

Area Outlook



News, Views, and Sharings From the Great State of Idaho

Idaho Area 13 Al-Anon / Alateen Newsletter

Volume 34, No. 4, Winter 2006

DISTRICT 1 REPORT

We had our annual Fall District Fundraiser and Potluck in September at the Alano Club in Coeur d'Alene. The turnout was good and we had great food and wonderful speakers. We are working on maybe doing a Holiday Craft Fair and Bake Sale for November or December. We also are talking about doing a Sleigh Ride and Chili sale in the January. We tried doing this a few years back but the weather was not cooperative.

We are still working on local Outreach and getting the word out about Alateen through the schools. Our meetings are strong and we are just moving right along.

Thank you all for your support and love!

District 1

Lori M.



DISTRICT 2 REPORT

After a fun-filled summer, our district has turned it's focus back to service work.

We ordered 100 of the magazines entitled *Al-Anon Faces Alcoholism* and the majority of them have been taken for distribution. There was a Service Sponsorship workshop held in Lewiston on September 9th. Our telephone service has shown increased activity in the past month as well. In January, it will be 3 years since our district has become active again in the Idaho area. We have 3 meetings in our district that currently vote in Washington District 3. As it is election time in those groups, we have asked them as well as a Washington group in the valley to please take another vote and join us in Idaho. Our Idaho groups are very hopeful to be united. Our plan for a workshop on the Service Manual is still a work in progress. We will be having our Christmas dinner and fundraiser on December 9.

Respectfully submitted

Berta R.

District 2 Rep.



DISTRICT 7 REPORT

Holiday Greetings from District 7!

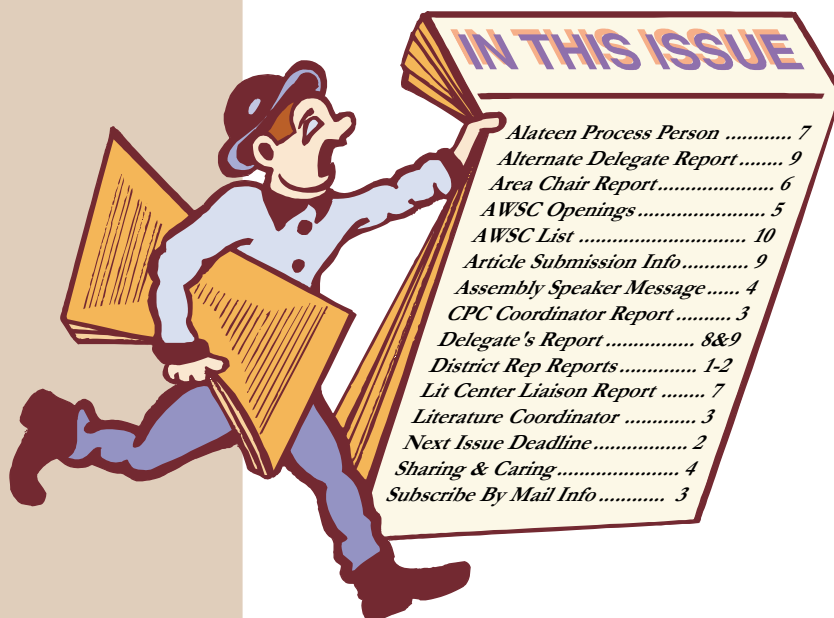
The good news is that new people are attending a few of our Ontario meetings and are staying.

Our Monday Night Beginner's meeting in Nampa is a healthy one. Our numbers are down due to summer trips but we continually have new people show up.

We look forward to the Fall Assembly and our District 7 Mini-conference in the spring of 2007.

Loni T.

District 7 Representative



DISTRICT 4 REPORT



Greetings from District 4,

There have been some new developments in District 4. First of all I would like to take this time to thank Linda R. for stepping into D.R. when we needed one. It has been much appreciated. As the Service manual states the D.R. position needs to be voted on, so we had an election. I (Heidi J.) was elected as the new D.R. and Lori was elected as alternate D.R. We had other changes as well, Tasha will be our new secretary and Kate will be our new treasurer. Congratulations to every one.

We have had two new candidates for Alateen sponsorship. These Ladies will be huge assets to the Alateen program. They have worked with teenagers in the school system and I am very grateful that they have volunteered their time to this program.

