



Al-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 12, Issue 7

July 2023

Opinions expressed herein are not to be attributed to Al-Anon as a whole

Inside this issue:

| | |
|--------------------|-------|
| Chair | 1-2 |
| Ask it Basket | 3-4 |
| Delegate | 4 |
| Alternate Delegate | 4-6 |
| Quotes | 6 |
| Assembly | 6-7 |
| Treasurer | 7-8 |
| Group Records | 8-9 |
| Literature | 9-10 |
| Alateen | 10 |
| Public Outreach | 11 |
| Central Service | 11-13 |
| Meeting Notices | 13 |
| Events | 14 |
| O/C | 15 |

Website Access:

www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

Area Chair's Report

It was wonderful to see so many members in-person and online at Area World Service Committee meeting (AWSCM). Thank you for your support and service in working together to accomplish a successful weekend! I would like to send a special BIG thank you out to the host committee. They did a fabulous job in a very short amount of time.

After reviewing the feedback forms, I can safely say that the AWSCM was considered to be very successful by both the in-person and online attendees. There were a few helpful suggestions, and I will share any resulting changes later. I enjoyed it all and the fellowship opportunities were uplifting.

As mentioned by Janis A., our Area Treasurer, the full financial statements have been posted in the AWSCM 2023 section of the website. The District Representative Success and Challenges have also been posted in the AWSCM section. Thank you so much to Raji for recording them.

The minutes from the 2023 AWSCM will be posted on the AWSCM webpage as soon as they become available.

Assembly 2023

Our next Area event will be Assembly in Langley **Friday – Sunday, September 22, 23, 24**. Assembly information will be distributed to all Group Representatives by email and watch the website for the updates and documentation you and your group will need to prepare for Assembly. While waiting, the first step you can take is to book your stay and make travel plans.

Check out page 7 of this Bulletin for accommodation and travel information. If you need a roommate, contact me or Nancy M., our Alternate Delegate. Please also, see page 14 of this Bulletin to arrange for a boxed lunch at Assembly on Saturday, Sept.23.

If you are also an AI-Anon member in Alateen Service (AMIAS), you will need to arrive early enough on Friday, Sept. 22 to attend an Alateen meeting at 5 pm.

Here are a few suggestions on how a Group Representative can begin to prepare for Assembly:

- Talk to your group about the upcoming service positions and review the job descriptions on the website.
- Review the following documents on the website: Assembly – What is it?, the minutes of the last Assembly, Knowledge-Based Decision Making. More links to information will become available shortly.
- Download and print the information and bring it with you to Assembly. Paper copies of the Assembly documents will not be mailed to the GRs. Copies of the agenda will be the only paper document provided.
- Be sure to check out Nancy's Bulletin article in this edition on page 4-5 to see what Ermagarde is doing to prepare.
- If you have not, sign-up for the electronic Bulletin at [BC Yukon Area Bulletin](#) so you can be sure to review and share important Assembly and Area information.

The documents mentioned above, and more can be found on the Member Resources page of the Area website [Member Resources – BC/Yukon AI-Anon \(bcyukon-al-anon.org\)](#)

A new page, like the one for the Area World Service Committee Meeting, is being created to house all the other Assembly information. It will contain the pre-Assembly information you need to take back to your groups – the discussion topics, the draft agenda, the Past Delegate Task Force Report, suggested motion updates, etc. Watch the website for updates as they happen. I'm so grateful for Lothar, our Website Coordinator, for all his work.

At Assembly, one of the things that will happen is that Group Representatives will elect a new Treasurer and a Public Outreach Coordinator, Archive Coordinator, and a Bulletin Coordinator will be appointed by the end of the year. Visit [Schedule of Elections and Appointments](#) . Service is recovery – please consider putting your name forward for one of the upcoming opportunities. If you have any questions, please contact me. An online service resume form can be found at [Fillable Service Resume Form](#).

I encourage all Group Representatives and other members to do their best to attend Assembly in person. The fellowship experienced at these meetings is so valuable and such a blessing.

Much love in service,
Patty T., BC/Yukon Area Chair
chair@bcyukon-al-anon.org



What does a 12-step call look like in AI-Anon? What are some of the tools that can facilitate such a call?

