



News-O-Gram **Summer 2009**
(SIAFG) Southern Illinois Al-Anon Family Groups
Hope and Help for Families of Alcoholics

The News-O-Gram is now on-line at our website www.siafg.org and available FREE to all members by email. Just send your email address to: ritamcox@att.net. Getting your News-O-Gram via internet will be a very significant savings to the fellowship. We will continue to mail copies to those who do not have access to email. **Please encourage District and Group Representatives to get their News-O-Gram by email.**



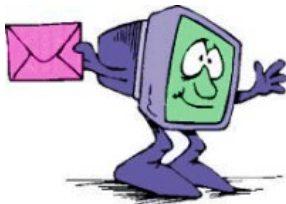
Area Assembly & Area World Service Committee Meeting
July 11th & July 12th 2009
St. John's Hospital in Springfield
 (All meetings and events in Room R & S in the Carol Jo Vecchie Center)

Sunday, July 12--9:00 AM
Area Assembly
 Registration begins @ 8:00 AM - \$3.00

Saturday, July 11--1:00PM
Area World Service Committee Meeting

Directions to St. John's Hospital: I-55 to Clearlake Ave exit (98B). Stay on Clearlake heading west; turn right onto 9th street (heading north). Turn left in between buildings at large RED sign "EMERGENCY, CHEST PAIN CENTER". Park in garage on your right. Carol Jo Vecchie Center is straight across from parking garage.
 Lodging: **Exit 94:** Hampton Inn 217-793-7670; Pear Tree Inn 217-529-9100 **Exit 96B:** Red Roof Inn 217-753-4302
Exit 98B: Best Western 217-525-7420 and many more via internet – Springfield lodging
 Any questions: Contact Betsy @ 217-898-7670 or betsy.crang@osfhelathcare.org

Delegates Report—Marcy M



No yellow envelopes, but overwhelming **e-mails**. I'm trying to "Keep It Simple" and have stacks of e-mail that I sorted according to priority and which needs immediate attention. I have replied to all the important issues and have booked my airline ticket. Again I didn't dream there was so much to do before the Conference. The 2009 World Service theme is "Embrace the Legacies. Our Spiritual Bridges to Extend the Future".

March 27-29 is the Regional Delegates Meeting in Des Moines, Iowa and I will be sharing on what occurs during the Delegate and Trustee Orientation at the Conference. Betsy C., Cathy B., Juanita C. and I will be attending. So keep us in your prayers.

I provided the Area Assembly with three hand-outs about the most asked questions from the World Service Office.

Your Trusted Servant
 Marcy M (Panel 48 ILS)



Convention Liaison/Jan T reports

that the 2008 IL State AFG Convention was able to repay the seed money and equally divide and \$3,005 among SIAFG, NIAFG, and WSO.

The 2009 35th IL State AFG Convention will be held October 23rd–25th at the Crowne Plaza in Rosemont, Illinois; **Registration flier is included with this issue of the News-O-Gram.** Fliers quilt squares, and quilt raffle tickets are available, contact Jan T if more fliers, squares or tickets are needed.

Marcy, Mario, Janis, and Marie are researching hotels in Springfield for the 2010 IL State AFG Convention, more to come later.

The annual Convention Resource Committee (CRC) meeting was held December 6, 2008 in Bloomington. CRC agreed to form a Convention Guidelines Committee (CGC), led by Jan Tucker, to review the guidelines and submit recommendations to the CRC for discussion and acceptance or rejection at the 2009 CRC meeting in December 2009. Convention liaison from SIAFG & NIAFG; past, current, and future convention chairperson; and past & current delegates are invited to become part of the CGC. Contact Jan Tucker if you have any questions, suggestions, or are a chairperson or delegate that may like to serve on CGC.

The 2009 Al-Anon Adult Children workshop and festival was held May 1-3 at Green Lake Conference Center in Green Lake, Wisconsin.

The 2013 Al-Anon International Convention will be held in Vancouver, BC July 5th-7th. Libby (NIAFG Delegate) is working on planning an **Alaskan Cruise** around this time, more information as it becomes available.



Check Calendar of Events



Forum & Literature/ Mary S

FORUM – How would you feel about WSO discontinuing the publication of the Forum??

I participated in a conference call with WSO on Monday, May 4, 2009.

