

Al-Anon & Alateen Family Groups

# BC/YUKON AREA BULLETIN

Volume 12, Issue 4

April 2023

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

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We are on the web!

Website Access:

[www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

To access "members" pages:

Username: **member**

Password: **Area81**

(all one word)

## Area Chair's Report



With God's help, I hope spring will have sprung by the time you receive this edition of the Bulletin. It's time to trade the mitts in for gardening gloves!

### Area World Service Committee Meeting (AWSCM)

The next AWSCM is **May 26 – 28** in Victoria, BC. Your District Representatives (DRs) will meet to discuss the BC/Yukon Area business. Concept 4 is used when we make decisions by asking our Higher Power to participate in our process. The world-wide fellowship of Al-Anon means we all belong to something greater than ourselves. At AWSCM your DR will bring your ideas forward to be discussed and then we will decide what should go forward to Assembly. At Assembly in September, the Group Representatives (GRs) vote on recommendations resulting from these discussions.

An important pre-AWSCM email will be distributed to all DRs in the next few days. If you are a DR, watch your inbox for the email and contact me if you don't see it within the week. This email will include detailed information that will help you and your District determine what needs to be discussed prior to AWSCM. It also includes links to background and meeting preparation documents – Immediate Past Delegate Thought Force report, Officer and Coordinator reports, the agenda, Zoom information, and more. A new section of the website has been created for these documents. The link is <https://www.bcyukon-al-anon.org/awscm-2023/>. The documents will be uploaded by the end of the week. DRs are encouraged to review the documents and explore the links.

When preparing for AWSCM in the past, paper copies of documents have been mailed to DRs or they would be found in the Bulletin. This will not be happening this year. To streamline the flow of information and to save on costs, all the information will be found on the website at the link above.

Important AWSCM travel and hotel information was published in the March edition of the Bulletin and can be accessed at <https://www.bcyukon-al-anon.org/bc-yukon-bulletin/>. Scroll down to see past edition links. The website login is the word “member”, and the password is “Area81”. All members are welcomed to attend AWSCM.

**IMPORTANT: AWSCM attendees must pre-register by emailing [chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org) by May 6<sup>th</sup>.**

### **World Service Conference**

Owen H., our Delegate, is travelling to Virginia Beach this month to represent the BC/Yukon Al-Anon Area. Information on how your groups can support Owen with love gifts and/or a monetary contribution is in the March Bulletin. It’s Owen’s second year of his term and what a great opportunity to show your appreciation for the work he has done and is doing for our Area! Learn more about the WSC at <https://al-anon.org/for-members/world-service-conference-wsc/>.

### **Service Opportunities**

My last Bulletin submission contained an error. The Alateen Coordinator’s term ends next year, not this year. My sincere apology for any confusion this may have caused.

At the next **Assembly in Langley on September 22, 23, and 24**, we will be electing and appointing the following positions:

- **Area Treasurer**
- **Archives Coordinator**
- **Bulletin Editor**
- **Public Outreach Coordinator**

Please consider stepping up for one of these positions. A fillable service resume form can be found on the Member Resources page of the website <https://www.bcyukon-al-anon.org/member-resources/>

Love in service,  
Patty T., BC/Yukon Al-Anon Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## Delegate's Message

Greetings Al-Anon, Alateen members,

### **Service is Recovery:**

Al-Anon World Service Office (WSO) is seeking your help in finding qualified applicants to serve at the World Service Level Service—Al-Anon's third Legacy—is vital to personal recovery and essential to achieving our primary purpose of helping the friends and families of alcoholics.

Are you or do you know someone who has been an active member of Al-Anon Family Groups for at least ten years, has served above the group level, has a passion for the Al-Anon program, and meets the other requirements found at (<https://al-anon.org/for-members/board-of-trustees/wso-volunteers/>)

### **Opportunities to Serve as Trustee of the Board:**

Each year, three Trustee at Large and three Regional Trustee positions become available through rotation of leadership. In 2024, the Board will also seek to fill Trustee at Large and Regional Trustee positions which are currently vacant or may have been filled by a one-year appointment.

Qualifications for members applying for Trustees at Large and Regional Trustee positions are the same.

In 2023, the Board will be seeking applicants from the following Regions who could begin serving after the April 2024 World Service Conference.

