



AI-Anon & Alateen Family Groups

BC/YUKON AREA BULLETIN

Volume 11, Issue 8

August 2021



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

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We're on the web!

Website Access:

www.bcyukon-al-anon.org

To access "members" pages:

Username: **member**

Password: **Area81**
(**all one word**)

Area Chair's Report

Hello AI-Anon friends,

I hope you are all enjoying the summer weather and are lucky enough to be near a lake or ocean or have a place to stay cool!!

We are preparing for Assembly in September which will be again held over ZOOM on **Friday evening** and **Saturday on September 24th** and **25th**. Watch out for important information in this Bulletin, the September Bulletin as well as the April and the July Bulletins for preparation for Assembly.

You will be seeing the reports for the Consent Agenda which includes the Minutes from the last Assembly, (which will be from 2019 since we did not have one last year), and the Annual Reports from the Officers, Coordinators, and AI-Anon Information Services. The Group Representatives will be asked to approve these reports for the Consent Agenda at Assembly and note any errors that may need correction. The Consent Agenda saves time at Assembly as the expectation is that by having those reports read ahead of time, we don't have to read them again, and can just make any necessary corrections, and then move to accept the reports.

You will also be seeing an Agenda for Assembly and Topics for Discussion. Much of the Background Information for the Topics for Discussion has been covered in the April and July 2021 Bulletins and I encourage you to go over that information again.

Our Group Records Coordinator, Jody, had a lot of difficulty trying to capture the roll call at the ZOOM Area World Service Committee Meeting. Since we will be having even greater numbers attending the Assembly, we will be asking you to register in advance to make it easier to manage. Don't worry, it is easy to do and even those that

have not preregistered will be able to do so at the time of log in, so everyone will be able to attend that wishes to. The link will be in the September issue of the Bulletin.

Again, we are looking forward to receiving resumes from all you interested members for the many Officer and Coordinator positions that are coming up. At Assembly, the Group Representatives will be electing a new Delegate and Alternate Delegate and possibly a Treasurer for the remainder of the term. Officer positions require that a 3-year term as District Representative be completed or currently completing. The upcoming Coordinator positions of Alateen, Group Records and Public Outreach are appointed by Officers on the basis of resumes submitted to the Area Chair for all the positions can be found on the bcyukon-al-anon.org website. Remember our theme this year of "Moving Forward with Unity, Courage and Perseverance." It is so much easier to do if we have volunteers in service working together for the good of Al-Anon. See the attached Schedule of Elections and Appointments.

Please review the Etiquette for Zoom meetings beforehand as well. We want to have as few distractions as possible and if we can all approach the meeting with that in mind things will move along smoothly.

More to be revealed in the September Bulletin!

Before I close, I want to take a moment to remember our friend Nancy M. from Prince George who passed away recently after a long struggle with cancer. Nancy worked in several service positions over her years in Al-Anon, most recently as our Area Treasurer. She was a highly active member of Al-Anon and brought so much to all that were fortunate enough to know her. I will miss her beautiful strong spirit, positive attitude about life and her hilarious sense of humor.

Love in Service,

Shannon P.

BC/Yukon Area Chair

chair@bcyukon-al-anon.org

ZOOM ETIQUETTE

- Set up in a quiet room alone and wear headphones or ear buds, if possible, to maintain confidentiality.
- Try to set up your camera so we can see you.
- Mute your mic when not speaking.
- Identify yourself with First name, Last initial, District # and Position if you have one.
- Please minimize distractions and do not eat, sleep, lie down, work out...You get it! You wouldn't do that in a meeting.
- Know how to raise the little hand if you need to speak or we need to do a count.
- Use the Chat function if you have a comment but remember that side conversations are akin to crosstalk.
- When muted, you can hit and hold the space bar to speak and then you will be muted again when you release the space bar.

