



# IOWA REACHES OUT

AUGUST 2022

## DELEGATE REPORT

The term is winding down, but the information to be shared remains constant. It was wonderful to connect with many of you at the Spring Assembly. I look forward to the enthusiasm for recovery that will inspire many of you to attend the Fall Assembly. Many thanks ahead and behind to those that prepare our Assembly sites for us. It's work that supports our service, and your efforts are greatly appreciated.

Our Electronic Group Workgroup and our Policy Committees continue to meet to generate ideas and talk to each other to reason out the best solutions for our Area as we integrate electronic groups into our structure. I am looking forward to an inspiring conversation at the August AWSC meeting. Incoming District Representatives, please join us in Marshalltown!

The WSO is increasing its literature prices as of August 1. Despite the rising costs of paper, prices have not increased since 2013. Although the price updates have not been released as of this writing, our two Literature Distribution Centers (LDCs) will implement the new prices immediately. Please be sure to utilize our LDCs to fill your literature needs. This allows them to be self-supporting.

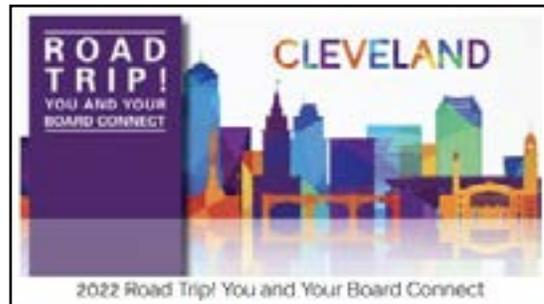
Ready to have some fun this Fall? Get signed up for the annual Area Serenity Weekend in Manson, IA, at Twin Lakes Camp, September 23-25, 2022. Choose the best package option for you: two overnights, one overnight, Saturday only. The registration deadline is September 9. You may pay online or via check. Please sign up using our [online registration form](#). Directions for payment are on the [flyer](#) and the [registration form](#). Our weekend will focus on the Reaching for Personal Freedom workbook. Don't forget to pack your copy!



I'm fresh from vacation and already setting my sights



on a visit to Albuquerque next summer. Join me? Al-Anon is holding the [2023 Al-Anon International Convention](#) from June 29-July 2 in the beautiful state of New Mexico. Registration opens on November 1. So make your plans to sign up as soon as possible to get the best housing. More details to come!



Need a service boost to sail you into the new year? Consider attending *Road Trip! You and Your Board Connect*, which is being held in Cleveland on Saturday, October 29, at the Doubletree by Hilton

### UPCOMING EVENTS

September 23 - 25	Area Serenity Weekend, Twin Lakes, Manson
October 7 - 9	Fall Assembly, Spencer
November 1	Iowa Reaches Out Newsletter Deadline
<b>2023</b>	
January	Iowa AWSC meeting, Hampton Inn, 9 am, Marshalltown IA
February 1	Iowa Reaches Out Newsletter Deadline
March	Iowa AWSC meeting, Hampton Inn, 9 am, Marshalltown IA
May 1	Iowa Reaches Out Newsletter Deadline
June 9-11	Spring Assembly, Grinnell College

Hotel in Cleveland-Independence. Registration opened on August 1. [Click here for more details.](#)

The WSO has created a new graphic illustrating the World Service Conference structure. See the whole image in this newsletter. In addition, this graphic can be found on the Al-Anon.org website under Members/World Service Conference. Please feel free to print and share with your groups!

I am looking forward to a visit to District 4 this Fall. Please reach out if you would like to schedule a Delegate visit. I'd love to connect with incoming and outgoing GRs as we prepare to begin the new term or talk about any questions/topics you want to delve further into.

With gratitude and joy,

Katy P.  
Panel 60 Delegate

## ALTERNATE DELEGATE

Hello,

Sixty-Five Al-Anon members and four Alateen members attended our Spring Assembly "Getting your Life back on Track" in Creston at Southwestern Iowa Community College in June.

