

Rosemary R., District Rep. Report- Falls Church, McLean, Vienna, Oakton
- May 2019

In January 2019, I took over from Darren L, who has since been a great help, when I **had** to ask him for more help, etc! He also passed on records and forms to me that turned out to be very useful. I was really supposed to be the GR this year, but at the last Assembly, when our group was sent out to confer, I opened my mouth! So our group is still looking for a GR, but I am listed as the GR, I believe, have to check to be sure.

ACTIVITIES

- Back in November, Darren L and the GRs –I was an alternate GR then (at the district meetings), started planning for the Healthy Relationships workshop, that usually is held annually one Saturday in February by our district. Diana B., one of our GRs, emailed the contact at the INOVA Fairfax Hospital to request which date we could use the space at the Physicians' Conference Center there, but got no response from them for several weeks, so in early January, Terese M. the group rep from last year, (and a nurse, which may have helped) contacted them again and received a template which she filled out and returned to them, and we finally got a date, February 23rd. Then I sent out a simple "Save the Date" flyer to various GRs and others. In January, I emailed all the GRs asking for help with finding speakers, and Nancy B., another GR, was kind and generous enough to agree to be the speaker chairperson, and I said I would be a co-chair for finding speakers. So to make a long story short, with the help of Nancy B. and Daren and **all** of our GRs and several past speakers who stepped up to help, the workshop came off successfully! We had book sales by the Northern Virginia Service Center people from Manassas, and a Convention table, and lots of snacks and coffee thanks to many people, respectively, and to

Terese M. and several other GRs and I had several learning experiences due to this workshop.

- Another outreach opportunity that is available in our district is the CATS (Comprehensive Addiction Treatment Services) Center at INOVA Fairfax Hospital. Lillie V. is the outreach coordinator for the Northern Virginia area for Al-Anon. Our district sends volunteers to CATS on the 1st and 3rd Wednesdays. Lillie V. is working on getting District 10, (Reston – 2 Mens' groups there) to use the Signup Genius that was already being used for the 1st and 3rd Wednesday evenings at 7 pm, to find volunteers from district 10 for the 2nd and 4th Wednesdays. There is also someone from the Burke group (district 8), Chris B., who worked on the flyer for CATS as well as Lillie V.
- Wanted to mention that I was volunteering at the Service center when it was in Falls Church and was a witness to the trough, due to a plumbing problem elsewhere in the building, to have to be dug in the office space—it was closed by that time and material had been moved to another office down the hall for the Manassas leadership to pick up and move it, via their movers, in early January!
- We have been promoting the Convention this summer and the Assembly. And a Warrenton workshop in March took place as well that was emailed around to the GRs as well as the DRs. I was not so thoughtful about reminding our GRs to sign up for the Assembly! However, there were several of them who did attend. Maria N., Ric B., Diana B, Nancy B. and Lillie V. was there, as well as Carito S. I may have missed someone, though doubt it. Lisa C. was not able to attend, due to previous plans.