Report from Nevada Delegate, Panel 63 - Service is the Key

Our Nevada Assembly, September 16, 17, 18, at the Tonopah Convention Center was a great time to be together and learn more about how the business of Al-Anon works with breakouts, a potluck, a banquet, a wonderful writing workshop, reports, skits, the raffle, and other activities to conduct Nevada Area business using our Legacies—the Steps, Traditions, and Concepts. Our Assembly theme was Love, Laugh, and Grow Together. Learning how to conduct business using spiritual principles as we do at Assembly helps me learn and grow in my recovery and expands my life inside and outside of Al-Anon, for which I am very grateful.

The Group Representatives (GRs) at Assembly discussed and participated in the Thought Forces, Task Forces, and Workgroups on issues including a Two-day Spring Assembly, Hybrid Assembly, Spanish Translation of Written Documents, among other issues. The GRs voted to approve motions for the guideline to include Permanent Electronic Groups (PEGS) in our geographic area, the 2024 budget, and other issues to help groups in our Area stay well-informed, self-supporting, and easily available for newcomers to find.


Did you know?

- There are 13,300 Al-Anon groups and while 100% of them use WSO services, only 61% of groups contribute to the WSO. Is your group contributing to WSO? https://al-anon.org/contributions/

- The 2023 average cost of the World Service Office yearly services per group is $321.25 - expenses include costs such as group registration so newcomers can find your meeting and help and hope, Mobile App meetings, the https://al-anon.org/ website, literature and editing The Forum, PSAs, translation services, among other services and supports.

Our next Nevada Area Assembly will be held March 16 and 17, 2024 at the Tonopah Convention Center. I look forward to the Public Outreach workshop, more skits, laughter and potlucks, and breakouts, and moving forward together with our service and recovery. I hope to see you there!

Thank you for letting me be of service.
Lisa S., nvdelegatepanel63@gmail.com
Hello everyone!

“Easy Does It” is a slogan I have been able to use a lot during my service commitments as I have a tendency to overthink and make them complicated. All of us can do public outreach and we don’t have to reinvent the wheel to carry the message.

The Public Outreach toolkit available at https://al-anon.org/for-members/public-outreach/public-outreach-toolkit/ includes printable information sheets on various types of outreach projects that individual members, groups, districts, AIS’s, Areas can participate in. These information sheets also contain approximate costs and time commitments plus hyperlinks to existing resources and information on how they can be used. For example, the online information sheet for Posters contain hyperlinks that will take you to the WSO approved posters, etc. I have included a copy of this sheet in this newsletter in the pdf link below.

Love in Service

Julie S.
Public Outreach Coordinator

Posters_WSO Project Info Sheet.pdf
Hello everyone, Rita your Area Chair here! Hope everyone has been doing well since Assembly. Grateful for everyone and their service, without which our Fall Assembly would not have been as successful as it was! One of the many questions I was asked during our weekend in Tonopah was, “How are you staying so calm?” and the truth is, our slogans and especially my God played a huge part. I learned to do a lot of things in program through the slogans and “Easy Does It” has always been a favorite. When I was newer, I needed help to calm my racing mind filled with thoughts of the alcoholic and the insanity of this family disease. In recent times, the slogan has helped me focus on what’s in front of me and accomplish tasks with calmness and serenity. I’m truly grateful for Al-Anon and this way of life, I can’t even imagine how I would function without it.

As the holidays approach, please keep in mind that Alcoholism is stronger during this season. Take care of your family members, enjoy the season, but don’t forget the newcomers who will be walking through the doors come the new year. Until the next time we see each other again, God Bless!

Love in Service, Rita L. Nv Area Chair

Hi all,

It was great seeing all of you at Assembly. Can’t wait to see you again in the Spring.

Our checking account balance as of September 30th was $9,242.92. Our savings account balance was $16,665.02 for a grand total of $25,907.94. In addition, all of the checks have cleared from Assembly. Our Assembly income was $4,733.00 with expenses of $8,221.94. Thus, we had a loss of $3,488.94. As I mentioned at Assembly, we are not set up to make money at Assembly. I believe the $3488.94 loss is a reasonable cost for our Assembly.

While I was giving my reports at Assembly I asked the Group Reps and AWSC members to spread the word that the Area could use donations. As of mid October we are having our best month of the year for donations. We have received over $1300 so far. The previous high months have been in the $900 range. I can’t thank you enough for all the donations.