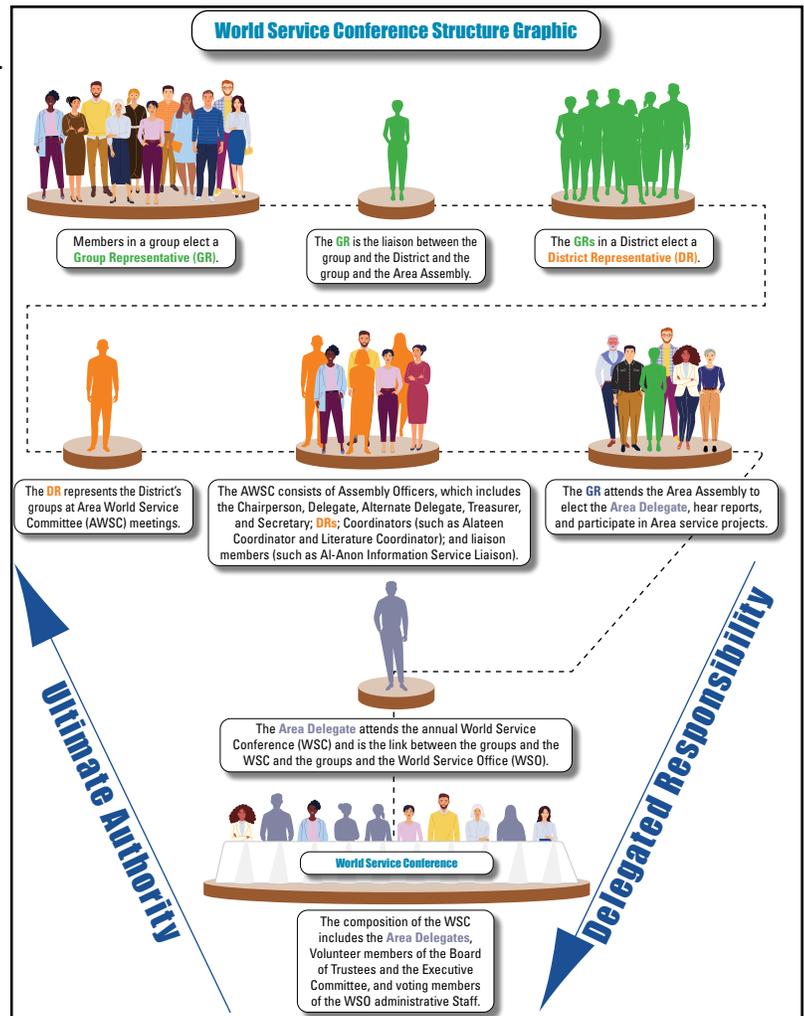
"A Moment of Clarity" is the theme for the Fall 2022 Assembly in Spencer. I am excited to announce that Beth K., Past Iowa Delegate, Waterloo, will be our Al-Anon Luncheon speaker. Our Sunday morning Spiritual Speaker will be Connie H. from Arnolds Park. You can register by going to <https://area-24-fall-2022-conference.cheddarup.com> or send in a paper registration. Pre-registrations are due no later than September 16, 2022.

The Spring 2023 Conference will be at Grinnell College in Grinnell, Iowa. Carolyn S, Cedar Rapids, will be the chair, and Carrie F, Cedar Rapids, will be the co-chair. Don B. Neenah, WI, will be our Al-Anon Luncheon Speaker. Cheryl T, Cedar Rapids, will be our Sunday Morning Spiritual Speaker.

### The Forum

I will participate in the next quarterly Forum Coordinator conference call in late August. This call has been a refreshing pick me up each quarter. It is a great way to hear what other Areas are doing to keep The Forum in print.

Forum sales fell by five subscriptions for June, with 354 subscriptions and 355 subscriptions for July 2022.



We have an Iowa Alateen published in the Aug 2022 Forum! Corrine from District 7 has a sharing on the Alateen page. I am so proud of Iowa Alateens' willingness to share their stories!

The Forum is written by you, for you. So please submit your sharing to The Forum for consideration. Everyone has a story to tell; let's hear yours! Also, please encourage any Alateens to share. They may be picked for The Forum or Alateen Talk.

Don't forget that you can get an electronic subscription to The Forum. You can order current and past issues of The Forum by going to [al-anon.org/electronic-literature](http://al-anon.org/electronic-literature).

There are two easy ways to order, a paper order form from the back of any Forum, or you can order online at [al-anon.org](http://al-anon.org) –click on the Al-Anon store, then find the tab for the Forum.

Grateful for Service,

Missy Y  
Area Alternate Delegate

## CHAIR REPORT

Hello!

Hope everyone is enjoying summer ... it has been a warm one! But, I'll admit that Fall is my favorite season ... and it will be here soon, as will the Fall Assembly!

The next time we are together, we will have our elections during Fall Assembly in Spencer. It is very important that we have as much participation as possible. GRs, remember it is your vote that will elect the next panel of officers, and each group has a responsibility to participate – whether it is your GR, or Alternate GR, if your GR is unable to attend. It is also your responsibility to become familiar with all the members willing to stand during elections to Iowa Al-Anon to make an informed decision. The resumes of those willing to stand are included in this newsletter. Read them and be prepared as we will not have time at the election to review the qualifications of the members. It is assumed that all this material has been studied before the elections. Possibly print your newsletter and bring it to the Fall Assembly to have the resumes handy with all their information right in front of you.

If you have questions about the election procedures, please feel free to contact me.

In service,

Virginia B.

Member and Area Chair

## TREASURER REPORT

Hello everyone!

I am excited for the Fall Assembly right around the corner and anxious to see all the wonderful resumes submitted for service positions.

CMAs, please check your email for the next Annual Appeal email coming in late September or early October. Donations can be made through the "donate" button on the Iowa Area website – or you can always pay by check or money order as you have in the past, payable to Iowa Area AFG and mailed to 2668 Millstone Dr., Dubuque, IA 52002. Or you could bring your donation to the registration table at the Fall Assembly in Spencer, IA. Please always include your group name and number when donating to the Area.

The Serenity Weekend is also right around the corner - September 23-25 in Manson, IA. You can register on the Iowa Area website or mail a check payable to Iowa Area AFG, 2668 Millstone Dr., Dubuque, IA 52002. Registrations are due by September 9.

As always, continued thanks for all the personal and group donations. The Area always ensures your donations are used for the betterment of Al-Anon and its members.

Thank you for all your service work, whether at the group, district, area, or WSO level!

As Always – Willing to grow in service ---

Linda A.

Area Treasurer

## COORDINATOR REPORTS

### AREA ALATEEN/AMIAS COORDINATOR

Hello,

This is my last Iowa Reaches Out newsletter report. The position of Iowa Alateen Coordinator/AAPP has deepened my belief that there are many Al-Anon members aware of how the family disease of alcoholism is affecting our youth. Several people have expressed an interest in becoming an AMIAS (Al-Anon Member Involved in Alateen Service). Thank you to all who have been AMIAS over my three-year term. You are the hope for our youth.

