

Ala Gram

Fall 2000

The Newsletter of the New Jersey Assembly

**Dear Treasurer
Don't forget your
regular contribution
to Assembly.**

Most mailings are received by the group secretary. The Alagram is intended for your entire group to read. Scan the Alagram. During your report, highlight any articles of interest. Consider using some as a topic for a service meeting. Finally, pass this copy around the room for three consecutive meetings so everyone can read it. Then leave it on the literature table so it can be read at any time.

Our Assembly will be held on Nov 4th at the New Dover Methodist Church, 687 New Dover Road, Edison NJ. It will begin at 10:00 with 'coffee and' beginning at 9:30 AM

Somebody Special

Take a moment to think of somebody special, that one person that you admire and has really made a difference in your life. How would it feel if you could be that kind of person yourself, if you too could be somebody special? Let me tell you a story about Denise. She told her full story in the Fall '99 Alagram ("Are You a Somebody") but this will be a digest. While on vacation Denise saw an Al-Anon advertisement on TV and thought it would be wonderful to see those same ads playing in NJ. She knew that somebody should do it, but who? Through a series of coincidences, and without even trying, Denise became that somebody and had the ad running in NJ. Everyone who knew her was so proud!

Look around you. There is probably somebody special right here at this meeting. Many members think of their sponsor as somebody special. Your group rep, who offers important leadership to the group, is somebody special. The person who agreed to bring the topic tonight, chair the meeting, make the coffee – **they're all special!** It doesn't take very much to become somebody special. It can start with small steps, like coffee or cleanup.

So, here's a topic for a meeting and my story to start the topic. The topic is: "becoming somebody special". Think of someone who you would call "someone special" and tell a short story about them. Then describe what **you** have done or would be willing to do to become someone special yourself. Here's my story. One night the group needed someone to volunteer to lead the next set of six beginners' meetings. My sponsor, who was sitting next to me picked up the beginners leader book, looked at it for a moment and set it back on the table right in front of me. I knew I was not ready to do this, I had never even led a meeting with a topic. You see, the alcoholic in my life was not sober and was very troublesome. I had no hope to offer the beginner, or anyone else. But I trusted my sponsor completely, so I picked up the book and volunteered. A week later I led the first meeting with great trepidation. After it was over I was thrilled because I learned that I really did have something to offer the newcomers. I just never knew it, but my sponsor did. So the somebody special is my sponsor who saw something in me that I did not, and I became somebody special by leading those six beginners' meetings.

This is an important time to think about becoming somebody special because this is a special time for Al-Anon in NJ. Every three years the leadership in Al-Anon in NJ turns over and starts out fresh. From Group Rep to Delegate, every Al-Anon group selects new leadership. (See related story on Page 4). This is a perfect time to talk to your sponsor to see if you are ready for the next level. If you're a District Rep, it might be time to consider becoming an Assembly Officer. If you're a Group Rep, think about moving up to the open District Rep position. If you're a natural leader in your group, think about being the Group Rep. And, of course, every group needs members to fill slots for treasurer, secretary and ISR. You would be amazed at how good it feels when you become that somebody special that others look up to.

NOTICE: TRIENNIAL ELECTION ASSEMBLY

November 4th

The next Assembly is the where the GRs will elect the Delegate and Officers that will represent them for the next three years. Every GR should attend. Directions:

Take the Parkway either north or south to Exit 131 (Route 27). Turn right toward Edison & Metuchen and proceed to the traffic light at Wood Ave. Turn right and go to the second traffic light (Funeral home on the corner). Turn left on to New Dover Road. Go about one quarter mile and the church will be on the left side. Park in the rear of the church. Entrance to the rear parking lot is just past the church.

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TOOLS OF THE TRADE
Tips for Group Representatives



We reviewed Job Descriptions in preparation for the November Election Assembly

It was a warm sunny day. The sun was strong and summer was just around the corner. Everyone walked around the room chattering with old friends that they had not seen for some time. The June Assembly was about to get underway.