A 12-step call response is very specific to the individuals involved. The call may include the AI-Anon member doing some or all the following:

- Contact by phone with the person who has reached out asking for information or help.
- Their first name may be given to the person.
- They will lovingly listen.
- They will give information about meetings (both online and in-person).
- They may share which meeting(s) they attend and let them know they are welcome to attend as well.
- They may give a brief story about their recovery in terms of experience, strength, and hope.
- They may share where the individual can purchase conference approved literature.
- If they have been given an email address, they sometimes will send a newcomer poster and links to newcomer information.
- They may refer them to the BC/Yukon Area website bc yukon-al-anon.org
- After that original call, the AI-Anon member may call back later to see if the person has any more questions.

Can a dual member start an AI-Anon meeting?

It would be difficult for a dual member to start a fully functioning AI-Anon meeting because the dual member could not represent the group as a Group Representative. However, there is no barrier that would prevent a dual member from registering an AI-Anon meeting and the dual member would be practicing Step 12: *Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.*

The new meeting would need to have members who were not dual members and are willing to serve the group as Group Representative, so that they would have a vote at the District and Area levels.

Of course, the group would follow the AI-Anon steps, traditions and concepts and use only AI-Anon conference approved literature (CAL). Meetings that use both AA and AI-Anon literature are not registered with either AA or AI-Anon as they do not meet the criteria for registration with either program.

What happens when a District that has accepted electronic groups loses their DR down the road? Currently it is required that the accepting District must have a DR and our DR numbers are low.

The AI-Anon World Service Office has stated that a group is a group is a group. We do the same thing we do when a District (online or face-to-face) does not have a District Representative - we try to connect with the individual groups and encourage someone to step up for service.

Delegate's Message

Greetings AI-Anon/Alateen family,

Well, we are moving on into summer now, we had our Area World Service Committee Meeting in Victoria and what a great time for AI-Anon business and fellowship. The members in Victoria really stepped up and made all members feel welcomed.

As our Group Records Coordinator explained to us at AWSCM, the World Service Office is and has now updated the data base and meeting search function so we may now see in person and electronic meetings when we put in our search criteria.

I want to ask you to read the June Forum, page 6-7 an excerpt says.

“If you’re in-person group moved temporarily online during the pandemic and some members now wish to remain online, these members simply need to register a new electronic group.” Reprinted from June Forum

We are now days away from our AI-Anon International Convention, and I’m looking forward to attending, and meeting BC/Yukon members and make new AI-Anon friends during the time of fellowship.

Owen H., BC/Yukon Area AI-Anon Delegate
delegate@bcyukon-al-anon.org

Alternate Delegate

Hello fellow AI-Anon/Alateen friends,

I can’t wait to tell you how rejuvenated and motivated Ermagarde is feeling.

She has just returned from the AWSCM in Victoria and is feeling uplifted in a very special way. Ermagarde is excited to meet with her District and thank them for the privilege of representing their groups on behalf of the District at AWSCM.

She felt a part of and very welcome in the Area fellowship and she learned to laugh in service and received many hugs.

Ermagarde enjoyed the fellowship moments during meals and breaks with the other District Representatives and members.

She really benefitted from the host of suggestions on how to support the groups in her District and how to encourage Area participation in the links of service to “*carry the envelope*”.

Ermagarde has created a *To Do Assembly Preparation List* for herself to help prepare her Group Representatives for Assembly:

1. Read the July Bulletin and look for Assembly Meeting and Hotel Accommodation information and print that page off.
2. Book a hotel room and search for a roommate. It may be another member from her District or her Alternate District Representative who wants to attend for experience. After all, Assembly welcomes all members to attend and participate; but it is just the Group Representatives that vote.
3. She is planning to attend individual group meetings within her District and share the Assembly dates and the location and extend the invitation to all members to come experience the Assembly. She has a printed copy of the “MY FIRST ASSEMBLY EXPERIENCE MEMBER LETTER” that was posted in the July Bulletin last year and she plans to pass it around at each meeting along with the Assembly information page. Ermagarde has made a note to herself to remind members they can, if need be, attend electronically and to watch the Bulletin and the Area website for the Event Coordinator’s posting of the registration link.
4. Ermagarde has scheduled a District meeting. In preparation, she is using some of the tips in the G37 Guideline to help her build her agenda. Some important Assembly prep items on the agenda are to remind Group Representatives to purchase or download the new 2022 -2025 version 2 Service Manual in time to have it for Assembly. As well, she is reminding them to ensure their email contact information for their group is up to date with BC/Yukon Group Records because the Assembly Chair will be emailing them a Group Representative package for Assembly preparation. Also, Ermagarde plans to review with the Group Representatives and members how to access the BC/Yukon AI-Anon website and go to the Assembly 2023 webpage to help them find the information they need to take back to their groups.