#### **\*\* EXCITING NEWS\*\***

A ZOOM Workshop will be held on Sunday, August

28 at 3 pm, covering **EVERYTHING** you need to know to become an AMIAS. **AND** Michelle K, Public Outreach Coordinator, will highlight how to reach out to attract new Alateen members.

Zoom information will be sent out to all registered AMIAS, DRs, and other interested Al-Anon members on Saturday, August 27. Please contact me if you do not receive an invitation.

#### ***State of Iowa Criminal History Record Check***

In accordance with the Iowa Policy and Procedures Guidelines, Iowa is watching out for our youth by recertifying the Iowa AMIAS every five (5) years. All AMIAS who fit the criteria have completed and returned their forms for 2022.

## *The Forum*

Corinne M, a member of the Tuesday night Altoona Alateen meeting, has an article on the Alateen page in the August 2022 Forum.

## *Public Outreach*

Michelle K, Iowa Al-Anon Public Outreach Coordinator, will join me on August 28 at 3 pm on zoom to share how Al-Anon members can reach out to increase Alateen groups. Michelle is planning to have the PO Alateen posters on the iowa-al-anon.org website.

## *Alateen Serenity Weekend*

Reminder: The Iowa Alateen Serenity Weekend at Camp Wesley Woods in Indianola has been postponed until April 21-23, 2023.

Lorraine R.  
Iowa Area Alateen Coordinator/AAPP

## **GROUP RECORDS**

Hello everyone.

I attended the July WSO Area Group Records Coordinators (AGRC) webinar. The WSO is working hard to get everything involving electronic groups, and the whole group records processes, coordinated. I learned there are a lot of steps to adding the PEGs to the WSO website. At this time, we are to treat the electronic groups like physical groups.

Please keep our Area Group Records updated with your group information, whether electronic or in-person or any other changes that need to be updated!!

One way to check that your group information is correct is to go to the WSO webpage and search for your group. If it is not current, please let me know. Here are the links: <https://iowa-al-anon.org/> and <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>.

When you send in a group record update, the required information is listed on the form. If you have updates or questions regarding group records, feel free to contact me via email at thggr2023@gmail.com or contact your DR.



Up-to-date group information helps members and newcomers find a meeting when they need one!

See everyone real soon!

Tracy H.G.  
Group Records

## **NEWSLETTER REPORT**

This year keeps flying, and the end of our term is almost upon us! As you read this newsletter, I hope you consider which positions you'd like to stand for in October. We're excited to welcome you to Spencer and hope you will join us!

In the meantime, don't miss the resumes at the end of the newsletter. Everyone who intends to stand for an area officer or coordinator position has submitted one.

Luanne T.  
Newsletter Coordinator

## **PUBLIC OUTREACH**

Greetings from Public Outreach! The Public Outreach Campaign for 2021 – 2022, featuring the Public Service Announcement called The Benefits of Al-Anon, has come to a close. I'm happy that as of July 23, 1,906 Airplays were reported in Iowa. Two months ago, I noted that there were 1,466 airplays and that most of the plays had changed from the Cedar Rapids, Waterloo, Dubuque, and Iowa City DMA radio stations to the TV stations in the Ottumwa and Kirksville DMA. Well, those TV stations in Ottumwa and Kirksville are still ahead and jumped from 796 plays to 1,064! The Cedar Rapids, Waterloo, Dubuque, and Iowa City plays increased from 466 airplays to 627. Followed up by the radio stations in the Davenport, Rock Island, and Moline DMA at 194, Des Moines – Ames DMA at 11, and Sioux City remained at ten plays.

I've also noticed that in my home district (9), the airplays are all radio, and I often hear the PSA on our local college and Christian radio stations. As a reminder, WSO would like members to focus their media outreach on the following:

College/University stations  
Christian/Religious stations  
Local Cable TV stations

All other radio and TV stations are contacted via our Public Service Announcement vendor. If you have

one of the three types of stations listed above that is not playing our PSA, WSO would like you to gather contact information for the station (I.E., Station name/ letters, person responsible for airplays at the station, email address, etc.), then email this information to [media@al-anon.org](mailto:media@al-anon.org).

I will attend the WSO Public Outreach Conference call on Sunday, August 7. I plan to pass on all updates in an Iowa Public Outreach Workshop on Sunday, August 14, at 3 pm on Zoom. Please see the flyer on our website. This workshop is for Al-Anon and Alateen members interested in Public Outreach. It is an excellent opportunity to share tips & tricks on

what's working in your district and gain new ideas to replace what is not working. I know District 8 has some great stuff to share! I hope to see groups engaged and coordinating with their district public outreach endeavors. Please let me know if there are any specific topics you'd like to hear about.

As always, please contact me if you would help like help with group or district public outreach, and I hope to see you all at the workshop in August. You can email me at [a18d9po@gmail.com](mailto:a18d9po@gmail.com).

Love and Service,

Michelle K. Iowa PO Coordinator

## DISTRICT REPORTS

District 1 is planning to have tables and be a presence in various parks for National Night Out on August 2 to pass out brochures.



Our yearly Autumn Awareness potluck is October 15, and Hope For The Holidays potluck and cookies exchange is on December 3. Looking forward to the election of new officers, Serenity Weekend, and Fall Assembly.

Gratefully yours

Barb G.