Subscriptions have steadily declined from 60,000 subscriptions twenty years ago to 19,329 now. WSO needs to have subscriptions increase. Suggestions made during the call were; have a sponsor buy a subscription for new sponsees; use the meeting topic section in the magazine in your meetings; encourage members in your group to subscribe; and use the indexes on line to select reading on topics for your meetings. Three articles per month are available one line and may be copied as long as the source is acknowledged.

The *Forum* is looking for sharing's: Humor; Our Three Legacies – Steps, Traditions, and Concepts; CAL Corner (How a piece of literature or e-CAL enhanced your recovery; Alateen – as a member or Group Sponsor; or My Story.

WSO is **asking for your help in defining family recovery.** You are invited to provide input on a definition of family recovery. WSO is looking for a clear way to describe to others the experience of the family recovery from the effects of someone's drinking problem.

WSO's hope is that this definition of family recovery will win universal acceptance by the general public, including professionals and anyone seeking family recovery from the effects of someone's drinking problem. In creating this definition, we don't need to limit ourselves to the use of Al-Anon language; the definition is intended to reach a general audience including our members.

To participate in this project, you need to go to the Al-Anon Member's Web site at: www.al-anon.org/members. In the password box, type the name of your group followed by "afg". Click on the survey tab, found on the

sidebar to the left. The link titled “**Help us define family recovery**” will take you to the

survey. Let’s have a lot of Southern Illinois participation.

LITERATURE – A new Al-Anon Poster (M-79) is now available. It is 8 ½ X 11” with the heading “**Do you wish the drinking would stop?**” It provides the WSO contact information and a space for local contact information. They are 5 for \$4.00. They are not sold separately.

Due to the increased shipping charges, WSO has increased the minimum S&H fees from \$7.00 to \$8.00 as of January 1, 2009. Order forms are available on the Member’s Web Site. **The latest printing of *How Al-anon Works for Families and Friends of Alcoholics (B-22)* includes a new chapter on the Twelve Concepts of Service, as well as revised wording in the Twelve Traditions chapter to also apply to our personal lives.** The book now has 416 pages. The price remains the same, at \$13.50 US. Member’s Web site (www.al-non.org/members) – Need a meeting topic? Check out the member’s web site, click on Publications, check the link Sample Chapter Projects. Currently you will find many suggested topics using *Paths to Recovery*.

There is also a **Blog on Traditions** and a **Blog on Concepts**.

There are **four presentations about the 2006 Member Survey** available. The presentations are: *Al-Anon Presentation for Professionals; Alateen Presentation for Professionals; Condensed Al-Anon Presentation for Professionals; and Al-Anon Presentation for the Fellowship*



Slight changes to the basic format have been made and I am working to make these changes consistent across the entire website. As discussed last July, I have added a section for The Forum Archive, which is a complete listing of the printable articles from The Forum. The archive extends from the current issue back to 2001. I have also added a section for the News-O-Gram and for the current SIAFG Fundraiser information.

For website maintenance, the area meeting information, News-O-Gram, Forum Archive, and events are updated as new information comes in. Please continue send any new information or flyers for any SIAFG events to me at spacing@yahoo.com. I also welcome any suggestions!

Best and warmest wishes!

ILS, Sara

Have you been to the members’ Website?
www.al-anon.alateen.org/member
(password= “home group name” followed by afg)
--or--
www.siafg.org





By-Laws/Brenda F

Ever wonder what that Saturday meeting called "SIWSC" stands for and what the heck is it? Well, let me tell you:

Article V Section 1. Definition of Members. Members of the Southern Illinois World Service Committee (hereinafter referred to as the SIWSC) are the SIAFG Officers (Delegate, Alternate Delegate, Chairperson, Recording Secretary, Treasurer and Group Records Secretary), SIAFG Coordinators, District Representatives, Information Services Liaisons and Past Delegates, and are nonvoting members of SIAFG. These are the people who make up this committee.

What does this committee do?