- Canada Central – three-year term
- Canada East – three-year term
- **Canada West – three-year term**
- US Northwest – remaining two-year term
- US Northeast – remaining one-year term
- US Southeast – remaining two-year term

Delegates are asked to note that Regional Trustee applicants must be approved by the Area process:

We in the BC/Yukon area have the privilege to reflect on how we might serve Canada West. Please let your Delegate know if you or anyone you know might wish to embark upon this amazing journey of recovery.

WSO is also looking for a member to Serve on the Executive Committee for Real Property Management (ECRPM).

Please reach out to your Delegate for further information.

Here in our BC/Yukon Area, your officers, coordinators and liaisons are busy planning for our Area World Service Committee meeting to be held in Victoria, and I am looking forward to connecting with many of you on Zoom and in person.

In Service,  
Owen H., BC/Yukon Area Al-Anon Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)



*The 2023 International Convention will be held on*  
**June 29 – July 2, 2023**  
At the Albuquerque Convention Center in Albuquerque, NM  
Registration OPEN

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## Alternate Delegate

Hello everyone,



It is great to connect with you to let you know what Ermagarde has been up to lately.

She is a busy lady, and one of the important things in her life is her Al-Anon program. Along with her regular meetings, she participates in service at the District and Area level. Ermagarde feels service is her way to give back to the fellowship, for her Al-Anon recovery and for what many pioneers in Al-Anon did to blaze the trail.

At the District level, Ermagarde is reviewing the minutes of her District meeting and compiling a list of criteria and guidelines that the Group Representatives at the past district meeting developed and by group conscience accepted in order to accommodate PEGS in their District.

At the Area level right now, on her list of “to do things” is to get ready for AWSCM in Victoria, May 26<sup>th</sup> to 28<sup>th</sup>. As well, she is preparing a note of encouragement and appreciation to send to the Delegate, Owen. She will mail it the first week of April to allow for 14 business days to reach the conference between April 15<sup>th</sup> and 20<sup>th</sup>. In the Bulletin she found the information, address and detailed instructions on how to address the envelope in order to ensure her card would reach the Delegate at the WSC in the USA.

Dear Delegate Owen,

I am thinking of you this week as you “carry the envelope” for all the members of the BC/Yukon AI-Anon to the WSC. Thank you for your service. I hope you have some time for fellowship with other AI-Anon members from far and wide. I can’t wait to hear your report at AWSCM in Victoria this May. I really enjoyed it last year, so I am coming back again this year.

Love in Service, ERMARGARDE

(RETURN ADDRESS) OWEN HUGHES  
607-8 Laguna Ct.  
New Westminster, BC Canada V3M 6M6

(SEND TO) OWEN HUGHES HOLD FOR WSC 4/20-4/23.

The Founders Inn and Spa  
5641 Indian River Road  
Virginia Beach, VA. USA 23464

*Please plan to have your cards arrive after April 15<sup>th</sup> Remember to use your trusted servant’s (OWEN HUGHES) name and home address as the return address in the event that mail delivery is delayed.*

As your Area Forum Coordinator, I will close with some excerpts of our Three Legacies from the April 2018 Forum:

**Step Four:** *Once I can see myself with humility and honesty then I can decide who I want to become. I’m learning, my self worth is based on being a child of God and knowing that my Higher Power loves me.*

**Tradition Four:** *Autonomy: I can think, act, or feel differently than others; but that doesn’t necessarily mean we are in conflict. Each of us can express our perspective and still experience autonomy.*

**Concept Four:** *Participation is the Key to harmony: Taking our turn, rotation of service, not owning a service position, not controlling, but conducting service meetings by drawing out opinions by everyone present, is being a trusted servant. If I don’t participate, I have no right to complain.*

With warm regards,

Nancy M., BC/Yukon Alternate Delegate  
[altdelegate@bcyukon-al-anon.org](mailto:altdelegate@bcyukon-al-anon.org)

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## Quotes

- Watch the movie. This helps me detach.
- Through AI-Anon I have discovered: Empathy replaces anxiety and worry, education overcomes ignorance and judgement, and love replaces resentment and anger.

- You don't have to ride the roller coaster; you can get off at anytime.
- Serenity is my new best friend.