DR District 1

We are excited to welcome all of you to Spencer in October. Past delegate Connie H from Arnolds Park is the Sunday morning speaker. Connie has been active in service for many years and we are excited to have her speak. We have four active meetings.



The Monday night meeting is face to face until October and reading How Al-Anon Works. Attendance jumps from some nights four to six, some nights eight to ten.

Tuesday night meets virtually. Attendance has been down a little recently, but they still have around nine or ten showing up. They voted to start a new book after finishing Survival to Recovery. The next book will be Opening our Hearts: Transforming our Losses.

The Wednesday Night Group has five regular attendees and has had a few first-timers as well. "We'd love to see more of our pre-Covid members return, but we know life changes, membership changes."

Thursday Night ranges from 5 to 10 people every week. They've had three to four newcomers this summer and other Al-Anon members in Okoboji for the summer.

In Service,

Margert M.

DR District 2

Greetings From District 3,



We had a wonderful Serenity Day at the Calkins Nature Center, Iowa Falls, on Saturday, July 23. It was so refreshing to be together in person again and share some recovery, laughter, and good food. The salads were delicious, and we had a great turnout. A huge thank you to Missy Y for sharing her story and Connie H & Becky V for helping with the ZOOM connection.

A special Thank You to Deb B and Sue S for chairing the event and providing the beautiful decorations.

Meetings are going well, and members are discussing fall elections for new 2023 group officers.

Our next District meeting is scheduled for Sunday, August 28, from 1-3 pm at the McCormick Clubhouse in Ames.

Hoping we all get some rain soon. Some of my tomatoes have "blossom end rot," and I had to search how to fix that. It turns out – it's due to lack of moisture—time to turn the hose on.

I hope everyone is enjoying the last days of summer. Fall will be here before we know it.

Warm Regards,

Audrey U.  
District Representative

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Greetings from District 4.

Save the date: Our Be Good to Yourself Weekend will be November 4-6, 2022, at the Riverview Conference Center in Cedar Falls. Al-Anon members of any gender are welcome – you can stay for the day or the whole weekend. We look forward to a weekend of fellowship and personal growth.

Yours in Service,

Kristine N.

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Greetings from the Des Moines area!

By the time you read this, we will have held our elections for our next District Representative and Alternate DR, which are scheduled for our August District Meeting on Sunday, August 7. Two people have informed me that they intend to stand for the position. I'm so excited to have people interested in continuing service work within the program!

We have had newcomers at both of our active Alateen meetings. In addition, we have one of our AMIAS and an Alateen working together to plan an ice cream social this fall that will include both Al-Anon and Alateen speakers and will be open to all AA and Al-Anon members. Please look for a flier to be posted on our district website soon!

At our April district meeting, the GRs voted to return to having two separate events in 2023 for our District Serenity Weekend and our District Birthday Celebration. The committee planning the Serenity

weekend has booked Camp Wesley Woods for the weekend of April 15 – 16. Fliers will be coming.

Yours in Service,

Samantha J

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District 8 has scheduled its Fall Festival for Thursday, November 10, at the Cedar Hills Community Church, with speakers, dinner, a silent auction, and a bake sale planned. A Save-the-Date flyer is out.

We have focused on service positions and grooming the GRs to consider their replacements. Public Outreach worked with a vendor in Cedar Rapids to print and mail out a small advertisement in the community's ValuPak, which gets mailed to Cedar Rapids and Marion residents. We chose to send it to three sections of our city. We hope to track whether this was a successful way to get the word out about Al-Anon.

Most meetings in District 8 are back to in-person meetings. Three sessions did not survive the aftermath of the pandemic and have temporarily closed at this time. We had a new physical meeting start in February, which runs concurrently with the AA meeting in the same location on the second and fourth Tuesday of the month at 6:30 p.m., which seems to be doing well. We also have a new electronic meeting which started on July 7 and will be held every Thursday at 6:30 p.m. You can find District 8's meetings here: <https://www.cedarrapidsareaal-anon.org/meetings/>

We have held regular District meetings via Zoom, and I am hopeful to get back to in-person meetings. We have been discussing possible options, such as hybrid or alternating meetings. We also encourage people to "get in the car" to various events.

I am Co-chairing with Carrie F. (GR of Mt. Vernon's Saturday meeting) the 2023 Spring Assembly committee for Al-Anon. We have been meeting with the AA Committee once a month. We have identified the speakers: Al-Anon's main speaker is Don B., Neenah, WI, WSO Trustee, and Sunday's



**PLEASE NOTE:** Many members are using a variety of virtual platforms to connect. In accordance with Tradition 6, Al-Anon is neither affiliated with, nor endorses these individual companies.

spiritual speaker is Cheryl T., Cedar Rapids, IA. The assembly will be June 9-11, 2023, at Grinnell College in Grinnell, IA.

Yours in Service,

Carolyn S.  
DR District 8

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Greetings from the D9!

We are holding steady in District 9. Our last business meeting was June 29, and we met the new GR and Alt GR for Central Discussion. I would like to thank Jen and Mandy for their Service.



District 9 has six Al-Anon groups with seven face-to-face and four virtual (Zoom) meetings. Two of these groups are splintered/fractured, and another group has tried hybrid but decided to stay on zoom due to service participation. Our attendance numbers remain steady, with newcomers attending both face-to-face and virtual meetings. There are quite a few decisions to be made throughout the next few months, so we are having a Town Hall to assist with the KBDM process. I'll let you know how it goes. Our next District 9 business meeting will be on September 28 via Zoom at 6:30 pm. Our district service positions end on December 31, 2022, so we are praying (and asking for prayers) for some members to become willing to be of Service for the next term.

