information back from the World Service Office on which ones were chosen. I presented my "Three Minute Talk" while in Rapid City so it won't hopefully be as difficult to present it at Conference. I also prepared a short statement for our "Sharing Area Highlights" session to be held the afternoon before the Conference begins. I included the information on how to send any cards or packages of Love Gifts to me while I am there in the last issue of the "Alavine" or you can talk to me later and I will be happy to give it to you. I have been studying the reports and financial statements so I will be better informed when I get to Conference and we are asked to discuss them and then vote on each item. Our outgoing Panel will be presenting a short program

at the close of the World Service Conference so I have also been working on that. I asked to remain on the Public Outreach Committee for this final year as would like to follow through on some of the things that were started. The new PSA's will be released after the WSC and will probably be sent this summer. It is very important to write the television stations and thank them for playing them. They receive many PSA's and if they have positive feedback they are more likely to keep playing them.

I know we have a lot of things that we plan to discuss at this Area Assembly so I purposely made this report very brief. I would like to thank all of you for your support. If anyone has any questions I will be happy to try to answer them.

In Al-Anon Service,

Donna J.

Panel 53-ND

“Changing Me to WE”

Donna also shared her 3 minute talk she prepared for the world service conference.

Old Business

Taskforces- Reports submitted to and printed in Spring Alavine

Alavine (Cheryl and Jenn)

1) Subscription cost of unlimited access online

Discussion regarding getting rid of the subscription form for the Alavine as it is available on the website for free. This would eliminate confusion on expectations when groups submit current form.

Walt G. makes a motion to reword the order form from Alavine Subscription to Alavine-Website Subscription form. Group Representatives are responsible for providing hard copies when needed. Reword group/personal copy to group/personal donation. Also change subscriptions to \$15. 2nd by Liv. F. Motion carries unanimously.

2) Could it be condensed to a more manageable reading content? -Eliminate redundancies- Discussion on current length deterring reading, duplication of resources printing minutes and Alavines. Concerns of not having internet access.

Sheri S. made a motion to remove the secretary's report from the Alavine and post to the website 4 weeks post Assembly. Janell H. 2nd by motion. Motion approved unanimously.

Liv F. makes a motion to remove the meeting list from the Alavine and to only post on the website. Erika S. 2nd. Motion carried unanimously.

3) Optimum time for the Alavine publishing dates.

Janell H. makes a motion for Alavine deadlines to be as follows Feb 1 and August 1 (to allow time for information to be distributed prior to assembly) and a third addition of Nov 1. Liv F. Motion carries unanimously.

4) Can/Should the Alavine be updated after being published?

Discussion let to the consensus to never update (the current practice).

Information needed to be distributed can occur via email through links of service DR to GR to member.

- 5) How long do we keep the Alavine on the website? (All issues currently available via Area archives)

Erika S. made a motion to keep the last 4 issues of the Alavine available on the website. 2nd by Janell H. Motion carries unanimously.

-----Break for lunch-----

Taskforces continued-

Assembly Attendance and Election of Officers (Erica, Sheri and Liv)

See points in info, great information, no motions needed

Information to all (Janell and Carol)- -See additional comments handout attached.

Discussion regarding information shared from Alavine. There was lots of discussion regarding having an orientation every time. Many times we have alternates that become the position that have not had/received training in their responsibilities. People feel overwhelmed, out of the loop when this happens. There was discussion on adding orientation to all assemblies. Orientation planned for the fall assembly as we have a new group of incoming service positions in the Area, District and groups.

Funding Assembly Coordinators (Barb and Cynthia)

- 1) Is there a way to pay full expenses of all officers and coordinators to attend the assembly?
Not feasible to pay more than the token as we do not have a surplus or significant reserve.

2) Would one assembly a year suffice? No is the general consensus.

- 3) Is it necessary that the assembly be dependent on AA to fund it? What expenses are there besides a meeting room?

No further discussion beyond report printed in the Alavine.

- 4) Are group/districts aware of are expenses and the functioning of our area?

No further discussion report printed in the Alavine.

Job Descriptions and Motions-

Darcy reported her and Marlys received feedback from coordinators and there were discussions, but no changes were needed at this time.

Policy Manual-

See Suggested Changes at the end of the report.

Loretta J. made a motion to approve suggested changes as presented. Dee S. 2nd. Motion carries unanimously.

Alateen portion of the Policy manual-

No report.

New Business

Skit on Elections by Lana N. and Carol T.

Elections-

All State officer and coordinator positions will be voted on.

Groups and Districts need to complete their elections prior to Fall Assembly. Both the incoming and outgoing district and group representatives are to attend the Fall Assembly.

Fall Assembly 2015-

See attached Flyer

There is an AI-Anon workshop at 3pm on Saturday. The general consensus today is to break for the workshop. We will vote at the fall assembly to determine if we break for the workshop.

Budget Committee- to set the proposed budget

This will consist of three members at large, Janell, Walt and Brenda, Loretta Alt. Delegate, Connie Chairperson, Jenn Secretary, Barb Treasurer, Cheryl Alavine.

Audit of 2014 books- Loretta Alt. Delegate, Brenda Coordinator, and Walt G.

Area Structure (Map)- Erika and Connie will complete.

Vacated positions at Forum and Public Outreach-

Public Outreach- will remain open until Fall elections, Donna our delegate will receive notification if there are any conference calls.

Forum- Nancy volunteers to be the interim coordinator

Northwest Regional Delegates meeting-

Each year prior to the conference, they have a meeting of past and present delegates, helps to prepare for the world service conference. Last year we passed a motion (vague, appeared to be a onetime motion) to provide \$400 to the delegate to defray the costs of attending. Donna shared how attending this meeting allows her to be more prepared and informed for the conference and would like to see us provide this stipend for Delegates wanting to attend. A previous motion was for financial support for the Delegate to go prior to their first world service conference. (3 year term

Liv made a motion to provide up to \$400 annually for the current delegate to attend the NW regional delegates' meeting. -Retroactive to March 1, 2015- 2nd by Brenda. Motion carried unanimously.

Ask It Basket-

One question regarding Policy/Guideline Suggested Changes. An individual would have liked to have these prior to assembly so we wouldn't have had to go over them and we could have just voted.

Motion to close by Mona P. 2nd by Erika. Motion carried unanimously. 4:15 p.m.

Fall Assembly to be held in Bismarck Sept 18-20, 2015.