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## Treasurer

Hello to my Al-Anon friends,

The balance of our operating account on Feb 28, 2023, is \$5,749.36. This will likely fall somewhat short of what we need to host AWSCM in Victoria without cashing in our GIC held for a prudent reserve. As groups become aware of the upcoming AWSCM, I hope they consider contributing to BC/Yukon Area and ensure funds are available to send their District Representative to attend AWSCM in person. My sponsor taught me to encourage members to participate in service and ensure they don't need to have the financial means to do so. That was such a wonderful gift for me in the early years.

Since July 1, 2023 (which begins our current fiscal year) we have received contributions from 61 groups and 2 districts. The average contribution is \$157.80. The total number of groups registered in BC/Yukon are 170.

Some groups are struggling to keep up with rising costs, so it is not expected that all groups are able to contribute consistently. We have no dues or fees, so it is important that individual members have access to Al-Anon, especially when experiencing financial difficulties. However, if group members can comfortably contribute to support our service structures, we ask that groups ensure members are aware of the financial need.

Our service structures include your District, BC/Yukon Area, Al-Anon Information Service Centres and World Service Office. Individual contributions can be made through your group's Tradition 7 collection or directly to any service entity.

Thank you for all you do to make Al-Anon available to everyone!

With gratitude,  
Janis A. BC/Yukon Area Treasurer  
[treasurer@bcyukon-al-anon.org](mailto:treasurer@bcyukon-al-anon.org)

**By cheque:** Payable to “BC Yukon Area Assembly”

Mail to the current treasurer using contribution form (in Feb 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.

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## Group Records

Greetings my Al-Anon friends,

"New Permanent Electronic Group" (PEG) in **District 10 - Monday Night Hope For Today AFG.**  
Monday Nights at 7:30 pm.

**Beginners Orientation at 7:00 pm** each week to support people who are new to Al-Anon  
Zoom meeting ID: 811 4117 6933  
Password: serenity"

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

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## Public Outreach

TOGETHER WE CAN .....

Attract new members to our meetings.  
Attract members to Service Work.

Attract members to the Greater Electronic Area.  
Attract members to Public Outreach Service Meetings.  
Attract members to volunteer for Workshops & Rallies.  
Public Outreach Committee Meeting, everyone welcome  
Zoom log in ID: 985 6094 7531 Password: 696634  
The last Saturday of each month at 10:30 a.m.

Hugs in Service,  
Gail S., Public Outreach Coordinator  
[publicoutreach@bcyukon-al-anon.org](mailto:publicoutreach@bcyukon-al-anon.org)

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## Literature Coordinator

Hello Al-Anon members,

So often in our literature, we find a word, phrase or sentence that resonates. It may appear to be a totally new concept, or a familiar one that speaks to us at a particular time, perhaps in a different way.

I would like to share something from *How Al-Anon Works*, page 369, which my book study group came across recently:

“I think of putting Al-Anon in my life in terms of what I call the “Four S’s” ---Slogans, Steps, Sponsorship, and Service. I think of them as a set.”

I don’t recall hearing about the Four S’s before, but, to me, it seems to cover the key elements of recovery offered in our program. When we’re new, perhaps a slogan is all we can handle. As we read pamphlets and books, and hear others share what they have learned from our literature, we may start to relate, to feel we might have something to gain from working the steps. We may even find the courage to reach out to a potential sponsor, who will likely mention the benefits of service, at some point.

I’ll end with a question, as we find at the end of the chapters of some books, such as *Paths To Recovery*:

“What word, phrase or sentence did I read today that inspires me?”

\*A new daily reader, *A Little Time for Myself*, will be introduced at the International Convention in Albuquerque, New Mexico, in late June, in English, French and Spanish.

In Service,  
Donna H., BC/Yukon Literature Coordinator  
[literature@bcyukon-al-anon.org](mailto:literature@bcyukon-al-anon.org)



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## Alateen

Hello Al-Anon members,

I hope you are well and looking forward to spring and regrowth and renewal. When spring comes around so does the opportunity to do service for our children and grandchildren by recertifying as AMIAS to support Alateen groups in your District.

The younger members affected by alcoholism have a safe place to share and get support from others recovering from this family disease. It is a great opportunity to give back to Al-Anon and grow in service.

This is my last year as Area Coordinator, and I have learned a lot about myself and what it means to be a part of a worldwide fellowship. As I reflect on the position and what it means to give back, I am so very grateful. Grateful to the program, to the fellowship and to my sponsors who have supported me and taught me lessons with their experience, strength, and hope.