The Walker Center is a Drug and Alcohol Rehabilitation Facility in Gooding, Idaho. They hold Family Night every four weeks. All of the groups in District four take turns in going to the Walker Center to introduce Al-Anon. We ask that an Old-timer and a new-comer go to the Walker Center. I am very glad to say that we are back on track in doing this very important Service Work. Some of the people come from all over the U.S.A.

We hold a newcomer Al-Anon meeting for these people. I am very grateful for every one that has asked about and wanting to contribute to this Service Work.

The Buhl Annual Christmas Party is coming up on December 18th. This is a function for both A.A. and Al-Anon. There are A.A. Speakers as well and an Al-Anon Speakers. We have a wonderful time. I remember my first time in going and I was very new to the program. I was so surprised by the number of people that come. I also remember how "Happy" every one was. There is life after the storm.

The annual Ladies Luncheon will be held in January and I am hoping it will be a big event this year.

We will be doing a "brainstorming" District Meeting on November 11. I am very excited because every one has just joined in and contributed so much. We will be discussing Al-Anon Day and the Fall Assembly.

Thank you so much Al-Anon; you have saved my life!

Participation is the Key to Harmony

With much love,

Heidi J.



DISTRICT 5 REPORT

District 5 is just sailing along. We had a Chili Feed fundraiser at the Friendship Club during their annual Halloween dance. It looks like this could be an annual thing. We were received really well and they would like to see more of the Al-Anons.

We are getting down to all the fine details of the spring Assembly and will have all the time lines in place when we meet again in December. We have been meeting monthly, getting all the kinks out and looking really good. We will have lots to report when we have our Area in March.

We had our annual Holiday bash November 18th and are planning a Chili Cook Off/potato bars in January.

Till we meet again.

Love in service

Wanda



**Spring 2007
Newsletter Deadline
& Publishing Dates**

March 17, 2007 Deadline
March 31, 2007... Publication

Please honor deadline dates. The editor cannot guarantee immediate publication of any article submitted after the deadline.

LITERATURE COORD REPORT

Coming Soon

WSO plans to have the CD-ROM version of *Courage to Change* available by December 2006. (It could make a nice gift.) Look for order forms in the winter edition of *Area Highlights* and on the back flap of the December issue of *The Forum*. With the CD-ROM, you'll be able to read daily readings by inserting the disc in your PC. You can also listen to it if your computer has a voice chip, but you won't be able to make copies, download it, or use it in a CD player.

Still in the works: "OUR RECOVERY IN RELATIONSHIPS"

Still needs members stories about intimacy, sexuality, and parent-child and grandparent-child relationships. Especially want the experience of men and Alateen members.

"FACING GRIEF & LOSS WITH AL-ANON"

Could still use more sharings from members who are men, young people, gays, lesbians, parents who have faced grief regarding their *non-alcoholic* adult children affected by alcoholism, and members who contemplated divorce but decided to remain in an alcoholic marriage.

Could also use more sharings on spiritual aspects of grieving.

SEND TO:

1. www.al-anon.alateen.org/members
("Publications" section) OR
2. Mail:
Al-Anon Family Group Headquarters,
Inc.
1600 Corporate Landing Parkway
Virginia Beach VA 23454-5617
Attn: FACING GRIEF & LOSS
or
RECOVERY IN RELATIONSHIPS
or
3. Fax: 757-563-1655

Thanks!

Ruth G. (Area Literature Coordinator) 

With my trip to California and then to Denmark to rock my new granddaughters, starting a new business, and dealing with the tasks that Bob's death brought on, I haven't been a very busy Area Public Outreach Officer.

But I kept attending the Healthy Families Network monthly meetings which are attended by The Department of Health and Welfare (Child Protective Services), Grandparents Raising their Grandchildren, small businesses, the Family Justice Center, Head Start, and many churches.

Among the churches are Presbyterians, Mormons, Catholics, and Nazarenes. One pastor started a resource table in the back of his church using a basket of Al-Anon literature and is encouraging other churches attending HFN meetings to do the same thing.


I take a basket of literature to each meeting and people like to look through it. They especially like the referral tablet. Quite a few HFN members have called me regarding a problem drinker or have asked about the Al-Anon program.