Well that is my report for the fall.

Ira Area Treasurer
Hello Nevada Area Al-Anon Members!

What a time to be in Al-Anon! We are making history here in Nevada. At the Area Assembly in September, the assembly body approved Guideline #17. This guideline includes the requirements for PEGs to join the Nevada Area service structure. Please spread the word to all the zoom meetings you attend. There are some requirements, they can be found in the Nevada Area Handbook. The most recent updated version is located on the webpage at nevadaal-anon.org.

How To Make Changes & Register NEW PEGs

How to submit Group Records change:
1. go to al-anon.org
2. hover over the members tab
3. hover over group resources
4. click on group records
5. scroll down to al-anon group change
6. follow the prompts to complete the desired group changes

Group moving from a Physical location to an Electronic one
1. go to al-anon.org
2. hover over the members tab
3. hover over group resources
4. click on group records
5. scroll down to Electronic Groups (Electronic Group Change)
6. click change online or instructions
7. follow the prompts to complete the desired group changes

New Electronic Al-Anon group Registrations
1. go to al-anon.org
2. hover over the members tab
3. hover over group resources
4. click on group records
5. scroll down to Electronic Groups (Electronic Group Registration)
6. click change online or instructions
7. follow the prompts to complete the desired group changes

Then WSO will send a request to me and I can make that change for your group. PLEASE Include: name, address, email, phone number and what you want changed.

Thank you to all the GR’s who have been reaching out to update your group records. It is super important to have correct group records for the newcomers looking for a meeting.
Editor's Corner

REMINDER

Al-Anon Times Nevada Area Newsletter

The next edition of the *Al-Anon Times* will be published on February 1, 2024. Please note that the submission deadline is January 15, 2024.

Topic: The Al-Anon Slogan: “Live & Let Live”

Easy Does It has always been my favorite Al-Anon slogan.

I heard this suggestion from my sponsor when I was new to the program. And it stuck!! It was a simple suggestion that I could use and apply to whatever was going on, as my life was unmanageable. As I continue to practice the principles of the program in all my affairs today, this slogan helps me to keep my serenity.

I can use it as a first thought before I take action to help me from falling back into my old habits or old ideas.

I’m grateful to the program to have these tools that I can take with me anywhere I go and apply them to any situation when needed. ~Mimi J

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Love in Service,
Tracy Group Records Coordinator/Alternate Delegate
nvareagrouprecords.altdelegate@gmail.com
I will start by saying that my first year as your Area Assembly Coordinator was delightful. It was great to see so many familiar faces and to greet new ones at our Fall Assembly.

For those of you that attended, I hope that pre-registering for assembly with online registration was easy and user-friendly.

I need to give a huge thank you to Annie J., our Webmaster and Jen K., District 5 Rep, for their monumental efforts in getting online registration up and running. This is a great service to our Area. I am so grateful for their expertise and knowledge.

At this assembly, our raffle featured baskets contributed by our groups. This is such a fun way to support our assembly and include everyone in our groups, even if they are not here. There were so many beautiful baskets full of wonderful gifts of love. The lucky winners are most certainly enjoying them. Many thanks to all the groups who contributed.

Finally, I am so pleased to work along with a wonderful group of enthusiastic “Assembly Ambassadors” who are willing to help make assembly a welcoming and comfortable experience. The Ambassadors were a great help with registration, selling raffle tickets, and answering any questions about Who, What, Where, and When. I am proud to be a part of such a delightful group that is so full of fun and efficient new ideas.

Be sure to have a look at the beautiful Spring Area Assembly flier included in assembly folders and now available on the Nevada Area Website. You can use it to get registered right now. I look forward to seeing you in Tonopah in March 2024.

Thank you for letting me be of service.

Jan R., Area Assembly Coordinator
Hi Friends,

I'm so grateful to have seen everyone at this assembly. I missed you all.

I have been busy making changes to the website. If you see anything that you would like updated on the website please send me an email at webmaster@nevadaal-anon.org. If you can include the page you want your info on that streamlines my work.

Here are some statistics I found interesting about our website. In the month of September, 4993 page views from the United States, 112 from China, and 299 from Russia. Some other countries that visited our website are Canada, Germany, Romania, Ireland, and Netherlands.