I encourage you to look into service and think about Alateen because it is one of the most wonderful ways to "Let it begin with Me".

I will be hosting a PowerPoint presentation on a virtual meeting on **April 17th at 5pm** to discuss Alateen and what it means to be an AMIAS. Zoom ID: 3935180242 Password: 4JRM01.

I look forward to seeing you then.

Love In Service,  
Michelle W., BC/Yukon Alateen Coordinator  
[alateen@bcyukon-al-anon.org](mailto:alateen@bcyukon-al-anon.org)

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

**Speakers' Bureau:** The Office Manager is working on updating this service by contacting the members who put their names forward as it was considerably out of date. Replies to her enquiries are slowly coming in and when there is a request, she responds by providing the member with the updated list. Members have volunteered from the Lower Mainland, the Island and one from Prince George. More members are needed to share their experience, strength and hope by speaking at an Anniversary Meeting, Workshop or Round-Up. See the January 2023 Bulletin for more information.

**Office Manager:** Cynthia Y.

I attended the first AIS/LDC Informational Session which was put on electronically by the WSO Customer Service staff. There were close to 100 attendees from all over North America. The almost two-hour session pointed out the many resources available to offices like ours. From some of the questions that were posed to the staff, it looks like we are in very good shape.

Next month our Office will be able to pre-order the new daily reader “A Little Time for Myself”. All pre-orders will be shipped at the beginning of the International Conference, June 29th, 2023. If you or your group would like to ensure you have a copy, please contact our Office before May 15th so we can include it in our pre-order.

We have sold two cases of Service Manuals but have two more cases on order. Our next Quarterly Meeting is on **Sunday June 18th at 11:00am** online with Ring Central. Notice will be given three weeks in advance to the 87 members of the “Al-Anon Central Services Society” by email. The financials will be published the day before the meeting. The turn out to the Quarterly Meetings has been low, but the voices there are clear and confident. Thank you. It will be great to see you.

### **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 10:00 am - 1:00 pm  
The last Saturday of the month 10:00 am to 1:00 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](mailto:afgcentraloffice@gmail.com)

[www.bcyukon-al-anon@gmail.com](http://www.bcyukon-al-anon@gmail.com)

<p><b>AL-ANON CENTRAL SERVICES INFORMATION FOR FEBRUARY 2023</b> <b>CONTRIBUTIONS, CALLS, VISITS, EMAILS</b> <b>Contributions - \$1,210.88</b> <b>Calls 42– Visit 18— Email Mtg Info 9</b> <b>Email Literature Info. 14</b></p>
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## **Meeting Notices**

District 2 – Balaclava Monday AFG at 5590 Balaclava Street in Vancouver will be **changing** their meeting time as of **April 3 to 7:30pm.**

The **Mount Pleasant AFG Meeting** meets at **5pm Sunday** at the Vancouver Recovery Club, 2775 Sophia Street at East 12th (around corner from the Salvation Army). The group just got started in February and needs your support. Contact: Kimberley L. at 604-417-9954 [kimberley.111@gmail.com](mailto:kimberley.111@gmail.com)

**Three Legacies AFG – Nanaimo District 15 Group Slogan “Let it begin with ME.” 34th Year Anniversary Celebration** -196 years and 2 days of service was in attendance for the special day 2331 East Wellington Road Unity Church.

- When and why did your group start? February 19, 1989, to study the Steps, Traditions and Concepts – Registered June 19, 1989
- Where did we first meet? Alano Club. Who started the Group? Betty A, Barbara S, Donna P, Sylvia & Lucille.
- What was the composition of the members? Parents of Alateen.
- Do the early members still attend? Yes
- How did the Group announce its formation & attract new members? District Meeting & PI Service
- How did the Group welcome newcomers when it began? Beginners Meeting Format and Topics

The Group's meeting format has remained unchanged over the years: topic/discussion, speaker, step study, traditions, literature study, and beginners meeting. A weekly Al-Anon topic is discussed as then vs now. The Groups Anniversary is celebrated. Group Meeting Location Changes:

1989-1990 Alano Club, Fraser St. 7 to 8 Sunday

1991-1992 Adapt, Victoria Rd 7 to 8 Sunday

1993 Boys and Girls Club, Hecate St. 7 to 8 Sunday

1994 New Life Assembly, Milton St 7 to 8 Sunday

1995 Community Services, Prideaux St, Room #204 7 to 8 Sunday

1996-1998 Community Services, Prideaux St, Room #108 11am to 12pm Saturday

1998-2006 Community Services, Prideaux St, Room #112 11am to 12pm Saturday

2007-2014 Georgia Ave Community School, Portable 11am to 12pm Saturday

2014-2015 Country Grocer Store, Bowen Rd, upstairs 11am to 12pm Saturday

2015-2020 Mar Georgia Ave. Community School, Library 11am to 12pm Saturday

**2020 Nov-Current - Unity Church, Wellington Rd, Annex 11am to 12pm Saturday**

**Beginner's meeting 10:30 am**

**LOOK TO THE PAST TO PROTECT THE FUTURE STEPPING STONES**

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## Events

**Friday, April 7<sup>th</sup> North Shore Roundup** at the Vancouver Convention Centre with **registration at 2pm**. The **first Al-Anon meeting** is at **5pm Friday**. North Shore Round up is an AA round up with Al-Anon participation. It is an amazing 3 day event of meetings, speakers, recovery and fellowship. Friday April 7<sup>th</sup> to Sunday April 9<sup>th</sup>. Tickets and information available in person and on-line at

Northshoreroundup.com Interested in being a part of and willing to be of service? Text or email Jen S 604-783-7619 or [Jkr.starrynite@gmail.com](mailto:Jkr.starrynite@gmail.com)



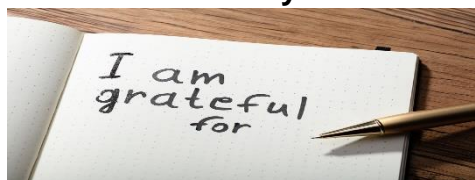
**District 20-Enderby- 9<sup>th</sup> Annual Spring Workshop Sat. April 29<sup>th</sup> from 8:30am – 3:30pm** at the Enderby & District Seniors Complex, 1100 George St. (Hwy 97) Enderby, B.C. Potluck lunch ready to be served (no oven). The topic: **Reclaiming Ourselves, a self-focused process; personal boundaries; detachment; forgiveness and self-care.** There will be a basket raffle and Tradition 7. Please bring a pen and notebook, cutlery, dishes, mug, and water bottle. For more information contact [rvzeeland@shaw.ca](mailto:rvzeeland@shaw.ca)

**District 12 Gratitude Day Saturday, April 29<sup>th</sup>** at the Alano Club, 46035 Victoria St., Chilliwack, B.C. There will be light refreshments, silent auction, and a 50/50 raffle. All are welcome. Tradition 7 at the door.

**20<sup>th</sup> Anniversary of the Friday Morning CAL AFG on May 5<sup>th</sup> from 10:15 am-noon** at the Trinity Christian Reformed Church, 3215 Tretheway St. (corner MacLure). There will be AA & Al-Anon speakers as well as refreshments. Contact [susancousins@shaw.ca](mailto:susancousins@shaw.ca) or Louise 604-855-1942 or Susan 604-859-6566

**District 2 – Multi District Workshop – Connection & Fellowship Saturday, May 13<sup>th</sup> from 9am-3pm** at Pacific Spirit United Church Centre, 2195 West 45<sup>th</sup> Ave. in the East West Room (@Yew St.). There will be guest speakers, a raffle and potluck lunch. Please bring your own mug. Contact [alanondist2@gmail.com](mailto:alanondist2@gmail.com)

**District 11 – Abbotsford/Mission Gratitude Day June 4<sup>th</sup> from 1pm-6pm** at the Bethel Reformed



Church, 3260 Gladwin Rd., Abbotsford. (Park at the back and enter by basement door) There will be Al-Anon and AA speakers. There will be a Pot-Luck Dinner – please bring a dish to share. Also, there will be Bingo, bakewalk, 50/50 draw, mystery games and children’s activities. Everyone is welcome. Contact: [susancousins@shaw.ca](mailto:susancousins@shaw.ca)

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## Officers and Coordinators 2023

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

### Subscribe to the BC/Yukon Area Bulletin

Email your submission to the bulletin in plain text or "pdf" format by the **15<sup>th</sup> of each month** to [bulletin@bcyukon-al-anon.org](mailto: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](http://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](http://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 Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.

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