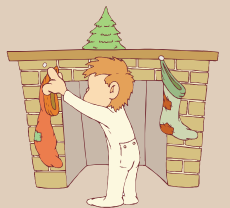
Elsa, our Spanish Outreach Contact, suggested I contact local psychiatrists, counselors, and medical facilities. I've been so focused on HFN that I forgot these important places. (I know many counselors quite well.) Duh. So in the next six months I should be back into the business of Public Outreach to the Professional Community.

By the way, I need an assistant. If anyone is interested, please call me at 442-7268. It's an exciting job.

Loni T.

Public Outreach Coordinator

To the Professional Community 



CPC COORD REPORT

Need to Subscribe By Mail?

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costs \$6 for 4 issues.



Send a check or money order payable to:

Idaho Al-Anon Newsletter

P.O. Box 1132

Meridian, ID 83680.

Don't forget your full name & address!

Sharing & Caring

The Trip

The disease of alcoholism brought me
through the door,
I had no idea what was in store.
My life had turned pretty glum,
I had forgotten how to have fun.
I was feeling nuts,
With an ache in my guts,
You gave me some strength and hope,
Taught me a better way to cope.
Little by little you chipped away,
Showed me how to have a good day.
You reach your hand out at the start,
And each of you took a place in my heart.
Someone said, "You might try some
service."
The thought of that made me quite ner-
vous.
Learning through the steps and traditions
Has taught me how to gain solutions.
To those who made the district survive,
But glad it was only three not five.
We started out so very slow,
But in the end we all did grow.
We all did our very own part,
So thank you from my grateful heart.

Love in service,
Myrna

THANK YOU!

To the Idaho Area Al-Anon Assembly:
I wanted to take this opportunity in
writing to thank you for the invitation
to present a workshop at your assembly
and speak at the luncheon. You were
such an active group and made me feel
so welcome and right at home. Your
participation in the Concepts workshop
was a bonus that was beneficial to
everyone who participated; and made
that workshop yours. I hope that you
will be able to take the information and
use it in your groups and your own
lives. The luncheon and banquet were
both memorable; the accommodations
unbeatable.

Thank you for being such a warm
and loving Area for which all Al-Anon
members will gain. I know that I
probably gained much more than I
gave.
I love every one of you and know that
if you stay in service, we will meet
again.

Thank you from my heart.
Judy D.



Meeting Wisdom



"No is a
complete
sentence!"

*"When going through the
hallways of hell, don't stop!"*

*"If I'm feeling pain and it's
difficult, I'm probably growing."*

*"I don't have to stay in front of the
runaway train, I can get off the track!"*

Area Committee Open Positions

Please continue to get the word out about these positions:

Internet Coordinator on the Area Committee. This person must have access to and proficiency in the use of a computer, its programs, and the Internet. This person must have expertise in website updating in order to update meeting information, post flyers, post our newsletter, and monitoring expenses incurred for the website.

Area Institutions Coordinator—this person would help get the message out to institutions around the state by coordinating district efforts & sharing ideas from WSO.

Area Public Outreach to the Media—this person would help get the Al-Anon message out to Radio & TV stations, newspapers & public health fairs, by coordinating district efforts and sharing ideas from WSO.

Area Public Outreach to Professionals – this person would help districts makes professionals aware of Al-Anon/Alateen as a resource and encourage them to refer clients. He or she would make presentations or hold workshops at area assemblies, if asked, and distribute service projects and info from the WSO

Area Alateen Process Person—this is the Alateen contact person to the World Service Office for our area, and the one who handles all paper-work regarding certification of Alateen sponsors. This person must be organized & have access to email.

District 7 Rep

To be a member of the Area Committee, a member needs to have been active in Al-Anon for at least two years and have an understanding of the Twelve Traditions. As with all AWSC members, this position is **not** open to those who are also members of AA (pg. 70, Service Manual).

Area Committee members are required to attend two Area Assemblies and two AWSC meetings per year, and prepare a written and oral report for each of these meetings.