Obviously the most visited page was the Homepage with about 2500 views. Global events was the least visited page with 12 views whereas the second most visited page was “Meeting Information” with a little over 1000 views.

Some more nerd facts: the operating system most used to visit our website was iPhone iOS with 43%. Most used browser was Safari with nearly 48% whereas Chrome was used about 37% of the time. It seems Apple continues to be the most popular device among Al-Anon members. Haha

I still don't have a fix for the “cache” issue. The cache (with a ch) issue in a nutshell is our computers kind of save sites we've visited to help them load faster. Sometimes I'll update something, and people don't always see that it's been updated. So in an attempt at using “Easy Does It” please see below on how to clear your cache if your not seeing something you expect to see.

Thank you all for letting me be of service. Feel free to send ideas that you think would make the website as user friendly as possible. I look forward to continuing to learn in my position!

Anne J. Nevada Area Webmaster
Happy Holiday, Nevada Area Al-Anon and Alateen members! Al-Anon has taught me over the years to pay attention to myself when I am over-working, over-doing and over-thinking. I love the slogan “Easy Does It” and constantly remind myself of it when I fall back into old behaviors of being overly busy to the point that I can’t enjoy my life.

At last month’s Fall Assembly in Tonopah, I tried working my AWSC service commitment of Area Secretary in a slightly different way. Previously, at the Spring 2023 Assembly, I tried writing down and summarizing all of our Area officer’s words when they gave their reports. It was next to impossible and my little fingers could not type that fast. Some of the officers were super-prepared providing their reports to me before we even got to Assembly, so I could easily copy and paste what they submitted into the Minutes. And there were a few who handed me printed copy after they finished their report. And of course there were some folks who wrote their report at Assembly and didn’t send me anything until I asked them multiple times. “We are all here because we are not all there,” I’ve heard many people say in Al-Anon.

I tried a different approach this time to employ “Easy Does It” by prepping my format for my Minutes as much as possible ahead of time, copying and pasting any reports officers sent to me before Assembly. This way my work would be a little less harried and I could enjoy the Assembly and actually talk to people during breaks and get away from my laptop so I could be present. I looked at my own actions and I was much better about communicating what I needed so that I could make my life more manageable and communicate my needs to my fellow members in AWSC. It turned out much better and I was able to be more present and focused at Assembly so I could be the best Secretary for our NV Area as possible.

Here are some highlights on what we accomplished since the last newsletter and some great things our Group Representatives voted on at Assembly after much work from the Thought Forces, Task Forces, and Working Groups comprised of GRs, District Representatives, AIS Liaisons and Area Officers including 5 Past Delegates who still come back every Assembly to serve our Area. It definitely takes a village to move these items along after much research, discussion, prayer and meditation!

The AWSC met via Zoom on August 27th to continue preparing the Agenda and discussing items to propose to the GRs at Fall Assembly. There is so much thought, research, and preparation that goes into the Assemblies I never realized until I was a District Representative 2 terms ago and now as our Area’s Secretary. I am so grateful to all of the AWSC members who readily give their time, talent and hard work to Al-Anon in our Area so our program stays relevant, moving with the ever-changing times and keeps our membership alive and thriving.

The AWSC meets for 3 hours prior to Fall Assembly to continue working out items on the Agenda including Charges to propose to the GRs. These ideas come from the fellowship, from District Meetings, AIS Meetings and the AWSC as members, too.

At Assembly, our Delegate, Lisa, asked if I would lead a skit on Sponsorship called, “The End of My Rope.” I added 5 more characters to the 2 person script and added lots of humor and shout-outs to our Conference Approved Literature (CAL) and asked other members to help put on the skit. It was super fun and a nice way to kick off Assembly.

Motions that passed included:

- The Task Force for Permanent Electronic Groups (PEGs) to create a new Guideline for Nevada to allow new Groups to join the NV Area was created. We worked on this for the past 6 months between Assemblies and it was finalized, edited, discussed and re-edited many times by the Task Force and AWSC before my final presentation at Assembly. We were so thrilled the GRs voted to pass the Guideline so that more Groups can join the NV Area!
- A motion passed to offer Financial Support for two Spanish speaking Translators at Assembly as well as a new Guideline for our NV Handbook!
- A motion passed to accept our Treasurer’s Budget.