Article V Section 5. Functions and Responsibilities: To serve in an advisory capacity to SIAFG, Plan for the general improvement of SIAFG, Provide a forum for the discussion and resolution of problems and concerns submitted by members of the SIAFG, Study problems and concerns submitted by SIAFG members, submitting those which cannot be resolved to the World Service Conference of the AFG, Inc. prior to their stated deadline, Study the needs of SIAFG, initiate projects and present the result to SIAFG, Plan SIAFG agendas, Review the proposed budget prior to its submission to the SIAFG for approval, Approve budget revisions when necessary, Accept requests from the Districts for the division of an existing District, and when determined advisable, recommend approval to SIAFG, and Conduct other business as may be required by law, the Articles of Incorporation of SIAFG, by these By-Laws or which may be assigned to it by the SIAFG.

There you have it! See you in July....

News-O-Gram Coordinator/Rita



Hello to all my friends in Al-Anon and Alateen. At our last Assembly I reported a savings of \$86.23 because thirty (30) people at the previous assembly chose to receive the News-O-Gram via email. With the availability of sending the News-O-Gram by email more members (including those who are not Group Representatives or District Representatives) will be getting their own copies. As of this writing sixty-four (64) members will receive this News-O-Gram with no cost to the fellowship.



I haven't forgotten my friends who wish to receive the News-O-Gram through the US Postal Service. Whether by snail mail or email, I hope the News-O-Gram will encourage you to become more aware, more interested and more involved in your recovery through service.

Also, if any member is moved by your Higher Power, sponsor, or one of the sharings in this issue, send me material for the next issue, please do so. This could include a personal sharing in the form of a narrative, poem, lyrics to a familiar tune, Al-Anon/Alateen joke or drawing. This sky is the limit!

We Miss You!!

ALL Group

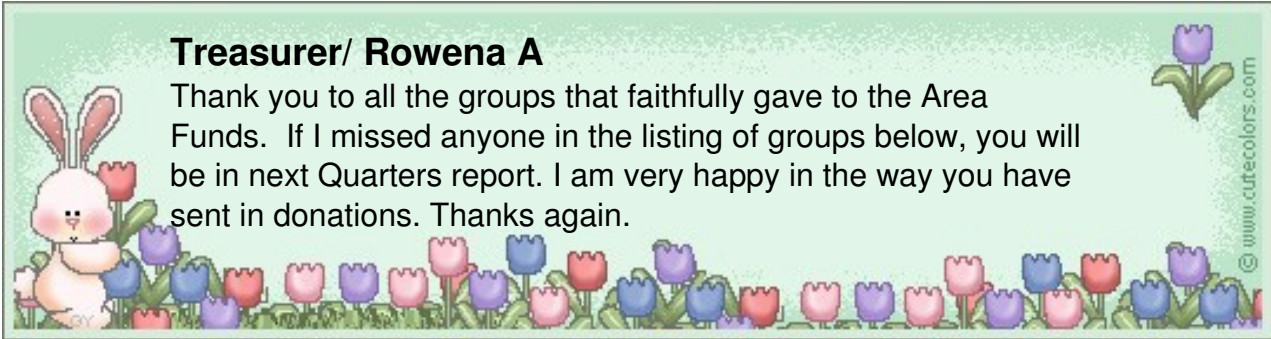
Representatives are invited
to join us for fun, fellowship
& information at the Area
Assembly

Sunday, July 12th
at St. John's Hospital
Springfield, IL



**Recovery gifts for
every G.R.
attending!!**

**Area Fellowship Communication and Membership
Outreach Committee/Tom P Chairperson**



Treasurer/ Rowena A

Thank you to all the groups that faithfully gave to the Area Funds. If I missed anyone in the listing of groups below, you will be in next Quarters report. I am very happy in the way you have sent in donations. Thanks again.

- 11 3948 Mt Zion Born Free
- 11 3703 Beginners Al-anon
- 11 003707 Friday Night KISS
- 12 66486 Weds night
- 12 3507 TGIF Bondville
- 12 004040 Saturday Night AFG
- 13 3741 Effingham Co. Al anon Group
- 14 3978 O'Fallon AFG
- 14 Powerless Rangers
- 14 District 14 AFG
- 18 26501 Monday Night Serenity Group
- 18 0003810 Granite City Tuesday Night "Hope" Group
- 18 District 18
- 18 3451 Mon. Night Elm Street
- 18 34856 Hopeful Serenity Seekers
- 18 3811 New Life Al-Anon Granite City
- 18 3491 Bethalto Wed. Morning

Feeling grateful?
 If so, add an
 extra dollar to
 the basket this
 week.