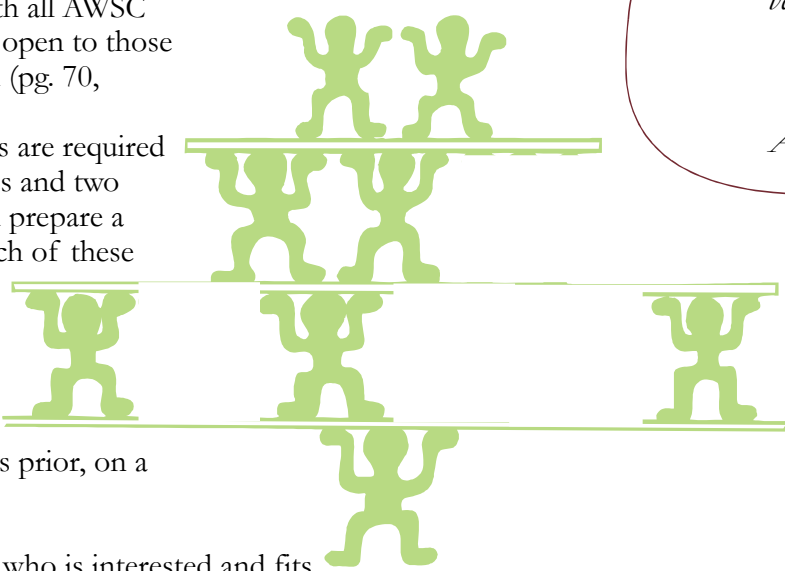
Assemblies are usually the first weekend in May & October. The Area World Service Committee (AWSC) meetings are usually 8-9 weeks prior, on a Saturday in March & August.

If you know of someone who is interested and fits these requirements, please have them contact me at my email address (ruthineagle@qwest.net) or at 850-6602.

Love to all,
Ruth B.
Idaho Area Chairperson



*Help!
We're missing
valuable members of
this team to help
keep it in balance!
Are we missing you?*



AREA CHAIR REPORT

Hello from the Area Chair

Thanks to all who attended the Fall Assembly in Boise. I really enjoyed the Concepts Workshop given by our NW Regional Trustee, Judy D! I loved hearing her relate the Concepts to our personal lives. It was very interesting & informative.

Our business session went well. We had a great turnout & lively discussions. Our Idaho Group Reps voted, and below is a re-cap of the results. Thank you, again, for your willingness to serve our area.

Love in Service,

Ruth B.

1. Should we increase the Delegate's Equalizer Expense to the World Service Conference from \$1612 to \$1698?

GRs VOTED YES. Each year the WSO calculates the total cost of the World Service Conference. This includes delegates' travel costs, hotel, meals, notebooks, printing, meeting rooms, etc. The total is then divided by the total number of areas. This year the total increased from \$1612 to \$1698 per area. Idaho GRs felt we could afford to pay the entire amount.

2. Should we approve the "Alateen Guidelines To Attend An Idaho Assembly" as written by an Alateen Ad Hoc committee?

NO VOTE. This was tabled.

3. Should the Idaho Area, and Idaho groups, support an Idaho Area Spanish Hotline?

GRs VOTED YES. We voted to pay \$200 for a pre-paid cell phone, and calling cards for 1500 minutes, for a one-year trial. This Spanish hotline phone will be used by our Area Spanish contact, Elsa M. from Nampa.

4. Do we leave the Alateen Traditions as printed in the Service Manual?

GRs VOTED TO HAVE OUR DELEGATE VOTE TO KEEP ALATEEN TRADITIONS "AS IS." By an oversight of the World Service Conference many years ago, the Alateen Traditions were never formally voted on and approved. Our delegate suggested that since they've been in place for many years, we leave them "as is." She will hear both sides of the discussion at the next WSC and vote for us.

5. What is the Area's role vs. the District's role in hosting an Area Assembly?

NO VOTE. A lot of discussion. We created an Ad Hoc Committee to look at this issue & to research how other areas handle their assembly committees. Berta R. is the Ad Hoc Chairperson.


6. Should we add money to the area budget for general public outreach expenses for the area?

GRs VOTED TO ADD A LINE ITEM FOR "PUBLIC OUTREACH EXPENSES" TO THE AREA BUDGET.

GRs VOTED TO PUT \$300 INTO THE AREA PUBLIC OUTREACH BUDGET.

This money will cover the Spanish hotline expense this year, and can be used for Public Service announcements, etc.