Report continued on next pg 9
Another motion passed to pay a partial amount for the Secretary and Area Chair to attend the Southwest Regional Delegate’s Meeting (SWRDM) where we can learn more about what the Delegate and Alternate Delegate does in their service roles. For me this opportunity provides a way to explore a new service role and get training on what they do if I decide to stand for one of these commitments in the future. (See Guidelines #3 and #4 in the NV Area Handbook for more information on how this works.)

I continuously update the Nevada Al-Anon/Alateen Area Handbook which you can find on our website at https://www.nevadaal-anon.org/page10.html. In fact, I keep notes while typing up the Minutes as motions are made and Guidelines are approved during Assembly so I don’t forget what I need to do when updating the NV Handbook. All of the Motions from Assembly and Guidelines that were passed have been completed and posted on our website.

The AWSC met via Zoom on 10/08/23 to review the feedback from everyone who attended Assembly on what worked and what we might try differently in the future.

I am grateful to be of service to Al-Anon and the many lessons I continue learning at every level of service. My Higher Power keeps guiding me to the next indicated path to take on my journey. This particular lesson for me was about working smarter, not harder. Easy Does It, indeed!

Love in Service, Michele  NV Area Secretary

October is Alateen Awareness Month.

When anyone reaches out for help:

- We are asking for your Support: Become an AMIAS (Alanon Member in Alateen Service), a group sponsor, the Northern or Southern Nevada AIS Alateen Liaison.

During the Pandemic, we had several Alateen groups go inactive due to lack of Sponsorship and have not restarted again.

The Alateen’s suffer from the disease of Alcoholism, too. An Alateen meeting gives the teens the opportunity to share their feelings and find solutions that have worked for them. They learn to use slogans, work the steps and reason things out. The courage and honesty I have heard from the teens is amazing. A meeting provides the kids a safe place where they can share in confidence. They learn that they are not alone and changed behaviors aid recovery!

This is a service position that has many rewards! Please search your hearts.

A reminder that the WSO Al-Anon mobile app hosts 6 Alateen meetings. Nevada Area 34 hosts the Wednesday meeting at 4PM for teens ages 13-18. Check your area to find out where your teens might find a local meeting.

If you have any questions about becoming an AMIAS, or starting an Alateen Group, or becoming the Northern or Southern Nevada AIS Alateen Liaison please contact me at nvareaalateen@gmail.com

In Service, Yvonne G
Hello Area 34,

We held our last AIS meeting on August 26, 2023. It was well attended with 27 members. Our treasurer reported that we had a balance of $5094.58 in checking and $2016.30 in savings as of August 19, 2023.

We will be discussing donations to the service arms at our next meeting on October 28, 2023.

AIS is still needing someone to step up to be the AIS Alateen Liaison to Area. This position is staying in touch with the Area Alateen Coordinator to give them information about how the Alateen meetings are going. There is a new Alateen group starting on Monday nights at 7PM concurrent with the AA and Al-Anon meetings held at Faith Community Lutheran Church, 3505 S Town Center in Las Vegas. There is another Alateen meeting that will be starting November 4, 2023 at The Tie Club, 329 N 11th St at 10AM followed by an Al-Anon meeting at 11AM. That will bring us to four in person Alateen meetings in Southern Nevada and one online chat meeting.

These are the current meetings on our meeting list:

**WED 4PM-5 PM Alateen Together We Can Make It (Online Mtg) [http://chat.alateen.net](http://chat.alateen.net) afgcalnvalateen@gmail.com**

**THU 7 PM Keep It Simple Alateen (5-12 yrs old) Foundation for Recovery 4800 Alpine Pl 2nd Fl #17 Rm B 89108**

**FRI 8 PM-9:30PM Alateen En Las Estrellas (13-18) 730 N. Eastern The Group Room Ste 130 89101**

The Al-Anon Hotline reported that they had 15-20 calls in the two months since our last report. Most calls come in on Mondays and some volunteers are getting calls wanting the AA Hotline. They direct them to the AA Hotline number.

Public Outreach reported that The Salvation Army outreach is going well. It meets once a month and is well attended with 20-30 family members. The Rescue Mission Outreach is also doing well. Donna would still like some help on Mondays. If you can help, please reach out to her at (702) 480-7385.