- **Schedule of Elections and Appointments**

- **E - Elected by Group Representatives at Assembly**

- **A - Appointed by the Chairman after consultation with the Delegate and Alternate Delegate**

- All elected and appointed positions are for a term of three years, beginning January 1st following Assembly in September of the year noted.
- Central Services Liaison is elected/appointed by Central Services Office Committee for 3-year terms.
- AIS offices in Kelowna and Victoria select their own local service members.

- Elected or Appointed at Assembly in the year:

2021	2022	2023	2024	2025	2026
<u>Term</u> Start End Jan/22 – Dec/24	<u>Term</u> Start End Jan/23 – Dec/25	<u>Term</u> Start End Jan/24-Dec/26	<u>Term</u> Start End Jan/25 – Dec/27	<u>Term</u> Start End Jan/26 – Dec/28	<u>Term</u> Start End Jan/27 – Dec/29
Elected	Elected	Elected	Elected	Elected	Elected
Delegate	Chairperson	Treasurer	Delegate	Chairperson	Treasurer
Alternate Delegate	Secretary		Alternate Delegate	Secretary	
Appointed	Appointed	Appointed	Appointed	Appointed	Appointed
Alateen Coordinator	Website Coordinator	Archives	Alateen Coordinator	Website Coordinator	Archives
Group Records Coordinator	AAPP	Bulletin Editor	Group Records Coordinator	AAPP	Bulletin Editor
Public Outreach Coordinator	Literature Coordinator		Public Outreach Coordinator	Literature Coordinator	
	Public Outreach Institutions Coordinator			Public Outreach Institutions Coordinator	

Assembly Topics for Discussion

1. Outstanding Public Outreach Motions (see also April and July Bulletins)

In 2016 a trial position of Public Outreach Institutions Coordinator was created to help support the Public Outreach Coordinator.

In 2019, it was moved that the trial position be continued for one more year and that a Task Force be charged with creating an Area Strategic Plan to define parameters for Public Outreach Service in BC/Yukon. That report was to be presented at Assembly 2020, but as we know we did not have an Assembly last year. The full report can be read in the April 2021 Bulletin on the BC Yukon AI-Anon Website in the Members section.

The recommendations are:

1. That the Area terminate the trial period for the Public Outreach Institutions Coordinator and revert to having one Public Outreach Coordinator, with a three-year term (rotation based on the existing Schedule of Elections and Appointments).
2. That the Area Officers, in consultation with the Public Outreach Coordinator, appoint a Public Outreach Committee to support the Public Outreach Coordinator (to be reassessed at the end of a three-year period).
3. That the Public Outreach Coordinator job description be revised accordingly.

We will be discussing the Task Force Recommendations individually and the Group Representatives will bring the opinions of their group members and make decisions on how we will move forward.

2. Webmaster Motion 2021

“Move that BC/Yukon create a Webmaster position as a one-year trial starting January 1, 2021, and that it be a paid position of not more than \$80/month (\$960/year)”. Passed unanimously.

Background information is in the April and July Bulletins.

We will discuss this motion and the need for a Webmaster and the Group Representatives will decide whether to change the position from a trial to a permanent one.

3. Combining the AAPP (Area Alateen Process Person) and the Alateen Coordinator Position

Again, the background information has been covered in the previously mentioned bulletins.

The AAPP position is currently vacant, and the current Alateen Coordinator has been doing both positions and feels it is manageable for one person to do the job. With technology, the AAPP position has evolved and become more streamlined and with the current number of Alateens and AMIAS, it is questionable whether we need two Coordinator positions.

Is the membership in agreement to end the AAPP position and merge it with the Alateen Coordinator duties?

New Business to Discuss

1. Transforming Permanent Electronic Meetings into AFG's

Please read the Document from the World Service Conference that our Delegate, Lynn, submitted to the July Bulletin as well as her report, so that you will understand what this means. We do not need to make any decisions yet, but we need to start the conversation so that we can make some decisions in the next year. There are a series of questions to consider in the Document and we need to think about what we want as an Area.