Carole opened the meeting in the usual way. The roll was taken and the new GRs were given a warm welcome. The reading of the minutes from the March Assembly was deferred until after lunch and the floor was turned back over to Carole to outline the business that would be covered that day. The item on the top of the list was noting that this was the last Assembly meeting before the November elections. Carole explained the importance of having a good team to insure that the important work of AI-Anon in NJ reflects the needs of the groups.

Karen followed up on this topic with her report. The focus of Karen's report was a review of the various job descriptions for each of the Assembly officers and coordinators. (See Article on Page 4) This was covered in detail for each position and the discussion took up a large part of the morning session. Each of the officers and coordinators participated by providing additional information about what it means to fill a given position. By the end of this session each person in the room understood the importance of getting the best people we can to volunteer for service.

The next report was from Gerri, our treasurer. He gave the financial details, which were good, and then noted that he had not yet received any mail from the PO Box, so he could not give and up to date report on contributions. "In September the officers will meet to plan the 2001 budget. We are behind on our annual audit at this point and I have to schedule a meeting to finish up last year, so there's still a lot of work to be done". Then Kim, our fundraising chair, reported that District 23 was planning a Halloween dance. Kim can be called for details.

Tim's report was different because it involved all the members in attendance. He gave a report on the 40th Anniversary of the WSC and then had everyone break up into groups to brainstorm ideas on "How to Keep Them Coming

Did you ever attend a meeting where the GR has held that office for the past ten years. That's a meeting that has lost it's spirit. (See related article in Spring 1999 Alagram) One important aspect of leadership is knowing when to pass the baton. In AI-Anon it is traditional that the same person should not hold an office for two consecutive three year terms. After you have finished a full three year term it is time to move on and let someone else take the job.

When someone new moves into a job, be it Delegate, GR, or even group secretary, new ideas come with the new leadership. When I was a new GR I saw a problem that I needed to deal with. There was a core of the group that did all the leadership. They were old timers and very respected by all. Standing in the shadow of such excellence, newer members were afraid to do anything, even chair a meeting. To correct this problem, I make a set of instruction books on how to do each task in the meeting. For example, the chairperson had a notebook with tabs for each step involved in running a meeting. I had the opening, the announcements, who to call on next, and so on. It was taken from our service manual and then expanded to customize it to our meeting. It removed the intimidation factor and allowed new members to be willing to do the job.

The old timers that ran the group before me did not want to discourage new members from helping. They would have welcomed help, but they were just *so* good at what they did that they could not see why it would be difficult for *anyone* to do it. It was a very small change, but that same book is still used in that meeting, sixteen years later!

So, now you are being asked to do one of the most difficult things for a leader—*step aside*. Spend some time with the group and hold some topic meetings on service. Tell your service story to the group. Invite people from committees like Jal Con, Information Service or Assembly to come in and tell their service stories. It will encourage active participation and you will be fully at ease when you pass on the mantle of leadership. And, you know what? You may just be pleasantly surprised at the wonderful new ideas the next GR comes up with.

You can contact Assembly by writing to:

**PO Box 391
 S. Plainfield NJ
 07080-0391**

Please mark your correspondence "ATTN: _____"

*"Treasurer
 delegate
 Literature Coord.
 etc."*

(Continued on page 3)

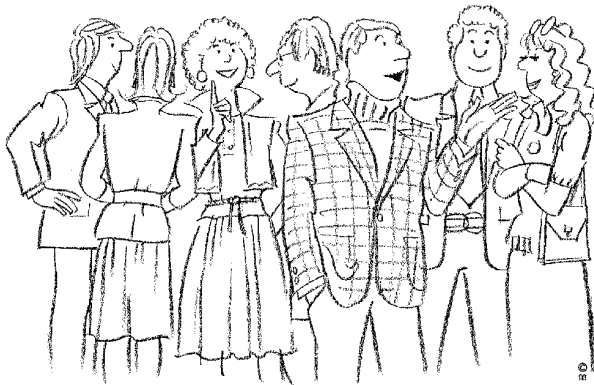
Assembly Highlights

Cont'd

(Continued from page 2)

