

Al-Anon Information Service of Greater Rochester NY
Meeting Agenda – July 11,2020 10am
Zoom Meeting
Submitted by Mary L

Open the meeting with a moment of silence followed by the Serenity Prayer.

Read: 12 Traditions, 12 Concepts of Services, Warranties and Expanded Version of Concept #7

Rollcall first names: Russel, Pat, Mary L, Rose, Ellen, Mel, John, Loron, Carol, Deb, Lisa, Nancy, Rebecca

Reports:

Secretary:

June 2020 Minutes: <http://aisrochester.org/pdf/minutes061320.pdf> respectfully submitted by Loron

Chair:

There is a link welcoming newcomers and the link goes to a form where a newcomer pack is requested. This was started 5/29/2020 and as of 7/6/2020 30 “Welcome Newcomer” packs have been mailed.

The use of credit cards for literature purchase is being review to consider all the considerations and variables.

Presently the options being investigated are:

- Office Cash/Check purchase
- Cash/Check purchase and shipping.
- Credit Card (PayPal) and pickup at office.
- Credit Card (PayPal) Purchase and shipping

Vice-Chair:

No Report

Treasurer:

See Attached Documents:

- Transaction Report June 2020
- Banking Summary June 2020
- 2020 Budget Report at end of June
- June 2020 Treasurer Report

Current May 2020 report: <http://aisrochester.org/pdf/treasurer-report.pdf>

Donations are at the same level as our yearly goal!
Groups and individuals really stepped up.
The savings account has earned 7 cents.

Motion	Moved	2nd	Vote Outcome
Approve the Minutes	Loron	Russell	Passed 10:0

Electronic Meetings: Ellen V

Keep zooming on or getting back to physical?

There are so many questions and so many unknowns – we are experiencing something that has never been done before. As we think about transitioning back to our physical meeting spaces it's important to keep safety in mind. We have a great opportunity to practice our program and go slow with the process. I think it is important to hold a group conscience or two and listen to the needs of everyone in your groups. Communication is key. WSO is allowing us time to figure things out. There are no guidelines for this kind of thing in the manual, or in our literature because there is no previous experience. If you need guidance, please feel free to reach out to me, I would be happy to share what I am hearing from other Al-Anon members.

Many groups are discussing whether to continue to meet on zoom, go back to in-person meetings or do a hybrid meeting or combination of both. Thursday nights tried to do both online and in-person, but we think maybe the in-person didn't end up being held.

Ellen states she's here to help any meeting think through how to have successful hybrid meetings. Her idea is to have 2 laptops connected to zoom, one for the speaker and the other which shows the room. The main issue is hearing and this should address that issue.

Book Depot: Rebecca

- Book sales are down
- Rebecca asked that we remind our groups that there are still books for sale
- Ellen will give time at the Alathon Fun-raiser tomorrow to mention the book depot
- Russel reminded us of his offer to deliver book orders within the county
- Rebecca asked if when volunteers go to the office, please clean it when they leave. If more than 2 people in the office, please wear masks. Mike the volunteer coordinator and Rebecca will work on posting guidelines.ca

Public Outreach:

- See Attached **Outreach Meeting Minutes 6/29/20 Letters for Professionals & Letter to Churches** for your information.
- Looking to create an Agenda Template to keep track of items
- It was noted that AA is doing PSAs on the TV and asked if Al-Anon could do the same as we know drinking and domestic violence have skyrocketed due to the COVID19 pandemic.

- Will condense outreach notes for the website.

Newsletter: Sheila

- June newsletter available at website at <http://aisrochester.org/newsletter/062020.pdf>
- After the meeting we received an email informing us that Sheila is resigning her position as AIS Newsletter Committee Chair.

Web Committee Report (Pat & Mel) - July, 2020

- **Contact Us Page** - we have listed the open positions for 2021.
- **Information Page** - the link to the By-Laws has been moved to the top of the page.
- Meetings that are back to meeting face to face are listed in green on our meeting list and on our homepage.
- From 5/29 - 7/6/2020 - 29 Newcomer packets have been mailed out.
- Our **Alateen page** has been updated with the current 2020 Alateen
- Guidelines and contact information.