These meetings refer to Permanent Electronic Groups that are currently registered with the World Service Office but are not connected to any geographic Area. They have been around for years and there are over 700 of them. They are not to be confused with the groups that are temporarily meeting over Zoom, because of the pandemic. It will mean that all groups whether face to face, electronic or hybrid will be part of the Al-Anon Family Groups and be attached to an Area whether virtual or geographic and have all the rights and responsibilities of any Al-Anon Family Group. These Electronic groups will belong to a 'Virtual Area', but they will have the option of applying to become part of a geographic Area, for example, our BC/Yukon Area, and we need to think about if and how we would welcome a group whose members could be from any geographic area in the world into our Area should they make application to do so. Lots to think about and the questions in the Document help with considering how to move forward.

2. Future Hybrid Area Assemblies and AWSCM

This is a big one that we need to figure out as soon as possible! We will be hearing from the Task Force that has been regularly meeting these past weeks and working hard on the Knowledge Based Decision Making Questions to bring us their recommendations for how to proceed with future hybrid events in our Area. More to be revealed in September's Bulletin.

3. Al-Anon's 70th Anniversary Celebration

Gail S., our Public Outreach Coordinator, has been meeting with a group of volunteers to put a Zoom celebration together for the 70th Anniversary of our program on **October 23, 2021**, from **10 am – 3 pm**. She will fill us in on more details as we go along and is always happy to have more people join in the meetings with ideas, stories and offers to help!

The logo consists of the words "HAPPY" and "ANNIVERSARY" stacked vertically. Each letter is a different color and has a 3D effect with a shadow. The colors include blue, green, red, yellow, and purple.

Delegate's Message

Dear Al-Anon/Alateen Family,

I trust this message finds you enjoying summer and safe from forest fires as we inch closer to a normal life after prolonged restrictions due to the pandemic. July has been a busy month in worldwide Al-Anon, and I would like to share some of the events I have been involved in as your Delegate.

Canadian Delegates' Meeting, June 19, 2021 – Seven Canadian Delegates and two Trustees met to discuss respective Area concerns, including Alateen Recertification challenges (two Areas did not meet the June 15 deadline), difficulties in filling all service positions, double-headed management, unity issues, and returning to face-to-face meetings. In the national Al-Anon picture, BC/Yukon is doing very well. Virtual Area World Service Committee Meetings appear to have been extremely popular this year and will likely continue. News Flash! - Ontario South is submitting a bid for *Road Trip 2022, Meet the Board Event*. Stay tuned.

Literature Committee, July 1, 2021 - I am continuing to enjoy serving on the Literature Committee and during our recent meeting we discussed following through on the Literature Motions passed at the World Service Conference. Alateens are invited to submit suggestions for a *Just for Tonight Alateen* bookmark, and work is commencing on preparing new prefaces for *The Dilemma of the Alcoholic Marriage* and *One Day at a Time in Al-Anon*.

70th Anniversary Virtual Celebration, July 10, 2021 – Many of you were probably in attendance along with 5400 other Al-Anon members from 33 countries as WSO hosted a virtual celebration of Al-Anon's 70 years. And what a celebration it was! Even though it was on Zoom, it was remarkable with a Flag Parade of all countries with an Al-Anon presence from 1950s to the present day; two amazing Al-Anon speakers each with over 40 years' experience and who also knew our co-founder Lois W.; and a virtual tour of WSO. At the end of the tour, amid the Archives collection, Archivist Joe stated "If only walls could talk ..." What stories they could tell of Al-Anon history! The celebration concluded with a Virtual Countdown where each attendee was encouraged to engage via chat to honour their years of active Al-Anon membership.