The Book Depot donated some Spanish speaking outreach pamphlets. They also donated some Al-Anon Faces Alcoholism Pamphlets.

Tony Wilson was notified that we were unable to participate in the Trunk or Treat event at the Centennial Hills Library. He was asked to please notify us of any Mental Health or Health Fairs coming up in the future and he said he definitely would. Received an email inviting us to participate in the Clark County Employee Health Fair. We have participated in the past and I understand it went very well. This Health Fair will be held for 2 days- October24th and 25th on the first floor of the Clark County Government Center. The address is 500 S. Grand Central Parkway.
Please let Kathi know if you can help with this event. Two to four hours of your time would be great- it will be fun to spend time with Al-anon friends and spread awareness of our program to the community. If you can help, please call Kathi at (702) 357-6291. She will continue to look for other activities we can participate in. Al-Anon Public Outreach will be participating in the Roundup again this year. The Roundup takes place Thanksgiving weekend in November. They have lots planned, including marathon meetings, Al-Anon speaker, couples in recovery speakers and several panels plus a meditation workshop. You can go to https://lasvegasroundup.org/events/al-anon/ to see the list of meetings and events for Al-Anon and can register on the website. It is being held at the Tropicana Hotel and Casino.

Literature Distribution Center-Rosie was present and gave a verbal report. Rosie passed out pamphlets for Group Reps and guests in attendance- Youth & the Alcoholic Parent. LDC has sold about $2000 in books and approximately $2000 worth of books were purchased from WSO so they are almost even in income and expenses. LDC donates 1 literature every time they can when giving a report. Rosie has a new idea: to start a new service commitment, “60 minutes of Giving Back”. Members would volunteer for 60 minutes of time to help the LDC. Anyone interested can contact Rosie. Service commitments may vary depending upon what is needed at the time. It could be a good opportunity for newer members that are new to service. An invitation and sign-up sheet for the service opportunity was passed around. Literature was taken to Tonopah for Assembly in September by Rosie.

The Henderson Literature Depot reported $1838.65 in sales since the last report with yearly sales of $5434.40. They made a $200 donation to WSO since the last report. You can place orders and arrange pickup by emailing hendersonlitdepot@gmail.com.

We had discussion on the AIS Building (Leasing) Fund, which was also discussed with the AWSC at Assembly, and as of this time we are waiting for the LDC to decide how they are going to move forward with this. They will advise once they have their board meeting. Currently donations are not being collected until they decide how they want to proceed.

With love in Service, Karen S SNV AIS Liaison
Greetings Nevada Area

As soon as I sat down to work on this, my mind went back to the wonderful Fall Assembly we attended just last month. Every time we get together, I feel closer in service to you all. It makes me excited for our next Assembly in Spring!

District One is still doing well. I can truly say that I enjoy our District Meetings. They are still Hybrid meetings, which is working well for us.

At our last meeting on September 23\textsuperscript{rd}, we enjoyed sharing Assembly experiences. Everyone seemed to enjoy the weekend, and it was a lively and fun discussion.

We also finalized plans for the District One Fall Workshop. Many ladies are participating, and it’s wonderful to see unity in action. The Workshop will be held on October 21\textsuperscript{st}.

I love the slogan for this Newsletter. Easy Does It is something I nearly always need to remember. I continue to be surprised at how tasks or problems that seem so big and complex can be made more manageable just by applying this. Maybe one day I will grow enough to not be surprised!

I am looking forward to the exciting things that will be happening in the next 2 years!! And, as always, I’m so grateful for this opportunity to be of service to this wonderful program.

Love in Service and Action,

\textbf{Barbara M. District One Representative}
Greetings Everyone!

Winter is right around the corner. Mt. Rose had its first snow fall of the season last week.

District 2 meetings are held monthly and in person on the 2nd Wednesday at 6 PM. There are usually 17 Group Representatives in attendance.

We are fully self-supporting with a balance of $2,291 which includes a prudent reserve of $1,520. $340 is being sent to AIS, Area and WSO.

We currently have 34 active Al-Anon meetings in the district and one Alateen meeting in Reno.