June 2020 - AIS Traffic

- 3,739 visitors viewing 16,322 pages
- 67% new and 33% returning visitors
- 53% mobile and 47% desktop viewing devices

The top 5 pages visited:

- Home Page
- Meeting List
- Contact Us
- Newcomer
- Donations

Volunteers: No Report

- Loron will send synopsis of positions we are looking to recruit to the group for feedback.
- Sheila will put in the newsletter.
- Ellen suggested adding a line for Website Tech to the website
- Mel stressed for the treasurer position it is very important that they know what the job entails before committing.

Positions for 2021

- Vice-Chair
- Treasurer
- Alateen Chairperson
- Website Chairperson
- Newsletter Chairperson

- Public Outreach Chairperson
- Activities Chairperson
- Web Tech
- Finance Chairperson
- Intergroup Representative

Alateen: Open

Finance: Open

Fundraiser Calendar We are working on it. I have several submissions. The plan is to be able to print it in August and be ready to sell in September. Hillary is helping and the design is in the works.

Ellen displayed the proposal for the calendar.

Items of note:

- If we each take 10 to sell, we can go through them quickly
- If we buy 200 at once instead of 2 orders of 100, we'll save \$155.
- If we buy 200 and sell 100, we'll still have made \$325.
- If we buy 200 it will take 78 calendars sold to make our money back.
- This year they will be ready in time for Christmas.
- Mel - worried that not having in person meetings will affect sales.

Motion	Moved	2nd	Vote Outcome
1200 to add to budget to pay for 200 calendars. Billed through AIS in order to use tax exemption.	John	Pat	Passed 8:2 with John & Mel opposed

Activities: Open

Alathon Fundraiser: Will be Tomorrow, Sunday, July 12th 1-4 pm on zoom. Games, skits, speakers and AIS information are some of the things on the schedule for tomorrow! We are almost ready to go should be lots of fun hope to see you there!

Al-Anon journey through Beatles songs. Will be fun.

Can we get an update on donations update at the top of the hour then be able to measure the effectiveness And be able to tell folks how much has been brought in every hour. This could go do Dean and Wendy will report. Ellen will send Dean's email.

By Monday morning can we put on the website the total? Ellen will send an email with details and Mel will post.

Question: Can anyone else do the job of PayPal donation reporting. Mel says “No, it’s a secure site. He had to put his name on it, but he doesn’t want to let people into PayPal” Right now, John & Mel have access.

Mel can add someone to the CC list so they can get the emails from PayPal as they come in.

Intergroup Rep: Open

Unfinished Business: Open

New Business: Mel is appointing Rose as Outreach Chair for the remainder of the year. There will be a vote on her position next meeting.

Adjourn:

Next Meeting:

No meeting in August 2020, but Treasurers report will be on the AIS website.

Next meeting September 12 this may be a face-to-face.

Meeting Minutes 6/29/20 – Zoom

Present: Carol C., Mike H., Loron O, Ann, Rose B. Rebecca B.

Goals-list what outreach has been done and can still be done

What kind of outreach can we do in the Pause?

Outreach has been not active since shutdown, taking inquiries as they come-want to get the word out! Recap of work till Shutdown late march: Speaking before Monroe county agencies who work in chemical dependency-good outreach but then we closed. Rose and Kathleen had called the list of rehab providers in our area, and we had sent out some information on Al-Anon and spoke to ABC program about Al-Anon. They would love to have AA and Al-Anon groups at their space on St. Paul street.

Rose had spoken to GR's for one district about groups being responsible for getting literature to good places in the community, to take ownership of that outreach. This is on hold for now.

Presentations to groups:

1. Westfall Chemical dependency-Kathleen H and her husband have been doing, do not know if they have continued during "shutdown"
2. Pretrial Services for folks with DWI's through Monroe county. Carol has been in touch. This usually is scheduled every 8 weeks, last two sessions canceled, next for 7/24 she will keep us posted.
3. Jenifer house-every 6 weeks speaking to women in recovery
4. FLACRA-finger lakes agency for chemical dependency-we have not heard from them in a while, had in the past gone a few times a year to folks in recovery. Mike H. has contact and will ask if they would like Al-Anon presence.
5. Mike H. is contact for health fairs and college presentations. These are not being scheduled

What festivals/health fairs have we attended?

Women's health fair, in the fall-had been sponsored by Joe Robach, this is his last year in the senate.

Homeless outreach-at the War Memorial includes all agencies providing services to homeless

Rochester Regional-health Fair for recovery in September, we have attended last two year.
Nazareth Health Fair

U of R Health Fair-Pat C. has contact and has coordinated last two years

We want to keep contacts with the LGBTQ community, out alliance is closing.