SOUTHERN ILLINOIS AREA CONTRIBUTION

Group Name _____ Group ID # _____

Contact Person _____ District _____

Street Address _____ Amount _____

City and State _____ Check # _____

Zip Code _____ Phone (if applicable) _____

Please Make Checks or Money Orders to: **SIAFG** Send to: **Rowena Altic**
2020 Conn Road
Hanna City, IL 61536

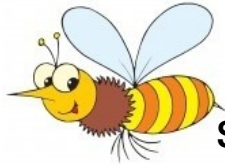
2009 Area Fund Raiser
Serenity Prayer Click Pen with Slogans
756 ordered
Selling at \$2.00 each
Prepay your Group Representative.
Available at July Assembly
(Thanks to Cindy S/Ways and Means Coordinator)



Each ink pen rotates 4 times with the Serenity Prayer. Each click gives you 1 rotation. The ink is black and barrel of the pen is purple & white with black writing.

1. God, Grant Me the Serenity
2. To Accept the Things I cannot Change,
3. Courage to Change the Things I can and Wisdom to Know the Difference.

New items will be for sale on the Ways & Means table!!!



\$\$\$\$\$\$\$\$\$\$\$\$

**Hello All—Here’s a report from your
Ways and Means “Money Honey” /Cindy S**

Letter openers were available at the Assembly in March. The 2010 Convention committee bought the remaining letter openers at a discount of .65 each and they will be used at the SIAFG 2010 Convention.

The 2009 Fundraiser is here! The pens are available cash and carry @ \$2.00 each. The pens are also available by mail to the districts and groups by sending a check including postage made out to “SIAFG” to my address at end of this News-O-Gram.

The raffle in March was one grand prize and several other prizes related to our 12th Step - carrying the message (planting the seed). **The raffle in July will be a 50/50—actually a 50/25/25. Just bring your money!**



More from Our Delegate/ Marcy M

I'm back from Virginia Beach and what a wonderful Conference it was. Lots of new information. It was long hours, but they kept us energized. The trip to World Service Office was awesome. I'll share more on the Conference at the Area Assembly July 11-12 2009 in Springfield. Enjoy this beautiful spring and I'll see you all at the Assembly. A big thanks to all for the cards I received while at Conference, and for the "Love Gift" they disappeared fast. Thanks for letting me serve as your Delegate.

Love in Service
Your Delegate
Marcy M. - Panel 48 ILS



Goals

- **To plan and carry out our primary purpose through outreach to the public and professional community.**
- **To help reach the goal that every person will know that Al-Anon and Alateen are the best source of help for families and friends of alcoholics.**
- **To make getting in touch with Al-Anon and Alateen easier throughout the Southern Illinois area.**

Committee Chairperson, Cindy Price, opened the meeting with a moment of silence followed by the Serenity Prayer. MaryBeth S. gave a report of the last committee meeting.

Cindy read the goals of the Public Outreach Committee, and reviewed that Dottie Y. had (1) purchased and distributed to each District Representative a folder with wonderful outreach ideas, (2) gave out sample letters to be used as a guide for submitting as newspaper articles, (3) asked for groups to carry adds in the local newspaper with the logo "Does somebody's drinking bother you?", (4) requested groups to ask newcomers how they had found out about Al-Anon, and (5), demonstrated the new Public Service Announcement "Sketches" to the assembly. With the recent availability of posters from

WSO, we decided to use our money to purchase posters for the groups.

Cindy's Goal for NOW. . . Each committee member will send a press release (emailed to them from Cindy) to local newspapers and bring back results to report in July.

Members were asked to make sure that our names not be used in print.

Cindy made a point that any member can participate with public outreach. There was also discussion about possibly using information from (P90) to create a checklist for groups concerning their participation in public outreach.

Attention was then focused on Alateen. We discussed the best way we could get needed information to the teens. Our Alateen member, Emily, thought that they would be attracted to anything with bold colors. This led to a discussion about sponsoring a poster contest. Emily agreed that a poster contest would be

Group Services Committee/Angie H

/

fun. And so the group decided that any Alateen who wished to participate could. Winning poster would be sent to WSO to be approved for us to copy and distribute. The winner of the contest would receive his/her choice of an Alateen or Al-Anon book and a pizza party for his/her group.



