MINUTES OF DISTRICT 4 AFG
BUSINESS MEETING
Saturday December 14th, 2024 10:30 – 12:00

Cassandra DR Chair opened the meeting at 10:45, Serenity Prayer, Meeting was recorded by Cassandra, Minutes taken by Robert W.

GR Reports

1. Saturday Morning (Shasta Lake City), Chris W. No Report
2. Monday morning (Yreka) Mary S. No Report
3. Monday night (Susanville) GR Kathy H. Cassandra mentioned their phone has been disconnected. They do send money to the area.
4. Monday Night Alateen (Redding) Usually about 3 people attend. No Alateens.
5. Monday night (Redding) Zoom, GR Nancy H. 10-12 people attend. Healthy group. Will make a donation.
6. Tuesday morning (Mt. Shasta) Marga – No Report
7. Tuesday Noon Redding G.R. Robert W. Good Meeting. Ave close to 20. Jane, Treasurer added the group was able to contribute over $1,100. to the District and $300 to the Area.
8. Tuesday Evening (Redding) Zoom only. GR Eric – Linda 3 to 5 people, most people are in Service. Will be making a contribution. Will be sending someone to Assembly. In good standing.
9. Tuesday Eve (Alturas) No Report
10. Wednesday Eve. (Scott Valley) GR Julie W. to Cassandra. Meeting going fine, will meet on Christmas night and New Years night.
11. Wednesday Eve Women (Redding) GR Cathy A. 6-10 regulars + others on Zoom. May need to move rooms due to rent.
12. Thursday 11:30 a.m. (Redding) GR DeeDee Doing fine. Making contributions to Dist. twice a year. Have 15 to 20 up to 24.
13. Thursday Afternoon Alateen (Scott Valley) No Report
14. Thursday Afternoon (Weaverville) Christina No Report
15. Thursday Night (Yreka) Pat F. No Report
16. Thursday Evening (Anderson) GR Gina, has at least 8, sometimes 12-14. Voted to send a contribution. Sends contributions quarterly. Pretty healthy group.
17. Red Bluff Sunday 6:00 p.m. at Coyne Center, GR Molly No Report

DR Report - Cassandra. Year End and WSO Contributions - For the first 6 months of 2024, 329 groups (47%) donated to the WSO a total of $42,467. Ave. of $129 per group. If each group that donated gave $330 the WSO would meet their goal. NOTE: we were told last year that the

WSO had sufficient funds for the year. Maybe WSO needs to look at their budget and possibly cut back on some of their expenses. Our District gives approximately 30% of our surplus funds to WSO. Some smaller groups only cover their rent. It was decided that we would revisit this topic again at our meeting in February.

Secretary Report's - Robert worked with Mike. Mike typed up the Minutes for the October meeting. Robert will take notes for this meeting and will type up the minutes for this December meeting.

Treasurer's Report - Gina reviewed the change in the checkbook balance on 10/31/24 was $4,909.26. New balance on 12/9/24 was $5,253.73, including our prudent reserve of $2,700. Receipts of $1,226.75, expenses of $922.28, for an increase of $344.47. We discussed the possibility of doing away with a Post Office box due to the increased cost. Gina will continue to use our P.O. box in Shasta Lake City.

Gina reviewed the short version of the 2024 Budget and 2024 expenses through 12/09/24 and the 2025 Budget Proposal. See the totals in the chart below.

	2024 Budget	Actual thru 12-09-2024	2025 Proposed Budget
Income	$9,130.00	$8,330.64	$9,260.00
Expenses	$9,580.00	$7,274.21	$9,260.00

NOTE: Please include Gina's Summary Budget Proposal Worksheet in the minutes.

Points of discussion 2024 Budget vs. 2025 Budget Proposal:

Income - Meeting donations went up, so Gina raised the amount from $2,000 to $2,500. Dist. Literature, Day in Al-Anon and Start up funds all remain the same. Misc. Donations were lowered from $500 to $125. Gina is going to double check group donations vs. personal donations.

Expenses – Miscellaneous will remain at $250. Zoom cost, per Heather should be $160, so Gina will lower her proposal. Day in Al-Anon will remain at $1,200. Alateen Training; Gina proposed, Down from $1,400 to $1,100, the R&R and Certification training. We have 7 AMIESSES (sp?). Her thought was that at least we would have funds for new people to attend as well as some others who had been before. Certification is $125(?), including live scan and fingerprinting. NCWSA & Assemblies same at $1,000 although 2024 expense was $0. Transport/Dist. Business same @ $100. Gina lowered Public Information from $1,100 to $1,000. P.O. Box rent up $5.to $185. Rent for meeting room up from $50 to $75. Start up funds same @ $100. Literature Same @ $4,000.