Back". At the end of the group sessions, each group reported back to the full assembly on the ideas it had developed. The feedback was scheduled for after lunch. Then Tim gave the group another treat by giving a literature report in the form of a skit. Tim introduced a new character "CAL" who is a real bug for conference approved literature. (CAL kind of looks like a bug too, all green with six arms) Everyone got a lot of laughs out of that skit. Then John, the coordinator of Operation Alateen continued with the theme by forming his report in the form of an Alateen skit. Everyone really enjoyed the break from the usual routine of verbal reports.

Finally, we finished up the morning session when Carole introduced a new member of the Assembly. Vicky, the chair of the Spanish Intergroup. Vicky then introduced Merta who gave a full report of the various activities of the Intergroup.



After lunch we finally settled into a somewhat more business like mode. First we approved the minutes, then Pat from Jal Con introduced Liz T. who has been nominated for Jal Con chair for 2001. After a brief description of qualifications and several endorsements from other members, Liz was unanimously confirmed as the new chair. After this short business item we went back to the results of the break out groups on "how to keep them coming back". For the next half hour people shared and we all discussed some wonderful ideas that the GRs can take home with them. Everyone felt closer after the exercise.

The most important item from old business was the report on the planned NJ picnic for 2001 to celebrate Al-Anon's 50th anniversary. Anne reported that after much searching she was able to find a state park that would book the event without a big hassle over insurance, and insurance can be a big deal these days. After some discussion we approved a motion to reserve the "Turkey Swamp Park" in Central Jersey and place a deposit on the site. We also approved an increase in our budget for seed money from \$320 to \$500. Afterwards we voted on the Assembly meeting dates for 2001. They will be March 3, June 9, and November 3. After this we moved to reports.

BIG NEWS! Larry H. reported that our web page is up and running. The address is "www.NJ-Al-Anon.org". It's still under construction and there is still a lot to do, but we have a working web page. Karen, our institutions coordinator asked the GRs to let her know if there are any institutions that need Al-Anon meetings on site. Virginia reported on our 2001 calendar. The layout work is all done but she needs all 2001 dates ASAP if it will be printed in time for the November Assembly. Jal Con reported that they are moving into the final week of pre registration and they are excited about how the planning is going. Joan reported on the progress of her display panels for our Archives display. Bob reported on the *Alagram* and reminded everyone that most subscriptions would be running out this year and renewals would be sent out. Jerry G. reported on an event that he attended where he made more than 100 new contacts, and suggested that the Assembly consider purchasing a TV/VCR combo unit for the next PI/CPC coordinator. It's important to have one when we go to these events. NJIS has no report, but SJIS reported that their fundraiser had been a success. SJIS also had a good spring workshop with 85 people attending. Finally, SJIS reported that more book sales and more help are needed. Book sales are dropping, creating a funding gap, and the steering committee has several openings that need to be filled.

With that we moved to a green light session to discuss any GR concerns or questions and then closed in the usual way.

*CAL is a real
bug for
Conference
Approved
Literature*

BIG NEWS!
*Our Web Page is
up and running*

Let it Begin with Me: We are electing new Officers in November

Let it begin with me: We need new coordinators

Let it begin with me: My special skills could make the difference

SOMETHING WONDERFUL IS ABOUT TO HAPPEN

This phrase was the tag line from the movie "2001 A Space Odyssey". Since we are electing a new slate of officers who will begin serving 1/1/2001, it seemed an appropriate title for this piece. Also, something wonderful *will* be happening.

What is about to happen?

This November at our Fall Assembly we will infuse new blood into the leadership of Al-Anon in New Jersey. You see, it is traditional for the entire leadership in Al-Anon to turn over every three years, and that is about to happen. From group reps to district reps to coordinators to officers, we all turn over a new leaf.