Present: Angie, Marcy, Alberta, Juanita,
Bonnie, Lyri, Rowena
Topic: Get More Group Representatives to
Assembly
Budget: \$100/year
Coupons for attending Assembly—only one
used at this time.

Ideas discussed:

Would it be possible for all meetings to be on one day? Pros and cons discussed.
Appeal to Group Representatives the importance of attending assembly.
Highlight and read snippets of News-O-Grams at each regular meeting.
Present appeals to attendance in a positive manner.
Personal invitations to Group Representatives to attend Assembly; Group Records would

have addresses: postage cost prohibitive. Emailing invitations is a possibility.

Targeting non-attending Group Representatives; repeating appeal in News-O-Gram, then revisit person invitations to non-attending Group Representatives at July, 2009 Area Assembly.

Formulated ad for News-O-Gram.

Get list of Group Representatives who do not attend.

Angie will ask Cathy for list of all Group Representatives when I email her the minutes.

Rowena will bring list of active Group Representatives for this next Assembly

Members Share Experience Strength and

TOP TEN REASONS TO SUBSCRIBE TO AND READ THE FORUM--Our Al-Anon Family Group's monthly publication which is a "meeting in your pocket" (or purse):

10—The Forum contains Humor! It helps me get out of my serious, heavy attitude about my life & recovery

9—The Forum is full of meeting topics, for those times I am leading a meeting & can't think of a topic to discuss; there is an "Instant Meeting" feature in every issue.

8—The Forum is "fresh," with new ideas to get me thinking about a topic differently.

7—The Forum's articles are generally very short, which makes it easy for me to read them when waiting in line in the grocery store or doctor's office.

6—The Forum has had book reviews of new Al-Anon Family Groups books, such as our newest book, DISCOVERING CHOICES. I was eager to purchase & read the book after I read a great review of it in a recent Forum.**5**—The Forum focuses on the Concepts in each issue, which I am learning to appreciate and use.

4—The Forum challenges me to think of working my program differently, by showing me ways others work their programs, use the Steps, think about Traditions and Concepts.

3—The Forum keeps me from becoming "stuck in a rut" with my program. Using the same books/pamphlets year after year is not the best way for me to stay interested in a program I plan to remain in.

2—If I am worrying or upset about something, I can pick up the Forum and read just one article that generally helps to lift my mood.

1—The Forum gives all of us Al-Anon members an opportunity to share our feelings and thoughts and stories as well as photographs and drawings by submitting entries to wso@al-anon.org or by writing to The Forum at 1600 Corporate Landing Parkway, Virginia Beach, VA 23454-5617.

Ruth M /District 18



**Let there be no
gossip or criticism**

I spent many years in Al-Anon without participating in any service work beyond the group level, and I am so grateful for the opportunities I have been given since coming back to the program to be of service at the group,

district, and area level. I realize not every Al-Anon member can take advantage of these service opportunities for any variety of reasons. I feel lucky that I am able to give back to Al-Anon through service, as Al-Anon has given so much to me.

One way I feel I can contribute to a positive environment in my service work (at my groups, my district, or the area assembly) is to avoid gossip and criticism. I define gossip as discussing anyone who is not present, and criticism as any discourteous or judgmental thought or word. Our literature suggests that “When we gossip we create a competitive atmosphere in which no one can feel comfortable.” Recovery teaches me that the false sense of belonging I get by participating in gossip, actually “reinforces self-defeating attitudes.” Similarly, the false sense of superiority I get by nitpicking someone else, keeps me from addressing my own character defects—often jealousy or perfectionism. The traditions teach me that “The point is not what others can do to improve, but what we can do to improve.”

I think the great gift of Al-Anon recovery is that it gives me the opportunity and the tools to become the person I want to be, the person my Higher Power would have me become. I expect avoiding gossip and criticism will always be personally challenging. The steps teach me to pray for help and guidance. And I have learned that I do best when I consciously try to cultivate a positive attitude—I do this in part by expressing my appreciation for the other Al-Anon members who come to my meetings and my deep gratitude for those who are able to participate in service work at any level. I hope that by helping create a fun and welcoming atmosphere wherever I find myself in Al-Anon, I will embody Tradition Eleven’s principle of attraction, and draw others into our wonderful, life-affirming fellowship, and into the very rewarding opportunities for service. As the saying goes: “You attract more flies with honey than you do with vinegar.”