This is the beginning of Assembly preparation and there will be more to come with background discussion information and participation, but the fellowship is such a fulfilling experience. Ermagarde is excited to play her part to serve Assembly.

Please feel free to contact me, Nancy MC., Alternate Delegate, at the email address below if I can assist or support you in service.

With love in service,
Nancy MC., BC/Yukon Al-Anon Alternate Delegate
altdelegate@bcyukon-al-anon.org



Quotes

- I like to be a role model not a victim.
 - When my life and my mind start running away on me, I try to stop and give it up to my Higher Power and that helps restore my serenity.
 - I am learning to feel okay with my feelings BEFORE I say or do anything.
-

**2023 BC/Yukon Assembly
September 22, 23, & 24 2023
Langley, B.C.**

Meeting Locations:

1. **Officer/Coordinator/Liaison meeting:** Friday, Sept. 22, 1 - 4 pm, Walnut Grove Lutheran Church, 20530 88th Ave., Langley, BC.
2. **Alateen/AMIAS:** Let's Talk Alateen. Everything you wanted to ask/discuss about Alateen. Now's the time for all members of Al-Anon/Alateen. **Friday, September 22nd, 5 to 6:30 pm** at Walnut Grove Lutheran Church.
3. **Al-Anon Early Bird meeting – Saturday, Sept. 23, 8 am** in-person, Walnut Grove Lutheran Church, 20530 88th Ave. Separate room than the Assembly meeting room. Turn left inside of the entrance. Online early bird meeting 7:45 to 8: 30 am. See the website for links.
4. **Assembly** – Friday and Saturday, Sept. 22 - 23: In-person registration, Friday, Sept. 22, 6 pm in the church foyer. The Assembly meeting starts at 7 pm on Friday, Sept. 22 and lasts until 9 pm. The link for participants wanting to attend Assembly electronically will be posted in the Bulletin by the Events Coordinator. Online registration information will be posted on the website. Saturday, Sept. 23: Registration starts at 8 am and the meeting starts at 9 am at Walnut Grove Lutheran Church, 20530 88th Ave., Langley, BC.
5. **Sunday morning Spiritual Meeting:** Holiday Inn Express, 8750 204th St., 9 – 11 am in the Magnolia Room.

Accommodations:

Holiday Inn Express

8750-204th St., Langley, BC, V1M 2Y5

RESERVATIONS MUST BE MADE DIRECTLY WITH THE HOTEL @ 604-882-2000

**** Rates listed below are available until August 22, 2023**

PLEASE QUOTE "N3K" BC/Yukon Al-Anon Rooms WHEN MAKING RESERVATIONS TO ENSURE YOU GET THE GROUP RATE.

| | |
|---|------------------|
| 23- Standard rooms with two queen beds | \$174.00 +taxes |
| 5 - Standard rooms with one King | \$174.00+taxes |
| 2 – Wheelchair accessible rooms one queen bed | \$174.00 + taxes |

These rates are based on double occupancy, and there is a \$15 charge for any additional person. The hotel rooms **include a hot deluxe breakfast**, Amenities: Wi-Fi, free parking,

Cancellation Policy:

One night room fee plus tax will be charged if a reservation is *cancelled with less than 72 hours* prior notice.

Travel information:

- By Car: To exit #58 on Freeway, travel north on 200th St. and turn right (east) on 88th.
- By Air: To Vancouver International Airport
To Abbotsford Airport (closest airport to venue)

By Bus: Check Bus service/companies specific drop off locations.

Host committee chair: **Linda M., District 4, email: Lindaannemcneill@gmailcom or phone: 604 728-9275.**

Treasurer

Hello to my Al-Anon friends,

It was great to see so many faces at AWSCM last month. We had 21 voting members in person and 8 online as well as several Al-Anon members who joined us to be part of the conversation. It feels good to be among friends with so many opportunities to share our time and talents with Al-Anon.