7. Who is eligible to go to the NW Regional Service Seminar (RSS) in 2007, and how will they be selected?

GRs VOTED THAT ALL GRs, AREA COMMITTEE MEMBERS, & DRs ARE ELIGIBLE TO PUT THEIR NAME IN A HAT FOR THIS SERVICE OPPORTUNITY. The NWRSS will be in Minot, SD, on September 14-16, 2007. The Idaho Area sets aside \$700 each year in order to send Idaho representatives to the NWRSS. Total airfare & hotel costs determine how many can go (usually 3). Names will be pulled out of a hat at the Spring Assembly in Pocatello. Those who are selected agree to attend the entire RSS, and give a written & oral report at the next Idaho Area Assembly. 



LITERATURE CENTER LIASON REPORT

Report to Area Assembly from Literature Center Liaison

1. Renee and I are going off the Literature Board in January, so we are looking for two new members.
2. We are planning to do gift certificates to the literature center, hopefully in time for the holidays.
3. The 20% service fee is scheduled to be dropped after district has a chance to review the idea at the next district meeting. We feel we are in a better situation now that group cup donations to the literature center have remained steady, and there plans for a chili feed and lasagna feed this fall and winter that will benefit the literature center. We have to maintain the sales tax, which went up 1%, and WSO raised their book prices, so hopefully the new prices will be in some kind of middle ground where they were before and after the service fee was started. Please keep the cup donations coming in. We will review the finances monthly and keep you posted if donations quit coming in at the present level.
4. We hope everyone likes our new location because it is time to renew our rental contract (that's right, one year is coming up) and we plan to sign up for more than a 1 year lease this time.
5. The late hours on Wednesday will be discontinued because we haven't seen enough people coming in between 2 and 6 to continue that option. We had a few phone calls that would have been picked up by the answering machine but only a few customers actually came in during those hours.
6. Our next meeting is Nov 8 instead of Nov 1st and as it is an open meeting. We encourage anyone who wants to attend to do so. Check it out, especially if you are interested in being on the board.

Respectfully submitted,
Will S.

Literature Center Liaison to Area

Do you know who our Area Alateen Process Person is? Currently, it is I, Cecilia, your Area Delegate. We are looking for a person willing to serve as Alateen Process Person. I must say, it is a great service position and I have learned a lot.

Did you know all new and existing Alateen group changes must go through the Alateen Process Person? If you send it directly to the World Service Office it will come back to the Alateen Process Person. I do have all the current Alateen forms, which I would be happy to mail or email to you. If you have any questions, or would like to volunteer for this position please feel free to contact me; Cecilia Sweet, 3562 E. St. James Ave., Hayden Lake, Idaho 83835 208-762-8763 rfuture@earthlink.net

I will forward all of the current Alateen sponsors' information in for background checks within the month; this will complete phase three of our Idaho Area process for those involve in Alateen service. Special thanks for all of those members who give back to Al-Anon Family Groups through Alateen service work.

Yours in love and service,
Cecilia



ALATEEN PROCESS PERSON REPORT

DELEGATE REPORT

Happy Holidays; it is a pleasure to be part of the process of the Worldwide Fellowship of Al-Anon Family Groups. We can do together what we cannot do alone. This year's Al-Anon theme is Shared Leadership – Moving Forward with Confidence, Collaboration and Clarity.

Northwest Regional Service Seminar – NWRSS

- The final decision was made by the WSO to have the NWRSS at the International Inn in Minot, North Dakota.
- We will be drawing names at the Spring Assembly of Group Representatives and Area World Service Committee members who are willing to attend the NWRSS in Minot, North Dakota; and give a verbal report at the Fall Assembly, and written report on their experience attending the NWRSS for the Area Newsletter. Good luck to all those wishing to attend.

Exciting News

- On September 19th, Congressman Jim Ramstad (MN) read a proclamation into the Congressional Record in honor of Al-Anon Family Group's 55th Anniversary. A copy is attached to this report that you may wish to share with other members in your area.
- The WSO has requested that a similar type of proclamation be read in the Canadian Parliament in November congratulating Al-Anon on its 55th anniversary.