How does it happen?

In a nutshell, here's how the process works. Before the Assembly, each group will have elected a new GR and each district will have elected a new DR. The incumbent (who holds the office until the end of the year) brings the GR or DR elect to the Assembly to get a feel for how the process works. Qualified members who wish to stand for election are nominated and seconded. They present themselves to the GRs who will be voting, and votes are cast.

Who will they elect?

There are six *elected* positions in the Assembly. In addition to the elected positions, there are eight *appointed* positions. Finally, there are three liaisons that come from Jal Con and the information services service arms to insure unity among the service arms. Beyond that there are various members who work on special projects. For example, Al-Anon has a permanent seat in the AA annual convention (like our Jal Con). In total, this group provides the vital link between Al-Anon in NJ and the rest of Al-Anon, as well as AA.

Who are they and what do they do?

Most of these positions are described in the Al-Anon service manual. However, each person was asked to describe his or her job for the June Assembly, so in their own words...

First, the Elected Positions:

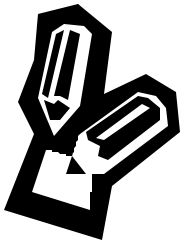
- **Chairperson** - Carole describes her job as coordinating the coordinators. The chairperson first and foremost chairs all Assembly and AWSC meetings. This involves preparing the agenda for each meeting and maintaining the orderly flow of each meeting. Carole spends a lot of time on the phone insuring that all the other officers and coordinators are managing their respective areas. Traditionally the outgoing delegate posts for this position.
- **Delegate** - Briefly, the Delegate is the voice and vote for all Al-Anon groups in NJ. The Delegate represents *you!* Specifically, Tim represents you at the annual World Service Conference and the Area Assembly. He also carries the message of Policy from World Service back to NJ. Within NJ he acts as an ex officio member of the Assembly Board of Directors, Jal Con Board of Trustees, Jal Con committee, NJIS Steering Committee and SJIS Steering Committee. Finally he acts as a liaison between each of these service arms to insure unity in NJ for Al-Anon.
- **Alternate Delegate** - First and foremost, the Alternate Delegate must be able to assume the responsibilities of the Delegate if, for any reason, he unable to perform those duties. But Karen, does not just sit around and wait for Tim to get sick. Karen is responsible for the logistical arrangements for all Assembly and AWSC meetings. This includes renting the hall and insuring that someone gets refreshments for each meeting. In addition, Karen works closely with Tim to assist him with his duties and attends many meetings that he is unable to get to because of schedule conflicts.
- **Recording Secretary** - Donna's job is what the name implies. As secretary she keeps the minutes from all Assembly and AWSC meetings. In addition, she keeps most of the official records of the corporation. Skills for this job require the ability to take notes, type, maintain records and get along with everyone else.
- **Corresponding Secretary** - Jon maintains a list of mailing information for all meetings and group reps in the state, as well as a list for DRs, Officers and Coordinators. That's right, when it comes to getting a letter to someone, Jon has it all. He produces mailing labels for others, like the Alagram and the Secretary or Treasurer, and does mailings to the AWSC. This position requires some computer skill, the ability to maintain a simple database, and word processing skills for preparing labels using database queries.
- **Treasurer** - Gerry our treasurer is Mr. Checkbook. As might be expected, the treasurer keeps the financial books for Assembly. He records the contributions, makes disbursements, balances the books and prepares reports to see how the budget is tracking with expenses. This position requires a basic knowledge of bookkeeping. It also requires some computer skills for maintaining the records in a computer format.

Next the appointed positions.

- **Alagram Editor** - Bob is responsible for writing the Alagram newsletter in preparation for each Assembly and then mailing it to each of the meetings. As might be expected, Bob spends a lot of time writing articles as part of preparing the Alagram, although he would tell you that the hardest part of the job is getting other people to send him material in a timely fashion so he can use it to write the newsletter. Once written, it is sent to the printer, folded, stamped and mailed. The skills necessary to do this job are the ability to author original articles and edit submissions. It also entails working with a printer to get a professional product. This position also requires computer skills for using a desktop publishing system, and preparing articles for posting on the Internet.