Clarification to Electronic Meetings – There is much discussion occurring on AFG Connects about Electronic Meetings; and I want to share with you the latest response from Sue P., Associate Director, Group Services WSO, to a query that I made recently about registration of electronic meetings. The guide published in the July Bulletin, *Transforming Electronic Meetings into Al-Anon Family Groups: A Guide for Geographically Based Areas in the WSC Structure*, applies once the non-panel non-geographic Area is accepted and approved by the WSC in the future (after WSC 2022) and the Area has created a process to accept Al-Anon groups which meet only electronically. If a group today decides they want to meet only electronically and will never return to the physical location, they must register as a permanent electronic meeting and will become part of the non-panel non-geographic Area. All group members are reminded that there is no time frame for a group to temporarily remain online if we are amid this pandemic. In other words, if group members want to remain connected to BC/Yukon Area, it may be best to

remain in the status they are in. This will allow BC/Yukon Area time to create processes to recognize groups that meet face-to-face, on a hybrid basis or purely electronically. We will have an opportunity to discuss this subject further at Assembly as we consider how to move forward.

I am sad to hear about Ally's decision not to let her name stand for the Delegate position (2022 – 2024); however, I respect her decision because I know that she made it only after prayerful consideration, talking it through with trusted others and by living our Legacies. I trust in our principle of rotation of leadership and our Higher Power to guide suitable candidates to step into the joy of service. Service at any level is a guaranteed way to strengthen recovery; and as the title of one of our pieces of CAL states: *"When I Got Busy, I Got Better"*. In closing, thank you to all who serve our fellowship in whatever capacity – we cannot exist without you.

With gratitude in service,
Lynn B., Area Delegate
"Moving Forward with Unity, Courage and Perseverance"
delegate@bcyukon-al-anon.org

Alternate Delegate

Hello Al-Anon Friends,

I hope as you read this that you are well and healthy. If you are not; if you are struggling, I hope you have all the resources you need to make your time easier.

I want to share with you that after much prayerful consideration and soul searching, I have made the decision to NOT have my name stand for your Area Delegate for 2022.

This has been one of the most difficult decisions I've made in recent years. December 6th in Hope for Today says, "Sometimes when I'm in the midst of making a decision I really struggle with knowing my Higher Power's will for me." And that has been true for me making this decision. I really didn't want to disappoint anyone - namely you. I struggled wondering how my ego was engaged in my decision and whether I was 'shoulding' on myself. But deep down I knew that this was not the right time for me to take on the enormous responsibility of the Area Delegate. And I had the confidence and awareness to know that awareness WAS my Higher Power speaking to me. December 6 goes on to say, "...as long as I make decisions in the context of seeking my Higher Power's will, whatever I do will be the right thing." And this is the right thing for me.

I LOVE being of service to the members in Al-Anon! Like, A LOT! Having the opportunity to be of service to this life-giving program at the Area level has been an important and wonderful part of my personal recovery. I have learned so much about myself and about the Worldwide Fellowship of Al-Anon by being willing to listen and learn and share and grow. And – make mistakes and laugh.

I am looking forward to being with you at our virtual Assembly in September. I know that our collective Higher Power will conspire to have the exact right people in the exact right jobs to best serve our Area going forward.

I invite you to contact me directly if you have any questions about the position of Alternate Delegate or my reasons or process around my decision. I'm always happy to share with a fellow Al-Anon member.

Stay well friends,

In service.

Ally G.

Alternate Delegate BC Yukon

altdelegate@bcyukon-al-anon.org

Public Outreach

Hello my Al-Anon Family,

I hope this finds everyone happy and safe and wanting to help with the 70th Anniversary Celebration!

We are making a collage with congratulation shares from Al-Anon members and any small tid-bit you can add within a one-minute recording. It can be done individually or as a group. Following are directions from Annette, our Webmaster, and although it seems complicated, once you start to follow the steps it is simple.