District 9 is grateful to be able to hold our Fall Spiritual Experience Weekend on September 10 and 11 in a new(er) location. We are headed back to Our Lady of the Prairie Retreat Center. It is a gorgeous and peaceful venue, and I cannot wait to get there!

District 9 Public Outreach is holding steady. A local outpatient facility, Rosecrance, allows our members to speak to clients in treatment every nine weeks. We have two or three members who give a 15 – 20 minute overview of what brought them to Al-Anon and their benefits from regular Al-Anon attendance. It is always interesting to talk about the effects of Alcoholism on those in treatment. One person may drink, but we are grateful that Al-anon is available so the whole family can recover. We also are still holding the institutional meeting at a local residential treatment facility, The Abbey Center. This is a 45-minute informational meeting that is attended only by Al-Anon members and family members of

those currently in treatment (no staff or clients are allowed). Literature, experience, strength, and hope are given every Sunday at noon. As always, I remain grateful to our Al-Anon members who continue to volunteer to chair and speak at treatment centers to help carry the message in our community.

Yours in Service,

Michelle K.  
District 9 Representative

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Hello from District 11. We have been busy planning our annual Fall Speaker Supper for the last few months. As we get closer to the event, we are preparing for two incredible speakers; Missy Y from District 2 and Terry M. from Dubuque. We have a beautiful hand-crocheted serenity prayer for a big raffle prize. We will, of course, have several small raffle bags to try and win as well. Please join us for this fun event.



At our last District meeting, we looked ahead to purchasing technology for the district to continue hybrid district meetings so all members can join safely. We have a busy August with planning dates for the Fall Speaker supper, Public Outreach, and traveling to Marshalltown for the August AWSC meeting.

Public outreach in Dubuque is organizing forums to send out in little libraries, and we are also sending out pamphlets and flyers to local businesses. We are hoping to bring more information about Al-Anon to our community.

Yours in Service,

Jamie V  
District 11 DR

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Our Sunday 9 am meeting averages six to nine people, with newcomers from time to time. The format covers Steps on the first two Sundays of the month, Traditions on the second two, and Concepts if/when there is a fifth Sunday. Masks are optional at this meeting.



Sunday Night Adult Children is still Zoom only, and the usual attendance is between five and six. They have not had newcomers. However, with accumulated monies, they recently made some contributions.

Sunday Night Big Book Study is no longer operating as a book study but following a traditional format of readings/discussion. They continue to hold Birthday Night on the last Sunday of each month, welcoming all from the district who have Al-Anon birthdays during that month. Those with birthdays are asked to share their previous year of recovery, and chips are given out. Attendance at birthday night has been seven to nine people, but regular meetings are experiencing meager attendance. Once again, the church site has posted signs requiring all who enter to be masked. There has been no group conscience on this matter yet, but everyone seems to respect the host site's rules.

The Monday Noon meeting continues to be Zoom only and has decided to become a Permanent Electronic Group. They average four to five attendees, with an occasional newcomer. They make sure the newcomer has a current meeting list and suggest that the newcomer try an in-person meeting. The meeting format is traditional.

Tuesday Night usually has six to seven attendees. It is listed as a Newcomer Meeting, and they receive them fairly regularly. Masks are optional, but most attendees wear them.

Thursday Noon has experienced low attendance recently, with three to four for most meetings. They are Zoom only.

Thursday Night averages four to five people. Occasionally there is a newcomer. Masks are optional. There is no interest in filling either of the two positions now held by the same person: CMA and Treasurer. There is no willingness to chair meetings for a whole month, so they volunteer to chair weekly.

The next District 13 meeting is at 10 AM on August 6, with the business portion for about an hour, followed by a 45-minute writing activity. All members are encouraged to attend either part--or both.

Respectfully submitted,

Jill G., DR

## Area 24 Fall Assembly Agenda

*October 7-9, 2022*

Clay County Regional Event Center | Spencer, IA

### Friday, October 7

7:00 pm - 8:00 pm GR Registration and Group contributions

8:00 pm - Opening Meeting: Host District 2

9:15 pm - AWSC meeting

### Saturday, October 8

8:00 - 9:00 am - GR Registration and Group contributions

9:00 am - Elections.

11:30 am - Luncheon, followed by

Gabe P., Des Moines - Alateen Speaker

Beth K., Waterloo - Al-Anon Speaker

2:00 pm - Assembly Business Meeting & Elections of Coordinators

6:30 pm - Banquet followed by AA Speaker

### Sunday, October 9

9:00 am - Workshop: Beth K.

10:15 am - Spiritual Speaker: Connie H, Spencer.

### Registration Links

[Registration Form](#)

[Online Registration](#)

## Iowa Area Officers, Delegate & Coordinators Resume

### Iowa Area Officer Qualifications:

In order to benefit from service experience, Iowa Area Officers will be elected from outgoing Iowa Area Officers and District Representatives who have served in the Iowa area. Also eligible will be past Iowa District Representatives who have remained active. Active defined as:

- A. Regular attendance at Iowa Al-Anon meetings.
- B. Attendance at Iowa AWSC and Iowa Area Assemblies (minimum 3 per year, in the full current term)
- C. Be able to become an Al-Anon Member Involved in Alateen Service (AMIAS).
- D. Participation in service work at any level.