Literature quoted: *How Al-Anon Works*, pp.97, 114. See also: keyword “gossip” in the daily readers.

Lyri M / District 14



District 10A/Mary S

Holiday Party – The Peoria Area Al-Anon community had a Holiday Party on December 8, 2008. A raffle was held and the members present determined where the monies would be spent. Two CAL books were purchased for a local Federal Halfway House. The rest of the money was split between the Peoria Area Answering Service and CAL pamphlets that are available to the public at Hilltop.

Alateen – Dottie Y., our Alateen sponsor, has taken the District 10A Alateen Coordinator’s position. Dottie, I would like to thank you for all your service work for Al-Anon. District 10A now has four volunteers who have done the paperwork and agreed to support Alateen and Dottie by attending the Alateen meeting once a month with Dottie. I would like to thank Phyllis C., Cathy K., and Johanne S. for agreeing to help. I am also certified by SIAFG and fill in when Dottie has a conflict.

Dottie Y., Alateen Coordinator, and Cindy S, Public Outreach Coordinator met with me about contacting the schools in the Tri-County Area concerning our Alateen meeting. It was decided that a letter to the Tri-County Educators along with a flyer about the Alateen meeting will be mailed to all the schools.

District 10A has been working on the AA 2009 Illinois State Conference and East Central Regional with Al-Anon participation. It is being held in Peoria, IL on August 7-9, 2009 at the Holiday Inn – City Center. The theme is Gratitude in Action. There will be Al-Anon meetings. We are sharing the hospitality room and welcome any donations. Registration forms are available at the following website aa-illinois-state-conference.org

If you plan to attend and are willing to help, please contact Mary Sutton at m-sutton@att.net or 309-691-7073. Hope to see many of you there.

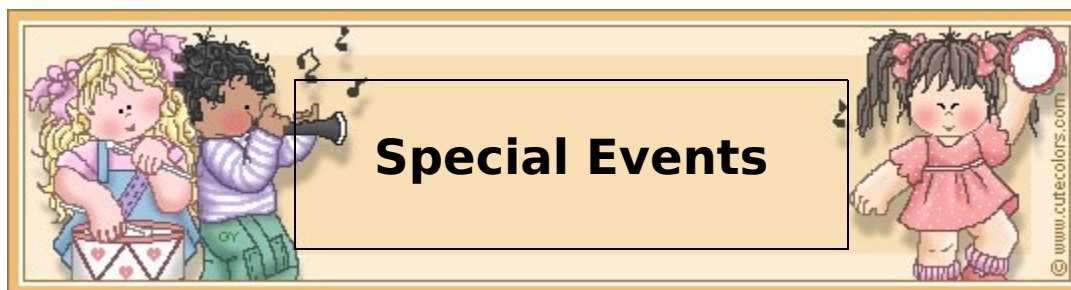
Name five things you are grateful for. Yes, right now.



Dist.18/ Mary B

Hello Everyone,

I'm Mary from District 18, our meetings are going well. We have a new Public Out Reach person, Peg from Alton and 3 new Group Representative, Cathy Jo for Highland, Jo Ellen for Staunton, and Teresa for Litchfield. Kim B. is the new Alateen contact for Maryville. Maggie is the new Where and When Contact person. Our meetings are going well but we need a Literature, Books and Tape person as soon as possible.



35th Al-Anon Illinois State Convention

“Tools & Treats” with Alateen & AA participation.

October 23rd-25th 2009

Begins: 4:00 p.m. Friday, at Crowne Plaza
5440 North River Road, Rosemont, IL 60018.



Chicago O'Hare Hotel,

Southern Illinois Al-Anon Family

(All members welcome)

Group Representatives, Alternate Group Representatives, Area Officers and Coordinators of Southern Illinois attend.

NEXT ASSEMBLY JULY 12, 2009

NEXT, NEXT NOVEMBER 8, 2009

Groups Assemblies

Southern Illinois World Service Committee (SIWSC)

(All members welcome)

District Representatives, Alternate District Representatives, Area Officers and Coordinators of Southern Illinois attend.