The expenses for AWSCM are in and we came in about \$500 under budget. A big thank you to the groups that were able to send additional contributions to ensure we can conduct the business of Al-Anon with confidence.

I am looking forward to seeing new faces step forward to serve Al-Anon. It's time for this old girl to retire and embrace rotation of service. I know any member who is willing to serve Al-Anon will enjoy the benefits I have been privileged to experience. With new skills, new confidence, and close, caring relationships, I am ready to begin the next chapter of my Al-Anon journey.

If you feel the nudge and are uncertain about volunteering, please reach out to any of the officers or coordinators to ask questions and gather the information you need. Now, more than ever, BC/Yukon Al-Anon needs enthusiastic members to help us navigate the post pandemic changes affecting members who meet in person and online. Along with the challenges come exciting opportunities for change and growth, both individually and collectively!

Later in July, I will be sending a list of contributions from groups in each district to your District Representative (DR) by email. If you don't have a DR, I will send it to your district email. Please review our records to ensure that all your group's contributions have been recorded correctly.

I look forward to seeing all your smiling faces at Assembly.

With gratitude,
Janis A, BC/Yukon Treasurer
treasurer@bcyukon-al-anon.org

By cheque: Payable to "BC Yukon Area Assembly"

Mail to the current treasurer using contribution form (in February Bulletin or on website)
Janis Armit (no reference to Al-Anon please)

27111, 0 Avenue – Unit #3

Langley, BC V4W 2S9

Receipts can be sent by e-mail if an email address included

By e-transfer: BC Yukon Area Assembly treasurer@bcyukon-al-anon.org

You need to enter a security question, make the answer Tradition7 (no space)
In the message, **please note your district # or city, and group name.**
(If you miss the message, please send a follow up email with that information)
Your receipt for e-transfers will be the email confirming accepted deposit.

Group Records

Hello Al-Anon friends,

I had a lovely time in Victoria for the AWSCM in May. I felt fortunate that I was able to participate in person this year. Last year I attended by Zoom and I am grateful that we have choices.

I am enjoying my service position, being your Area Group Records Coordinator. I have learned so much about what World Service Office (WSO) does to make our meetings available for those that need to find a meeting.

Important Updates

Firstly, our electronic meetings are now showing up in the meeting search! Electronic groups have been waiting for this feature so that their meetings are visible when someone is looking for a meeting. The icons for the electronic meetings are slightly different than the icons for the in-person meetings. I encourage you all to check out the site. <https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

If you have any feedback on the new search, please send me an email before July 15th and I will compile and send to WSO as they are currently accepting feedback.

Secondly, now that our electronic meetings are showing up in the search, groups that are meeting electronically and are in the physical data base will be invited to change to the electronic data base using this form:

<https://al-anon.org/for-members/group-resources/group-records/electronic-meeting-change/>

Lastly, WSO is moving away from the term Permanent Electronic Group (PEG) as we transition away from "Temporary electronic groups" and going forward they will be called electronic groups.

Please email me if you have any questions.

With Gratitude in Service,
Sarah O., BC/Yukon Group Records Coordinator
grouprecords@bcyukon-al-anon.org
Your "One Stop Shop" for Group Information

Literature

Hello Al-Anon members,

It's summer, that time of year many of us look forward to, and which seems to pass so quickly. It's an opportunity to have fun and relax, to let go of our usual routine, and to appreciate the outdoors, where we often find our Higher Power most accessible. There may be some empty seats at our meetings, but the meetings continue, because we not only need them, but we also want them. We want to remain connected, and to be available for newcomers. Fortunately, we can also stay connected to our program, and each other, through technology. We may attend a Zoom meeting while on a family vacation (hello!) or read a daily reader page from *Courage to Change* or *Hope For Today* on our phone or tablet.

Regardless of how we connect to our program, and each other, literature is our foundation. It's the basis for recovery, which, for me, became the way to live. Literature also provides the guidelines for how we conduct ourselves as members, as a group, a district, an area, and a worldwide organization. Whether you start (or finish) a CAL book you've been wanting to read or carry a

pamphlet or a bookmark for “emergencies”, you’re staying connected, and hopefully enjoying your summer more because of it.

Don’t forget the new daily reader, *A Little Time For Myself*, is on order and is expected to arrive at Central Office at the end of July.

In the coming months I will be asking you to consider how I may serve you in my role as Literature Coordinator. I’ve had a slow start since my term began in January, but I look forward to hearing your ideas, via email, or at Assembly.