### Iowa Area Coordinator Qualifications:

Any active Al-Anon member with a good understanding of the steps, traditions, and the basic Al-Anon program may stand for a Coordinator's position.

- A. At least two years in the Al-Anon program is suggested.
- B. Be able to become an Al-Anon Member Involved in Alateen Service (AMIAS) if required by the position.
- C. Regular attendance at Iowa Al-Anon meetings.

Members who are also members of A.A. do not serve as Group Representative (GR), District Representative (DR), Area Delegate, World Service Conference member, alternate to any of these service positions or on any committee of the World Service Office. (Al-Anon/Alateen Service Manual)

### **COMPLETE AND SUBMIT BY JULY 1**

Name: Audrey U

Years in Al-Anon: 26

### ***Current Al-Anon Positions/Activities:***

District Representative for District 3(5 years = 2018-2019 & 2020-2022), Committee Member for Policy & Procedure Review

### ***Previous Al-Anon Positions/ Activities:***

Saturday New Hope(Ames) Positions Held = Group Representative (twice), Secretary, Treasurer, Literature, Intergroup Representative. Ames Area Intergroup = Activities Chair, Secretary, Treasurer. District 3 - Public Outreach. Helped plan events at the local AFG level and at District Level. Committee Member of Technology Coordinator Group

**Other professional, technological or personal skills/experiences you would like to share:**

Systems Analyst for State of Iowa, Dept of Human Services. Trainer for State of Iowa Dept of Human Services Prepared and presented classes in person and online. Taught one hour classes and week long (all day) classes. Limited Spanish translation (written and verbal) through work (I am not fluent). Helped teach ESL class in local community. Taught Sunday School. Confirmation Mentor.

**Officer Positions Include**

Delegate, Alt Delegate, Chairperson, Secretary, Treasurer,

**Coordinator Positions Include**

Alateen, Archives, Group Records, Literature, Newsletter, Public Outreach, Website

**Save completed resume to your computer, then email or mail by July 1, 2022 to:**

**[iowaafg@gmail.com](mailto:iowaafg@gmail.com)**

**Iowa AFG**

**25471 McClelland Drive  
Spirit Lake, IA 51360**

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Becky V

Years in Al-Anon: 29

### **Current Al-Anon Positions/Activities:**

I am the current Area Secretary which I have enjoyed holding this position for the last 3 years. I am a current AMIAS member and I currently attend Al-Anon meetings virtually.

### **Previous Al-Anon Positions/ Activities:**

The previous Al-Anon positions that I have had the opportunity to learn from during my years in the program are: ~~Group Representative, Group Treasurer, District Representative, Group Records Coordinator, Newsletter Coordinator.~~ I have also been on the Host Committee for a number of Assemblies and I have helped plan District Serenity events. I also have had the opportunity to work with others on Thought Force and Task Force committees which I enjoyed. I am currently on the Policy and Procedure Committee which has shown me of how much I have grown in my program along with my life in general as things change and so do I.

**Other professional, technological or personal skills/experiences you would like to share:**

I enjoy working on the computer which I find challenging at times. There are many things I have learned about computer work because of my desire to keep learning new things. Having others in the program that went the down the same path as myself , they have shared with me how to grow and work through my fear of the unknown. I also like camping, traveling and meeting people.

**Officer Positions Include**

Delegate, Alt Delegate, Chairperson, Secretary, Treasurer,

**Coordinator Positions Include**

Alateen, Archives, Group Records, Literature, Newsletter, Public Outreach, Website

**Save completed resume to your computer, then email or mail by July 1, 2022 to:**

[iowaafg@gmail.com](mailto:iowaafg@gmail.com)

**Iowa AFG**

**25471 McClelland Drive  
Spirit Lake, IA 51360**

## Iowa Area Officers, Delegate & Coordinators Resume

### Iowa Area Officer Qualifications:

In order to benefit from service experience, Iowa Area Officers will be elected from outgoing Iowa Area Officers and District Representatives who have served in the Iowa area. Also eligible will be past Iowa District Representatives who have remained active. Active defined as:

- A. Regular attendance at Iowa Al-Anon meetings.
- B. Attendance at Iowa AWSC and Iowa Area Assemblies (minimum 3 per year, in the full current term)
- C. Be able to become an Al-Anon Member Involved in Alateen Service (AMIAS).
- D. Participation in service work at any level.

### Iowa Area Coordinator Qualifications:

Any active Al-Anon member with a good understanding of the steps, traditions, and the basic Al-Anon program may stand for a Coordinator's position.

- A. At least two years in the Al-Anon program is suggested.
- B. Be able to become an Al-Anon Member Involved in Alateen Service (AMIAS) if required by the position.
- C. Regular attendance at Iowa Al-Anon meetings.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Carolyn J S

Ad \_\_\_\_\_

Phone \_\_\_\_\_

Years in Al-Anon: 11

### **Current Al-Anon Positions/Activities:**

District Representative for District 8

### **Previous Al-Anon Positions/ Activities:**

GR, New Attitudes, Cedar Rapids; Public Outreach Coordinator and Alternate DR for District 8

**Other professional, technological or personal skills/experiences you would like to share:**

Have done some public speaking for various Al-Anon events around the Cedar Rapids area.

**Officer Positions Include**

Delegate, Alt Delegate, Chairperson, Secretary, Treasurer,

***Coordinator Positions Include***

Alateen, Archives, Group Records, Literature, Newsletter, Public Outreach, Website

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Connie H:

Years in Al-Anon: 33

### ***Current Al-Anon Positions/Activities:***

I am an active member of my home group and am currently serving as Alt GR. I also am currently serving as the District 2 Secretary and Archivist; I am active at the Area level by serving as a past Area Delegate which allows me to serve on several Area committees.