NEXT SIWSC meeting JULY 11, 2009

NEXT, NEXT NOVEMBER 7, 2009

2009 World Service Conference was held in Virginia Beach April 18th-23rd attended by Delegate (Marcy M)

“Although a separate entity, we should always cooperate with Alcoholics Anonymous.”

The 2009 Illinois State Conference/East Central Regional Conference will be held August 7th-9th at Holiday Inn City Centre in Peoria, IL.

The 2010 AA International is being held in San Antonio, TX.

Visit Southern Illinois AA's website at www.aa.siaq.org

Was someone
missing from your
group this week?
Give him or her a
call!





35th ILLINOIS AL-ANON STATE CONVENTION
CELEBRATES
TOOLS AND TREATS OF RECOVERY
 October 23-25, 2009



Crowne Plaza Chicago O'Hare
 5440 North River Road
 Rosemont, IL 60018
 Reservations: 888.233.9527
 Room-\$105 per night plus tax / Parking-\$5 per day
 Mention "AFG Convention" for these rates - *Prior to Sept 23*

Also Included:
 Alateen & AA Programs

Friday-October 23:
 On-Site Registration Begins at 3pm
 Hospitality Suite Opens at 3 pm
 Sessions Begin at 4:30pm
 Main Speakers Begin at 7pm



Don't Forget to Purchase
 Raffle Tickets for:
 Quilt - Quilted Bags
 (at Meetings or Convention)



Questions:

Laurie C - Al-Anon: 630.736.2933
 Candace R - AA: 847.791.8120
 Darcie F - Alateen: 630.408.5668

E-Mail: 2009stateconvention@gmail.com



SPEAKERS:

Al-Anon:

Edwina L - Chicago, IL
 Debbie G - Des Moines, IA
 Connie H - Spencer, IA

AA:

Bill M - Elgin, IL
 Tammy D - Rock Island, IL

Alateen:
 TBD



Registration Form & Check
Must Be Received by Sept 23, 2009

Mail Registration Form & Check To:
 2009 AFG State Convention
 P.O. Box 5352
 Elgin, IL 60121-5352
No refunds after 09.23.2009

REGISTRATION FORM - DUE BY SEPT 23, 2009
T-SHIRT ORDER DEADLINE - AUG 23, 2009
 One Person Per Form



Name _____
 Name on Tag _____ Phone _____
 Address _____ E-Mail _____
 City _____ State _____ Zip _____

Please Check: Al-Anon AA Hearing Impaired
 Alateen (MUST Bring Completed Convention Permission Slip ... Available from Alateen Meeting or Sponsor)



I Am Willing to Share My Recovery by Helping

- Please Check Below / Someone Will Contact You
- Lead a Meeting Registration Hospitality Raffle
 - Greeter Literature Decorations
 - Sponsor an Alateen Meeting Shirt Distribution

ALL VOLUNTEERS MUST PAY REGISTRATION FEE
this in accordance with our tradition of self-support



Convention T-Shirt:
Pre-Purchase Only / Pick-Up at Convention
 Long-Sleeve Cotton Pique Orange Polo with Embroidered Leaf
 "Tools and Treats of Recovery"-35th AFG State Convention
 ___XS ___S ___M ___L ___XL ... \$40
 ___XXL ... \$42 ___XXXL ... \$43
 Women's Men's (no XS)
DEADLINE: AUGUST 23RD!!!!

Saturday Evening Banquet
Limited Seating / Register Early
Must Register Together to Sit Together
 (10 to a Table)
Please Check Below for Entree:
 Pistachio-Crusted Breast of Chicken
 Rotisserie-Sliced Pork Loin with Cherry Demi-Glace
 Pan-Seared Tilapia with Crab Meat



REGISTRATION & OPTIONAL FEES:

Al-Anon & AA is \$25	_____
Walk-In (after Sept 23 is \$30)	_____
Alateen is \$10	_____
Saturday Evening Banquet is \$41	_____
T-Shirts (cost is size specific)	_____
Total: \$	_____

Make Check/s Payable To: 2009 AFG State Convention (address above)



The News-O-Gram is published (3) times a year.
If any member is interested in receiving this publication in the mail,
send \$3.00 with your name and address to:

Rita Cox
751 4th Street
Carlyle, IL 62231

(OR)

Send me your email address and get it FREE
ritamcox@att.net

Deadline for Next *News-O-Gram* Articles
September 10, 2009
(Sooner is better)