(Continued on page 5)

The first step is a desire to serve



You are the key to making something wonderful happen in NJ

(Continued from page 4)

- **PI/CPC Coordinator** – Jerry has a lot of responsibility. He is the one that keeps in touch with the public and the professional community. This is a very large audience to be responsible for. In his job, Jerry receives a lot of information from World Service that he distributes to the appropriate group. He also has to work closely with the two information services, since public information is a large part of what they do as well. This is very much of a people job. He not only meets with various groups, but he frequently forms various committees to help with special projects. Without those committees it would be too much for one person to reasonably do. So this is a job of communication and leadership.
- **Institutions Coordinator** – This position involves many of the same responsibilities described under PI/CPC, but the audience is institutions such as rehabs, hospitals, and correctional facilities.
- **Internet Coordinator** – Larry is our resident WebBot (as we say in the trade). As the title implies, Larry manages the NJ Al-Anon web site. This position requires the ability to author and publish Web Pages on the Internet. Larry takes content from other coordinators and places it out on our site. It also involves managing the account with our Web Hosting Service provider. As might be expected, this position requires a high degree of computer skills.
- **Alateen Coordinator** – Sue has always had an affinity for children from alcoholic families that need help. That gives her the right qualifications for this position. She is responsible for making sure that the Alateen groups throughout the state are functioning properly, trying to recruit and train Alateen sponsors and working with groups, like schools, that wish to have Alateen meetings on site. Sue also distributes information from World Service for Alateen groups. The primary requirement for this position is a love of children.
- **Literature Coordinator** – This position involves working with World Service to insure that the needs of the Area for program literature are met. Virginia keeps the DRs and GRs informed of new literature and of the status of literature in production that has not yet been released.
- **Archivist** – Joan, our Archivist, says that she is fully qualified for this position because her attic contains mementoes of everything she has done for the past twenty years. The job is as the name implies. The archivist keeps historical records for the Assembly.
- **Russian Group Coordinator** – George has developed a great love for his job. As Russian Group coordinator he stays in touch with our adopted Russian Groups and sends them literature as our budget permits.

How does the process work?

The first step is to have a desire to serve, and to be a qualified member. As you can see from the job descriptions, experience in service and a good knowledge of the traditions and concepts of service are essential for the position. Members gain that knowledge from being involved in other service positions. For example, all DRs are members of the AWSC and usually attend all Assemblies with their GRs. Thus, the most qualified applicant is an outgoing DR, or someone who has served in a different coordinator or officer position. After that, outgoing GRs who have been active in Assembly may be also be qualified. But, as in everything else in Al-Anon, a member's qualification comes from his or her own heart and the group conscience of the GRs voting for the nominee.

So, here we are at the November Election Assembly and we have six people to elect. Any person wishing to stand for a particular position has probably thought about it for a while and discussed it with his or her service sponsor and, oftentimes, the person who is vacating that position. Frequently, that person has worked with the outgoing officer on a particular committee and is already familiar with the job. The applicant may also have prepared a brief resume of past service experiences for the Assembly. That person then makes herself known to the Assembly by stating her willingness to run when the position is announced by the chair. Each person who will stand for a position must be nominated by a member of the Assembly and the nomination seconded. When all people running for a particular office are nominated into the slate a vote is taken and the person receiving a majority is elected.

Now that the officers are elected there are still eight appointed positions to be filled. This responsibility falls on the shoulders of the incoming chairperson. He or she has the job of assembling a competent team to faithfully serve the groups. Any person seeking a coordinator position must then make him or herself known to the newly elected chair. He or she has until the end of the year to fill those jobs. When it's all done, it's easy to see that ***Something Wonderful Truly Has Happened!***

Putting it all together!