If you would like to be part of the video collage presentation to celebrate Al-Anon's 70th anniversary, please, have your submission in by **September 30, 2021**. This will give Annette time to gather the files and create the presentation. The presentation will be 10-15 minutes long so while longer messages would be nice, submissions will have to be under a minute each so we can have 10-15 participants. To get your one minute or less video file to Annette, please, use WeTransfer. WeTransfer is secure and free! You are not required to make an account with WeTransfer, but you can if you wish. These instructions below were tested on an iPhone and Android devices will be remarkably similar. If you have any questions about transferring or anything about the technical aspects of this presentation, please message Annette at webmaster@bcyukon-al-anon.org or wetransfer@annette.cloud. All other questions regarding content etc., please message Gail at publicoutreach@bcyukon-al-anon.org.

Prepare to send your file:

1. Prepare to make your submission by recording your message to the Area with your mobile device ahead of time so it is ready to be uploaded.
2. When you are ready to send the file, make sure you have access to your email account.

3. Be sure you are using a WIFI connection unless you have a large cellular data plan as video files are exceptionally large and could take a long time to upload on cellular network and could also cause extra charges on your cellphone bill. When you are ready to send the file, here is what you do:

- a. Open your browser (Safari, Chrome, etc.) and go to <https://wetransfer.com/>
- b. On the start page you will see "Send a file?" Touch it. Then, touch the + sign. Then, touch "Photo Library". Touch the video file and then touch "Add" at the top right of the screen.
- c. You will see an option to "Add a message to your transfer" this is optional. Then touch "Next".
- d. Next select the first option "Send an Email" then "Next".
- e. In the "Email to" field insert Annette's email address wetransfer@annette.cloud. Then, add your email address below it where you see "Your email".
- f. This is where you need access to your email. WeTransfer will then email you a code to verify your email, check your email and enter the code where it says, "Enter verification code" and touch "Verify your email".

All done! Thank you!

The next meeting will be August 21, 2021, at 10:30 a.m. – Noon – Log in: 885-3057-9590 P/W 504447

"When you feel helpless, help someone"

Hugs In Service,

Gail S.

Public Outreach Coordinator

publicoutreach@bcyukon-al-anon.org

Literature

Hello everyone,

This month I am reviewing Discovering Choices (2008, 335 pages) B-30. It is about how our relationship choices impact our serenity. Each of the 16 chapters offers stories and related questions as topics for discussion. As I read, I found myself thinking about how the AI-Anon program is helping me shift what I do, which in turn affects the people I interact with. Relationships that have known conflict and distrust can improve to be more peaceful and more enjoyable.

Discovering Choices speaks to the diverse challenges facing people who come to AI-Anon, whether that be those growing up with alcoholic parent(s), those living with an alcoholic spouse

or those having children, friends or siblings affected by alcohol addiction. We are challenged by the complex dynamics that the disease injects into our lives. Using the tools of the program such as the Slogans, (e.g., Let Go and Let God), a sponsor, meditation, and prayer etc., we can center ourselves amidst the chaos. This book talks about how doing service work can also be a powerful tool. It demonstrates how service can build our self-confidence, get us out of our self-centered thinking and help us to develop friendships with others who understand our struggles.

The questions in the book encourage the reader to be self-reflective to discover who we are in terms of habits, values, and challenges. Good questions for me include, “How could I be more direct about expressing what’s right for me?” and “How do I react when someone expresses negative emotions?”. These can assist me when I journal and/or meditate. I like the fact that the book devotes a chapter to Step Three, turning our lives over to the care of a Higher Power. It states, “Step Three transforms our inner life, and consequently has a powerful effect on our relationships with other people. It releases us from our fixation on ourselves, as well as on others.” (p. 218)

I also really appreciate the focus on the Twelve Traditions and the Twelve Concepts of Service. It demonstrates how we can use these in our personal life, further extending their use outside of the realm of service work. “The Traditions and Concepts show how we can share common values and allow for individual expression by defining clear boundaries. We take responsibility for ourselves and respect the rights of others.” (p.256)

Finally, as Literature Coordinator, I really appreciate Chapter 15, “Al-Anon Literature as a Resource for Relationships.” The book gives a brief synopsis on several Al-Anon books. It also encourages the reader to continue to explore newer pieces of Conference Approved Literature (CAL) as new material becomes available. The only critique I have of this book is that it does not provide the page numbers for each chapter in the table of contents. It does, however, provide a great index at the end, for searching by themes. I encourage all Al-Anon members to explore Discovering Choices.