Gina will look at our contributions to Area and WSO. Cathy A. strongly suggested we keep our Public Information budget and energy up to keep our programs in front of the community. Toby has been buying Help and Hope for Families of Alcoholics. Dee suggested we reach out to Mental Health Forums. Cyndi supplies some clinics that would be receptive to receiving our information. We discussed other ways distribute Help and Hope. Jane suggested some groups that need the outreach, that the District provide H & H for smaller groups. Back to budget. Phoebe; The Website will cost us $24 for the first year (until Nov. '25) then it's $12/month thereafter. Heather has the cost of the Newsletter down to $0.85 per set. Heather would like more feedback. And to be sure groups get copies somehow. She can get copies to the Dist. meeting for GR's to take back to their meetings. It is available on the website. The budget is not fixed and can be amended.

Nancy moved and Robert seconded a motion to approve the budget. Motion Passed.

Website Report – Phoebe We have 91 people on the email list. Phoebe notes 91 people haven't opted out, she doesn't know who is actually looking at it. She could use more feedback too. It is a living entity. She still needs to add and fill in some details. She used an analogy of the website being like a billboard. One needs to go online to drive down that street to see it. We are participating in the area's site. We will be starting our own hosting.

Outreach – Toby He's back! Toby reviewed the Outreach projects that had been done last year. The groups have a responsibility if they see an opportunity. Ask if the groups have the materials. If you see an opportunity, take it. Deliver the available materials. If you see what you think is a District level contact, make the contact. The District can act more as a resource and can compile that contact information. Groups are autonomous they can decide on the question regarding the amount of outreach. The District can absorb the cost for some of the smaller meetings. We spent $733.99 last year – the majority was spent on Help and Hope. He would like to see some of the groups take on the cost of some of the outreach materials. Gina asked about the cost of radio. Toby doesn't know the answer to that question. Toby supposed there are some low-cost outlets. Carol mentioned the likelihood of some free public service stations. Dee raised the question of violating our Seventh Tradition. Can we utilize an offer? Toby asked to clarify Dee's question. Would the groups remain fully self-supporting if the District paid for regional outreach? If KIXE were to spotlight us – Toby, it is in line with our traditions to let people know who we are and what we do. Telling people "You need to go…" would be violating the spirit of the traditions. The handbook makes it pretty clear. Help and Hope and How Al-Anon Faces Alcoholism are two names for the same publication; Our basic outreach publication.

Winterfest Report – Dee   Dee is the Chair of the Winterfest Committee for Al-Anon. A subcommittee made the decision to move the event to the Anderson Fairgrounds. It was unanimous. More opportunities for service due to required set-up. Conference will be in two rooms. Lower ceiling rooms. Our workshop on Saturday will be in a room with a divider. We are staying optimistic; lending full support. Here we are creating the event, where at the hotel, the hotel facilitated the event. We will have three or four food trucks. For service positions – we will need meeting representation and Greeters. If any groups would like to sponsor, let Dee know. Also any groups that would like to provide a gift basket as a raffle prize. The cost of all of the speaker recordings is included in the cost of entry. People don't buy or play CD's anymore. $5 of each ticket goes to the recording company. The attendees will be able to get a download of the recordings. We will have two Al-Anon speakers, Cathy H from Cincinnati and Maria S from Los Angeles. Our workshop will be on the pamphlet Alcoholism is a Family Disease. The event schedule is on the website. Friday Jan 24th through Sunday, the 26th. Service opportunities will start on Thursday the 23rd. Service opportunities include the Literature table and set up. We're also in need of a Co-Chair for 2025, two-year commitment. The second year will be Chair.

Literature Report – Shiela, not in attendance. How do groups buy How Al-Anon Faces Alcoholism? Toby answered by saying contact your group literature person for needs at the group level. Regarding the District 4 Newsletter, Heather raised the question, do we want to make copies, at the very inexpensive cost of $0.85 per set (four color pages)? Do we want Heather to make more copies and bring them to the District meeting for the GR's to take back to their group? A payment App is a "No", at this point. A question was asked about the possibility of doing a mass text. Phoebe gave the answer: It's just another thing that needs to be done. Heather needs to be reimbursed for the cost of the program she uses to produce the Newsletter.

Delegate Monthly Meeting – There was a meeting in November. Next meeting will be Friday 12/20. It is an opportunity to listen to our Area delegate and hear about changes or discussions at the WSO level. It is all on line

NCWSA Convention – Being planned right now. Planning meeting going on until February. If you're interested in a service opportunity contact Cassandra.

Cassandra closed the meeting by leading the Serinity Prayer.