Gratitude in Service,
Donna H., BC/Yukon Al-Anon Literature Coordinator
literature@bcyukon-al-anon.org

Alateen

Hello fellow Al-Anon members,

Thank you for always being there for the newcomer and the latecomer as well! Without you, there is no fellowship and there is no Al-Anon. So, it is with Alateen... Alateen is Al-Anon!

The future of Al-Anon is in the next generation affected by alcoholism and this is our children and grandchildren also our nieces and nephews and any other young people whose lives has been touched by problem drinkers be them friends or family.

I am cordially inviting all Al-Anon members, Alateens, and AMIAS to an information session at Assembly this year in Langley on **Friday September 22** from **5 - 6pm**. I will be hosting the meeting and am willing to answer all questions about Alateen and how we can all help keep the doors open for young people to get the support they need.

Your experience, strength and hope are most useful and wanted. We will share our knowledge and hopefully have some new ideas and encouragement to keep Alateen alive and well in our BC Yukon Area.

I look forward to seeing you all in person at Assembly and am grateful for all those willing to be of service in Al-Anon and Alateen. Thank you for allowing me to be of service which helps me strengthen my own recovery in Al-Anon!

"Together we can make it" *slogan from Alateen.

Love In service,
Michelle W., BC/Yukon Alateen Coordinator
alateen@bcyukon-al-anon.org

Public Outreach

It's summer and your Public Outreach Committee is very busy planning for fall events.

We have the following in the works:

1. We are looking into participating in the Community Expo Corrections Fair where we would have a table for information about Al-Anon and Alateen for the people being housed in the facility. There are 6 locations with the dates to be set for September.
2. Al-Anon and Alateen will have a table display and do a skit at Assembly.
3. We have made contact and presented to schools in Nanaimo and will be expanding on that for the Island and Mainland.
4. We are in the process of completing paperwork to hold Al-Anon meetings at Correction Facilities.
5. We are always look for an opportunity to have our table display and speak at Al-Anon and AA functions to keep spreading the word.
6. We need help from you to facilitate these events and are always open to new ideas. Everyone is welcome to attend our monthly meetings with the next meeting being July 8 on Zoom 985-6094-7531 passcode 696634 at 10:30 am.

Normally our meetings are the last Saturday of the month at 10:30 am. Everyone is welcome.

Remember Service is part of our recovery and is considered contributing to what was freely given to us.

Hugs in service,
Gail S., BC/Yukon Public Outreach Coordinator
publicoutreach@bcyukon-al-anon.org

Central Service Office: Al-Anon Information Services (AIS) Literature Distribution Centre (LDC)

Quarterly Meeting of BC Al-Anon Central Services Society - brief notes:

- held Sunday, June 11, 2023, at 11 am Ring Central

- Ten members online - 88 members registered
- position of Chair vacant
- position of Secretary available November 2023 at Annual General Meeting
- starter kits for new meetings: see below
- open house at the office: see below
- next meeting Sunday, September 17, 2023, 11 am Ring Central
- Notice sent out three weeks ahead, and two days ahead with attached financials and minutes of the previous meeting to the 88 Members.

One Time “Starter Kits” for new meetings

Central Office has allotted funds for these kits to the approximate value of \$50 per kit. The Group Records Coordinator will provide the information of a newly registered in-person meeting to Central Office. At that time a letter will be sent informing the group that a “starter kit” is available to them.

1. 1 x Service Manual
2. 1 x Groups at Work
3. 5 x Newcomer’s package
4. 5 x Detachment pamphlet
5. 5 x Are you troubled by someone else’s drinking pamphlet
6. 1 x How Al-Anon Works
7. 1 x Tradition 7 pamphlet

The Group Records Coordinator will also provide information to the Central Office about newly registered BC/Yukon electronic meetings. At that time, a letter will be sent to the group’s Group Representative with a link to the Al-Anon/Alateen Service Manual and an invitation to contact Central office if they would be interested in receiving the contents of the starter kit that is sent to in-person groups.

Open House at Central Services Offices

Mark your calendar - **Sunday, August 20, 2023, 11 am to 2 pm**

All welcome. Don’t forget we house the Archives where you can explore some of BC/Yukon Al-Anon’s history.