As you can see, it's not an easy process. It takes a lot of faith in Al-Anon and in your higher power, but ***it all begins with you!*** You are the key to making this all happen. It takes a willingness to serve from many people in Al-Anon to make it all work. So, consult your sponsor and your higher power and consider a position. Unless you believe in the Al-Anon slogan, "Let it begin with me", then you're trusting somebody to do it, and if everybody waits for somebody, then nobody will do it.

From our Delegate—Tim S.

Seems like just a short while ago I sat at this keyboard preparing to write my first article as your Delegate. Now I sit here attempting to prepare the last. Trying to sort through the myriad experiences and emotions of the past three years, and say something meaningful. But what, what could be meaningful to you, the members of New Jersey's Al-Anon family?

I could share on the wonderful new friends I've made as your representative. I could possibly try to share the gratitude I feel for being given this tremendous opportunity for personal growth. Maybe tell you about all the great places I've traveled to on your behalf. I could attempt to relate to you all the things I've learned about Al-Anon, and myself.

Somehow all those things don't seem appropriate. As I sit here I have a great sense of things undone. I worry about the forty Groups currently in suspended mailing at the World Service Office. Are they OK? Do they still exist? What will happen to the potential newcomer who goes to one of those meetings and finds it isn't there? What will happen if the Groups are taken off the WSO or Information Service registry if they still are? What about the newcomer who might have come had they only known the meeting was right down the street? How hard is it to complete and mail a Current Data Sheet anyway?

I ponder the twelve districts that have no District Representative and go without representation at the Area World Services Committee Meetings. I contemplate the 350 Groups that don't attend Area Assemblies, and whose voice is not heard. I wonder what you're thinking, what they need to strengthen the Group and its recovery. I wonder if your Group realizes how important it is to the world wide face of Al-Anon, and worry that it doesn't.

I do a lot of wondering these days. I wonder if you know that this is an election year for New Jersey's Assembly? I wonder if you care? I wonder if you know how much work is left to do, and are willing to participate in its completion. I wonder if you think you can't possibly participate because you don't know how. I felt the same way. I remember the fears and doubts about meeting new people, going to unfamiliar places, and my abilities. I can assure you that the people don't bite, although sometimes we bark. The places are well lit, usually. And you are likely more capable than you know. Willingness is the prime requirement. Come join us at the November Election Assembly. Help us continue the work that's still to be done.

**nj al anon i s
now on the web
@**

<http://www.NJ-Al-Anon.org>



The Internet is really becoming a wonderful source of up to date information on virtually any topic, *including recovery and service with Al-Anon*. Ever wonder when that next service meeting will be, or try to find that article in the *Alagram* that you wanted to use for your next meeting?

For a few years our Al-Anon World Service Office has had a web site with helpful information about Al-Anon in general and worldwide, but it could not answer those specific questions about our local program. Now your search is over because we have one right here in NJ, and it's focused on our local issues. There is a calendar of events so you know when that next important meeting will be, a complete archive of three years of the *Alagram* so you can research any past topic, a special section for GRs, and so much more.

And here's the best news, we've only just begun. Like any other new venture, we only have a small framework of what will be in the future. As the months pass we will be adding more and more to make it the best resource for Al-Anon members in New Jersey. So, stop in and browse for a while, and remember, we're still under construction.

We're More than Meeting Books

Information Services

Information Services is a very important service arm in Al-Anon. When you first call seeking help, your call is directed to the Information Service answering bureau. For most of us, that's the first friendly voice that we hear in Al-anon.

In New Jersey, we have two information services and renting the office space, paying for the phone service and keeping staff on hand is a very expensive operation. Like the Assembly, information service is funded by donations from the groups, but unlike the Assembly, they also have another source of funding; the literature depots maintained by each information service.

So, remember, when you order literature, make sure that you place your order with your local LDC. It's the same price as ordering from World Service, but it will go a long way to keeping your service arms in this state afloat.