### ***Previous Al-Anon Positions/ Activities:***

I have previously been the District 2 DR and GR-CAL-R-US Tuesday Night. I have also served in multiple other positions, at the Area level, District level and also at Group level. I enjoy service and try to be as active in Al-Anon service as much as possible.

**Other professional, technological or personal skills/experiences you would like to share:**

I enjoy working with computers, using MS Word, Excel, and Powerpoint. I am also learning more about Google docs, sheets, etc. I have learned a lot about virtual(Zoom) meetings over the last two years. I have a part-time job that allows me to be able to do data input that includes on-line activities. I have learned a lot about problem solving and diplomacy through my AI-Anon service opportunities that has helped me both in my meetings and at work. I get excited about being involved in the future of our AI-Anon groups as we become more open to all the opportunities available that allows us different ways to share our message of help and hope to families of alcoholics.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Heidi M:

Add:

Pho:

Years in Al-Anon: approximately 8

### **Current Al-Anon Positions/Activities:**

(Note: All dates are approximate)

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Certified AMIAS (Jan 2016 - current)  
Area Assembly Spiritual Speaker, June 12, 2022

### **Previous Al-Anon Positions/ Activities:**

(Note: All dates are approximate)

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Group Representative, New Hope Al-Anon Meeting (March 2014 - Dec 2016)  
Group Representative, Tuesday Morning Step Study Al-Anon Meeting (Jan 2020 - July 2021)  
Al-Anon Representative, Intergroup Banquet Committee (Feb 2019 - Feb 2022)  
Certified AMIAS (Jan 2016 - current)  
Primary AMIAS, New Hope Alateen Meeting (Summer 2019 - Fall 2021)

**Other professional, technological or personal skills/experiences you would like to share:**

I was a School Psychologist for over 19 years, serving both Jasper and Polk Counties. Before my son was born, I also worked, part time, as an Adjunct Instructor with Grand View University, teaching teacher preparation classes.

In working as a School Psychologist, part of the position required providing in-services to constituents (teachers, administrators, superintendents) about various issues as they arose (from legal issues for students with disabilities, to strategies to address student concerns about behavior and academic deficits). As a mother, I've enjoyed volunteering with youth in my children's schools, Bible Study Fellowship, the Boy Scouts, and church.



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- B. Attendance at AWSC and area meetings (minimum 3 per year)
- C. Participation in service work at any level.

## Iowa Area Coordinator Qualifications:

Any active Al-Anon member with a good understanding of the steps, traditions, and the basic Al-Anon program may stand for a Coordinator's position. At least two years in the Al-Anon program is suggested.

## Complete the following:

Name: J. Michelle K \_\_\_\_\_

/ \_\_\_\_\_

Pr. \_\_\_\_\_ Years in Al-Anon: 14

## Current Al-Anon Positions/Activities:

- ❖ I currently serve as the Public Outreach Coordinator since 2020.
- ❖ I currently serve as the District 9 Representative since 2020.
- ❖ I'm an active member of District 9 Public Outreach Committee.
- ❖ I am AMIAS Certified.
- ❖ I currently serve on the EGWG (Electronic Group Work Group).
- ❖ I am a member of Central Discussion AFG & CAL Book Study Group, Davenport, IA

## Previous Al-Anon Positions/Activities:

- I served as District 9 Representative 2017 - 2020.
- I served as the Recorder for our Area Public Outreach Action Committee.
- I served as a member of the Area Web Page Committee.
- I served on the Area Inventory Committee 2020 - 2022
- I served as Group Representative for CAL Book Study AFG from 2014 – 2017.
- I've served as the Co-Chair for our District 9 Woman's Spiritual Experience Weekends.
- I was the Al-Anon Chair for the 2018 Fall Conference.

## Qualities, Interests, Hobbies other than Al-Anon:

- I've currently work as a Benefits Administrator, and previously worked as a Staff Accountant for 28 years. With this experience I've become proficient with Microsoft Excel, Word, Access & PowerPoint.
- My spouse (Kevin) and I have been married 12 years (together 15). We are a "merged" family with 4 adult children. Together we decided to get a puppy. ☺ We also have 3 grandchildren (under 5) whom we ADORE!
- I enjoy walking in nature, my yellow lab who's 10 and still my puppy, reading, listening to podcasts, spending time with my family (especially grandkids) and pedicures.
- I attend a couple of support groups called Forum for Her & What About Us. They are an extension of UsToo.org. This is support for spouses with all stages of Prostate Cancer. I'm an active advocate for Prostate Awareness in our community.
- My hobbies include shopping online, grandkids and dreaming about having the time for a hobby – like quilting.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: **Jamie V**

Address:

Phone: \_\_\_\_\_

Years in Al-Anon: 10 years

### ***Current Al-Anon Positions/Activities:***

District 11 District Representative, Webpage Committee,

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### ***Previous Al-Anon Positions/ Activities:***

GR Missing Link, Alternate GR Missing Link, member of Website Committee

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**Other professional, technological or personal skills/experiences you would like to share:**

Experience with Mac OS  
Experience with Microsoft OS  
Experience with Google Drive  
Facilitate District Meetings  
Collaborate with general and special education teachers and paraprofessionals  
Member of the Building Leadership Team  
Member of Inclusive Committee  
Solution oriented