Finger Food will be served and refreshments including our famous lemonade will be served. Hopefully we will find a “Special Guest” to attend and amuse us. Maybe some out of town members are visiting the Lower Mainland and would like to join us for some fellowship and fun.

Speaker’s Bureau

Requests continue to come in for Al-Anon speakers from Al-Anon Districts, Al-Anon Groups, AA/Al-Anon Round Up Committees, Al-Anon workshop committees etc. The last few months the Al-Anon Speaker’s Bureau has provided Al-Anon Speakers to the following AA Round Ups with Al-Anon participation:

Burnaby Round Up
Tri-Cities Round Up
Kamloops Round Up

More speakers are needed, so please contact Central Office, and have your name added to the list.

Tradition Seven Contributions

Thank you in advance for your group contributions and/or personal donations.

E-transfer

Mail - cheque. Cash-in person

Pay Pal (Visa) Master Card

Mailing Address

Al-Anon Central Services
PO Box 28574
Willingdon Heights P O
Burnaby, BC V5C 6J2

Office address

Central Service Office
Unit 222-3701 Hastings Street
Burnaby, BC V5C 2H6
parking available - phone for information.

Office Hours: Monday, Wednesday, Friday 10 am - 1 pm
The last Saturday of the month 10 am to 1 pm
There is an afterhours contact on the answering service.

Yours in service,
Lynne G. Acting Chair
T/F 604-688-1716

afgcentraloffice@gmail.com

www.bcyukon-al-anon@gmail.com

**AL-ANON CENTRAL SERVICES FOR MAY 2023
CONTRIBUTIONS, CALLS, VISITS, EMAILS
Contributions - \$1,434.50
Calls 45– Visit 14 — Email Mtg Info 13 –
Email Literature Info. 22**

Meeting Notice

The group Mount Pleasant Vancouver, meeting at **Vancouver Recovery Club, 2775 Sophia Street** is now "Inactive".

Events

AI-Anon Annual Assembly September 22, 23, 24 in Langley. It starts on Friday at 7 pm and goes until Sunday morning.

Assembly Box Lunch Program

The Assembly Committee has arranged for boxed lunches that can be ordered for Saturday's lunch at the Assembly Hall. We have chosen the Gourmet Lunch Ladies caters at <https://www.gourmetlunchladies.com/>

Please confirm with afgdistrict4@gmail.com if you wish to order a boxed lunch for yourself at Assembly. We will get back to you with the cost which will be in the \$20 range for sandwich, salad, cookie, or fruit. Contact afgdistrict4@gmail.com



Officers and Coordinators 2023

| | | | |
|----------|--|-------------|--|
| Patty T: | chair@bcyukon-al-anon.org | Michelle W: | alateen@bcyukon-al-anon.org |
| Owen H: | delegate@bcyukon-al-anon.org | Lothar S: | website@bcyukon-al-anon.org |
| Nancy M: | altdelegate@bcyukon-al-anon.org | Jean H: | bulletin@bcyukon-al-anon.org |
| Diana H: | secretary@bcyukon-al-anon.org | Vacant: | archives@bcyukon-al-anon.org |
| Janis A: | treasurer@bcyukon-al-anon.org | Akemi M: | event@bcyukon-al-anon.org |
| Sarah O: | grouprecords@bcyukon-al-anon.org | Angus P: | Assistant Hybrid Event Coordinator |
| Gail S: | publicoutreach@bcyukon-al-anon.org | Ernie W: | equipment@bcyukon-al-anon.org |
| Donna H: | literature@bcyukon-al-anon.org | | |

Subscribe to the BC/Yukon Area Bulletin

Email your submission to the bulletin in plain text or "pdf" format by the **15th of each month** to bulletin@bcyukon-al-anon.org or follow the links on the website. You can also submit to both the website and the Bulletin from the link on the "Events" page on the website www.bcyukon-al-anon.org.

1. An electronic version of the BC/Yukon Area Bulletin is available free online at www.bcyukon-al-anon.org in the "**Members**" section. Username "**member**", password "**Area81**".
2. **Sign up for automatic monthly email delivery** by visiting <https://www.bcyukonal-anon.org/bc-yukon-bulletin/>

Paper Copies of the Bulletin:

Payment information: Make the cheque for \$24.00 out to "**BC/Yukon Area Assembly**" and mail to Jean Hopley (no reference to AI-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.