At our October monthly meeting we discussed the Winter Workshop which is being formed with details to follow. We will be arranging carpools for the Assembly a few months prior to each event. Links of service and how to increase Assembly attendance are in the works. Permanent Electronic Groups were discussed. The Gifts of Al-Anon is on December 8 at 6 PM at First Congregational Church at 627 Sunnyside Drive in Reno. Quest for Serenity is celebrating 25 years on December 14 at 6 PM at Saint Paul’s Episcopal at 1135 12th Street in Sparks. Beginning November 3, How Al-Anon Works on Friday at 1:30 PM is moving to Unitarian Universalist at 780 Del Monte Lane in Reno.

We continue to take a little time for ourselves one day at a time while learning how Al-Anon works.

Love in Service,

**Ramona L.**
**District 2 Representative**
District 3 Al-Anon Times Fall Edition

After a lifetime of living in chaos and confusion, I used the skills I acquired in childhood (now known as my character defects) of deferring to others and people-pleasing to attempt to find a comfortable place in my heart and in this world. It was exhausting. Coming to Al-Anon with its gentle approach to recovery and its slogans like “Easy Does It” was just what I needed to start to find balance and peace in my life. Life throws unexpected challenges, but I don’t need to let myself get worked up over the situation. Remembering the slogan “Easy Does It” helps me slow down and calm down. Of course, there are other tools I can use when things are not going according to my plan; I can go to a meeting, call my sponsor or perhaps make a gratitude list. Then again, I can do all of these things! The point is that I can make healthier decisions when my mind is peaceful. I am so grateful for Al-Anon and its slogans such as “Easy Does It!”

In lieu of the September District Meeting, we held the District 3 Fall Workshop, Camp Recovery; Step 11 Rocks! This event was held Saturday afternoon, September 9. Three Al-Anon speakers; past Nevada Delegate, Janet P., AIS Spanish Southern Nevada Liaison, Marco A. R. and Alternate GR, Jeanne D. plus an Alateen speaker were the highlights of the afternoon! In addition, we had a variety of activities including rock painting, coloring, journaling plus Raffle Prizes! After expenses, donations were made to Alateen and Al-Anon. We are looking forward to the 2024 District Workshop and hope you’ll be able to join us.

The Fall Assembly was held September 15-17 in Tonopah. GRs from all over the state of Nevada gathered to conduct the business of Al-Anon and we had some fun too! Thought Force and Task Force Committees are formed to consider future actions. Joining a committee gives me an opportunity to share my point of view and I feel that my opinions actually matter! This was my fourth in-person Assembly, and it’s great to catch up with friends that I haven’t seen in a while, plus I had the opportunity of making new friends! There were delightful skits, one on sponsorship and the other was based on a reading in Hope for Today about putting our burdens down! Talk about “Easy Does It!” We shared a potluck meal Friday night and had pizza dinner Saturday night! I think the best part of going to Tonopah is the drive! Riding with friends, sharing our experience, strength and hope in recovery makes the trip so enjoyable and time passes so quickly!

Our next District meeting will be held at St. Timothy’s Episcopal Church, 43 W. Pacific Ave, Henderson, NV 89015 (downtown Henderson). A potluck meal and fellowship will be shared at 1:00pm with the meeting starting at 1:30pm. Hope to see you there.

In loving service,
Karen Sch. District 3 Representative
DISTRICT 4 REPORT FOR FALL AL-ANON TIMES

Easy Does It but do it is what my sponsor always says. It reminds me to not allow service to make my life unmanageable. Before program, I ran to "acceptable" activities such as sports, homework groups, and church to avoid interacting with the alcoholics in my life. My life was still unmanageable! The character defect that raised it’s ugly head during that time was perfectionism.

Al-anon service has not only increased my self-esteem but I'm learning how to ask for help, delegate tasks to others, and letting go of perfectionism. The Traditions and Concepts have been invaluable guidelines for my service work. I am grateful for Al-anon service because my recovery began with earnest after I stood for my first position.

We had a lively district meeting and workshop yesterday. Members brought craft supplies to make bookmarks and paint rock with slogans. The sharing as to why members chose their particular slogan was inspiring. The potluck was awesome and we ran out of time so we’ll need to revisit the length of time we meet. Our district is still in need of a secretary. You don’t have to have been a GR to serve as district secretary. All interested volunteers are welcome. Two members came to their first district meeting yesterday.

Thank you to those members living in the Garnerville, Carson City, and Lake Tahoe parts of our district for arranging the meeting places. I couldn’t do this without you!

Love in Service,

Sue Wallace