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## Iowa Area Officers & Coordinators Resume

**Name:** Katy Pr

**Phone**

**Years in AI-Anon:** 27 consecutive years

### **Current AI-Anon Activities:**

- Area Delegate
- Active member at 3-4 weekly meetings
- Sponsor
- AMIAS

### **Previous AI-Anon Activities:**

- Area Alternate Delegate 2017-2019
- Area Alateen Coordinator 2017 and 2019
- Alateen Group Sponsor 2016-2019
- District Representative 2014-2016
- District Newsletter Coordinator 2012-2013
- D7 Birthday Celebration Chairperson 2013
- Co-Chairperson Fall Area Assembly 2009
- District Chairperson 2004-2006
- Capitol City Conference liaison July 2004
- Alternate District Representative 2001-2003
- Alateen Group Sponsor 2002-2003
- D7 Birthday Celebration Chairperson 2001
- 1998-2000 Group Representative Friday White House
- 1997-98 Treasurer Thursday Night Step Study

### **Other professional, technological or personal skills/experiences you would like to share:**

AI-Anon has enhanced every aspect of my life. I own and operate a business in wellness that I love and continue to find fulfilling after 18 years. Principles that I apply from the AI-Anon program help me to be a successful practitioner in my industry. I am well versed in Microsoft and Google products, as well as several web conferencing and digital finance platforms. I am willing and interested in growing my understanding of technology. I have a beautiful 15-year-old son and will celebrate my 21st wedding anniversary with my husband this fall. I am involved in a community garden, serve as the Advancement Chair for my son's Scout Troop and am the Altar Server trainer and Mass Coordinator at my church. For fun I enjoy walking, reading, puzzles and visiting national parks.

BA Anthropology, University of Iowa, 1996; Licensed Massage Therapist 2004.

## Iowa Area Officers, Delegate & Coordinators Resume

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Libby W \_\_\_\_\_

Years in Al-Anon: 23 \_\_\_\_\_

#### **Current Al-Anon Positions/Activities:**

GR

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#### **Previous Al-Anon Positions/ Activities:**

Group Treasurer, Alt. GR (twice), GR (4 times), District Secretary/Treasurer, Alt. DR., DR

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**Other professional, technological or personal skills/experiences you would like to share:**

Worked in Banking in the loan department as a customer service rep and then a consumer loan officer. Worked in a Financial Advisors office for 13 years. Duties included overall management of the office, meeting with clients, and management of the client's individual financial websites. Licenses held...Insurance license, Series 6, 63, and 7. Have owned my own Home Bakery for the past 4 years. Have extensive working knowledge of Word, Excel, and Power Point.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Linda A.

Adc \_\_\_\_\_

Years in Al-Anon: 42 \_\_\_\_\_

***Current Al-Anon Positions/Activities:***

Iowa Area Secretary.

District 11 Public Outreach Committee

Electronic Work Group Committee

??

***Previous Al-Anon Positions/ Activities:***

Group Treasurer, Alt, GR, GR, Alt DR, DR, Coorinator??, Area Secretary

**Other professional, technological or personal skills/experiences you would like to share:**

I have good organization skills, writing, committment

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Luanne T

Address:

Phone: \_\_\_\_\_

Years in Al-Anon: 10

### **Current Al-Anon Positions/Activities:**

- GR for Wednesday Night AFG in Spencer
- Area Newsletter Coordinator. During term, updated the layout and produced 5 newsletters per year which were emailed to all GR's/CMA's.
- Al-Anon co-chair for 2022 Fall Assembly. Worked closely with AA and our district to produce event.

### **Previous Al-Anon Positions/ Activities:**

- Member of Google Workspace Taskforce
- 2016 - 2019 -District 2 Secretary/Treasurer
- Help with 2017 Fall Assembly in Spencer
- Sunday am Speaker at 2021 Fall Assembly in Storm Lake

**Other professional, technological or personal skills/experiences you would like to share:**

Professional skills: Writing, editing, mail merge, event planning.  
Work with both PC and Mac products. Software:  
Microsoft Word, Excel,  
Google Admin, GMail, Sheets, Docs and Forms  
Adobe Creative Cloud - Layout and photo editing skills  
Avid reader

Through my nine years of involvement in AI-Anon and service, I have grown so much. I would love to have the opportunity to continue to serve the Area and members.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Michele (Missy) Y:

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Years in Al-Anon: 29 \_\_\_\_\_

### **Current Al-Anon Positions/Activities:**

I am currently the Alternate Delegate for Iowa. I attend required Area meetings. I attend regular weekly meetings, attend District meetings and take my turn answering the District phone.

### **Previous Al-Anon Positions/ Activities:**

Group Rep

DR

Alateen Cord

Literature Cord

Past & Present AMIAS

**Other professional, technological or personal skills/experiences you would like to share:**

I work in a professional office in the Accounting Department. I have experience with budget & Accounting tasks.

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### **COMPLETE AND SUBMIT BY JULY 1**

Name: Tracy H.G.

Address:

Phone:

Years in Al-Anon: 18+

### **Current Al-Anon Positions/Activities:**

Iowa Area Group Records Coordinator, District Treasurer

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### **Previous Al-Anon Positions/ Activities:**

District Representative for District 2, Group Representative for Cal-R-US, Alternate

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Group Representative for CAL-R-US

**Other professional, technological or personal skills/experiences you would like to share:**

I enjoy event planning and anything to do with making crafts. I have some computer/excel experience.

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