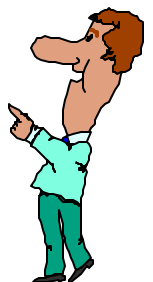
Send your Literature order to one of the two following addresses:

NORTH JERSEY

NJIS Literature Depot
73 S. Fullerton Ave, 2nd. Flr.
Montclair, NJ 07042

SOUTH JERSEY

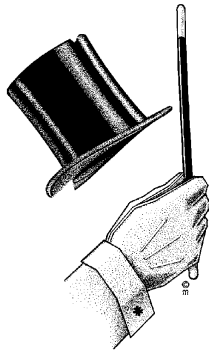
SJIS Literature Depot
116 White Horse Pike, Suite 1B
Haddon Heights, NJ 08035



FROM THE EDITOR:

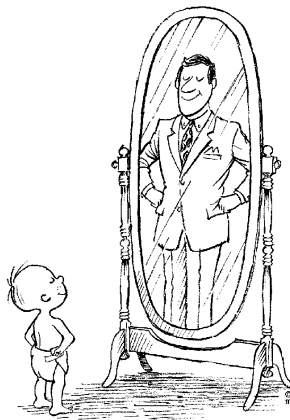
I remember an old saying from my days as a boy scout. It was, "Wherever you go and whatever you use, always leave it better than you found it". Breaking camp after a weekend was always an involved project because we had to make the campsite look like we had never been there. That little adage has served me well over the years. I feel the same way about the Alagram.

When I agreed to do this three years ago I had no idea of what I would do. I had never much thought about what the Alagram should be. It had never been a newsletter, but I remembered what the WSO newsletter was like. I thought, "We should have something like that here in NJ". My next step was to get layout ideas. I looked at other newsletters and spoke to a friend of mine who did this kind of work professionally. He told me that my first step was to get publishing software and take it from there; so I did. Strangely enough, that one decision was the catalyst that kicked off everything else. When I installed the publisher I found that it came with pre made templates. There were three or four for newsletters and I found one I really liked. That gave me a skeleton.



Now I actually had to design a layout. I thought this would be the hard part. I felt like I was trying to pull a rabbit out of a hat. The first task was to come up with an attractive front page. You would not believe how long it took to come up with just the right font for the word Alagram in the header frame. My computer had more than four hundred fonts to pick from. Then designing a logo that said "Alanon" and New Jersey" was a challenge. I had to make something that was not too close to the official WSO design (it's registered) and also get the New Jersey message in. That took a long time. After that was done I had to decide on static content (that's the stuff that never changes from issue to issue). And there were a million other issues that had to be addressed before I did my first publication. How many pages; the combination of pages and paper weight had to be less than an ounce for postage. Using the last page for a fold and mail pattern made the production job much easier, and choosing the right content for page seven was important so that the words Al-Anon would not bleed through to the postage page. That insured anonymity for the recipient.

Next came the even harder part, getting content. It means depending on many other people to file reports and write articles. If you're truly going to be the editor, you need to depend on others to do the writing. It took a lot of calling and cajoling to get people to respond. Then, once I had all my content, it was time to do layout and make everything fit in those little boxes. Sometimes you'd have to trim a few sentences here and add a few there; then add a pinch of formatting tricks and *viola* you have completed your first issue. Now to line up a printer and get good price quotes. Finally, get it back and get some help to fold, staple, stamp, address and send. Thank God! I've completed my first issue, only eight more to go.



Now I'm on my last issue and those first baby steps seem forever ago. By now doing an Alagram has become very routine, but looking back, I can't believe that I really developed all those skills with the help of Al-Anon. It's really gratifying and I feel that I was true to the adage from my boy scout days: "I left it better than I found it"! If you ever want to enhance your self esteem and feel like someone special, I highly recommend taking a position in the Assembly. You'll feel so good about yourself and what you've accomplished.

Yours in Service,

Bob B.

P.O. Box 391
South Plainfield NJ 07080-0391

Place
Stamp
Here