We agree that all the colleges could use information on our program and will look into contacts.

Discussion-what is feasible for outreach given distancing?

1. Does Rochester Regional still have family program-Ann to find out

2. Ann will speak to Jason Teller-Monroe Co. office of mental health Substance Use Planning and we will send a letter to the agencies he contacts that Al-Anon is still available, we have free and low-cost literature and Zoom meetings. ACTION Loron/rose to write and submit to group.
3. Nancy willing to contact Churches where we have meetings. She will ask if we may insert into their newsletters or bulletins information on Al-Anon meetings and contacts. ACTION- Loron/rose to write-this would be more for lay audience
4. Carol has church contacts that she will submit this information to-see above.
5. Ann will use her contacts to see where we can update how to use Al-Anon.
6. We need to identify people who are willing to speak when we are asked, to have a list of people we can contact. This had been ongoing goal for our group.

Rebecca-we have a lot of literature, and welcome packets are free per AIS. There is downloadable literature from the WSO and the Al-Anon updated service manual is on line. Mike has storyboards that may be used for presentation in the AIS office.

We agree that the AIS website and Zoom has been helpful and members comfort with zoom dictates how they participate. Upcoming AWSC and fall assembly will be via zoom. We are excited about the - Al-Athon July 12th as a way to connect, fundraise and spread the word.

Will send meeting minutes to Ais for meeting July 11th.

Will send the information for newsletters and professionals to the group to review before sending to be circulated. Will meet again after AIS meeting and follow up on calling agencies and providers which we had started early in 2020.

Respectfully Submitted Loron O.

Alanon Officers June 2020

Be Part of Growing Al-Anon in the Greater Rochester area

Officers of Al-Anon information services rotate service and help new volunteers succeed in the positions.

See below for Job Descriptions information at Rochester ais website or call 585-485-0396

Treasurer: This person maintains our accounts at local institutions. The treasurer and chairperson sign checks and pay our bills. The treasurer, using excel and quicken, writes monthly reports and presents at our AIS meetings. The treasurer works with finance committee to create budget and maintains books for review. This information is kept at the AIS office. Interested? Call AIS. This position will be open 1/2121 with elections in November of 2020

Intergroup Rep: this person is the link between AIS and the New York North Area, exchanging information between the two. The links are done via electronic and person to person meetings. This is a way to find the newest literature and policy discussions from WSO and New York North (the regional organization that supports Al-Anon Groups in NYS north of New York City). The intergroup rep shares information about what Rochester AIS is doing, new groups, outreach, questions from members and brings information to the monthly Rochester AIS meeting and meets with groups to discuss changes and

share new projects with our groups. The time commitment, monthly meetings, time to write reports and attend regional meetings 2-3 times a year. Ever wonder about what makes Al-Anon work? This is the position for you. Please call AIS office or email with any questions.

Outreach to Professionals – July 2020

Dear provider of services-From Al-Anon Rochester

We are in an isolating time AND how does Al-Anon support and spread the word of recovery? Our meeting places are closed. We have developed ZOOM meetings using guidelines from Al-Anon WSO and anonymity principles of our 12 step program. We have 35 meetings available. Our members have learned and made improvements to make the zoom experience meaningful.

The Al-Anon information Service-Rochester website <http://www.aisrochester.org/>. Contains information for current members, newcomers and professionals. People can call in, or use video. Our phone line, 585-288-0540, is open and we will respond to call calls. Al-Anon literature is available for download, free of charge and some at cost. Our welcome packets will be mailed or delivered free to interested people. Our newsletter is available on website or electronic delivery.

We will deliver literature to groups or organizations by request. We will speak to groups using guidelines for public health. Please call for more information or use the link above to view local and national Al-Anon information.

Thank you.
Loron Oster
Vice Chair Al-Anon Rochester
vicechair@aisrochester.org

Outreach Contacting Church - July 2020

Did you know your church has a weekly Al-Anon meeting? This safe space has been welcoming people who are affected by someone's drinking. We provide support and resources for healing ourselves. With our meeting places closed, Al-Anon of Rochester has meetings via ZOOM using video/audio link or landline calls. There are 30 local meetings. We have literature available and will answer questions about Al-Anon at (585) 288-0540. We look forward to in person meetings again AND there is help available. Please call or visit our website: <http://www.aisrochester.org/>. Thank you from the Al-Anon Rochester Community.