It's All About Cooperation

- In early September, the WSO hosted a very successful 55th Anniversary Family Recovery lunch in Washington, DC. The event was held in cooperation with the US Government's Center for Substance Abuse Treatment, which organizes National Alcohol and Drug Addiction Month.
- September Recovery Month. Dr. Constance Weisner, Director of the Division of Research at Kaiser Permanente of Northern California presented the results of her research about the importance of treating the family members at the same time as the alcoholic as a cost effective way to lower medical costs and health care problems. Attendees included professionals from national nonprofit organizations who are in contact with families and friends of problem drinkers, as well as representatives from the Substance Abuse and Mental Health Services Administration (SAMHSA) and the White House's Office of National Drug Control Policy (ONDCP). The Chairperson of the WSO's Board of Trustees also shared parts of her personal recovery story.
- Plans are underway for a 55th Anniversary Family Recovery Celebration lunch in Ottawa, ON in November. The WSO is cooperating with the Canadian Centre on Substance Abuse (CCSA). National organizations, Members of Parliament, and Senators will be invited. Our Canadian Trustees and Executive Committee members, the Board Chairperson, and a few key WSO staff will represent the Al-Anon fellowship.

It's All About Cooperation

- Please note that the WSO has discontinued the US and Canadian versions of Al-Anon Speaks Out newsletter for professionals, and removed it from our Web site. We are working on a new, more interactive Public Outreach site, and will be posting timely information for professionals there. Please advise your Area Web coordinators/ Webmasters that links to Al-Anon Speaks Out should be removed from Area, District, and AIS sites.

About PSA's (Public Service Announcements)

- Our new public service announcement, "What It's Like," has been very well received by TV and radio stations in the US and Canada. In its first three months of release, it has aired on TV nearly 5,000 times and on radio over 4,000 times! According to our electronic tracking, PSA's have aired in 45 states and two Canadian provinces. This is a very strong start! More details will be sent in the coming weeks to your Area Public Outreach Coordinators.

(continued on page 9)



(continued from page 8)

- There is still some confusion regarding the PSA DVD's given out at the Conference. The DVD's (original or copies you make) are made available for member viewing, and are not available for sale. The DVD's are not broadcast quality and should not be taken to stations. Members may purchase the same PSA's on a BetaSP format tape (AV-30, \$30.00) to deliver to TV stations.

About Al-Anon Faces Alcoholism 2007

- The order form for the second printing of our new outreach magazine is now available on-line! You can print out copies of the flyer/order form to distribute, and/or order the magazine in English, French, and Spanish through our on-line shopping cart! Order deadline is February 15th, 2007, with delivery by April 1.

Yours in Love & Service,
Cecilia S.



55th Anniversary of Al-Anon
Hon. Jim Ramstad
of Minnesota
In the U.S. House of Representatives
September 19, 2006

Mr. Speaker, this month marks the 55th anniversary of Al-Anon Family Groups. As co-chair of the Addiction, Treatment and Recovery Caucus, I want to recognize the tremendous work of this dedicated organization.

For over half a century, Al-Anon and Alateen have been a key source of support and hope for families and friends of alcoholics and addicts all over the world, with over 24,000 groups in 131 different countries.

Policymakers often focus attention on the individual with chemical addiction and forget or underestimate how devastating a loved one's disease can be on friends and family members.

Thankfully, Al-Anon and Alateen have never forgotten and are always there whenever a hurting person reaches out for help. We owe a tremendous debt of gratitude to Al-Anon and Alateen.

This month not only marks the 55th anniversary of Al-Anon, it is also the 17th annual National Alcohol and Drug Addiction Recovery Month. As we celebrate the promise and possibility of recovery this month, we must also remember the loved ones impacted by this devastating disease. As the chemical dependency professionals tell us, chemical addiction is truly a "family disease."

Thanks to Al-Anon, these individuals have a place to go where they can find hope and support. For that we owe this wonderful organization and all of its members our support and gratitude for 55 years of dedicated service.

Thank you, Mr. Speaker, and thank you, Al-Anon and Alateen.



I just wanted to thank everyone who came to the GR exchange meeting. I know they are not the most exciting place to be. I know there are things we can discuss that all groups are dealing with, but I need help from the GR's to find out what you want to talk about. Hopefully, the next one will be more of what you all want and need. I hope everyone has a happy holiday season and a great new year. Thank you all for your support as we can not do this program alone.

Love in service
Myrna



The Area Outlook is published quarterly by the AWSC Newsletter Editor for members of Al-Anon Family Groups and Alateen.

Materials for publication consideration should be sent in the following formats: Word, WordPerfect, Text, or Works. Prepared flyers or inserts that do not require formatting and layout may be sent as a PDF file.

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*News Editor
P.O. Box 1132
Meridian, ID 83680.
The Al-Anon traditions will be honored in our newsletter.*

ALTERN. DELEGATE REPORT