Happy reading!

Amy G.

Literature Coordinator

literature@bcyukon-al-anon.org

Alateen

Hello Al-Anon Members Involved in Alateen also known as AMIAS and fellow Al-Anon members,

Hope you are safe and well during these unusual times. I am getting ready to present my report in this bulletin as well as at our Assembly in September. I really miss meeting with everyone in person and having some training and feedback from the AMIAS's at Assembly but am looking forward to the Zoom meeting instead.

We currently have 28 certified AMIAS and out of 10 registered Alateen groups five groups are still active.

I want to acknowledge the incredible loss to our Alateen /AMIAS family with the passing of Nancy M., who was a huge cheerleader for Alateens and worked extremely hard in Prince George as an AMIAS herself and was always a support for others doing Alateen service. She will be greatly missed but her legacy will go on. I remember her telling me "We need to be where the kids are at! " And she was tickled that using Zoom was an option for having Alateen meetings because she believed that the kids were more likely to use this technology and we could reach more of them this way. Bless her ♡ I am going to miss her tenacity and honest options but most of all her smile and her ((hugs)) oh yeah; and her home-made goodies...yum.

If you ever have the urge to get involved with Alateen service, I suggest you act on it as it can be the most wonderful service you ever get to do!

All the Best,

Michelle W.
Alateen & AAPP Coordinator
alateen@bcyukon-al-anon.org

Central Services

70th Anniversary - Unfortunately, we only have stock of one "Lois Remembers" Memoirs of the cofounder of Al-Anon and wife of the cofounder of Alcoholics Anonymous, but two more are in transit. Too bad but check your literature boxes to see if there is one for sale from your group because you might want to consider gifting yourself this book to commemorate Al-Anon's 70th Anniversary.

Office location - Our website volunteer has posted street pictures of the front door of our office to help members find us. <http://afgcentraloffice.blogspot.ca> #222 - 3701 East Hastings Street, Burnaby, B.C. V5C 6J4 Volunteer request A pool of volunteers for Central Office would ensure the best management of the Office. This would reduce the workload of the few valuable volunteers that contribute service to the Office. If you are interested in donating a few hours of your time, please call our acting Office Manager, Cynthia Y. at 604-688-1716 and she will get you going with an orientation.

Stock of literature - The back orders have now been filled by World Service Office except for the publication "Courage to Change". We still have stock of this book in large print. We do not know when this back order will be filled by World Service Office.

Tapes for Archives - Judy K., long time office volunteer, continues to pack up speaker cassette tapes and send them to the Literature Coordinator, Amy G., who is preparing them for the Archives. The Archives are housed at Central Service Office and any member is welcome to come and browse in Office hours. An Archives Coordinator is needed.

Reminder Saturday - A volunteer is at Central Office the last Saturday of the month for the regular hours of 10:00 am to 1:00 pm to provide newcomers with information, and services to members. The next Saturday is September 25th. A great big thank you to our Saturday volunteer.

MOST IMPORTANT - In person meetings and electronic meetings Central Office needs to know immediately if there are any changes and/or cancellations of meeting venues because we do not want to give a newcomer out-of- date information that delays their recovery. If your meeting place has a maximum number of people that the meeting facility accommodates, we need to know that information too. You can always phone Central Services to check that your information is up to date on file. Meeting information is by request - phone the Office at 604-688-1716.

PERMANENT OFFICE MANAGER POSITION NEEDED - Central Office has had some casual enquiries about this vacant position but have not had any firm interest. The position is part-time, and the salary and hours are being reviewed to better attract a member to the position. See the following Bulletins for information regarding the position: 2021: Central Services: May pg. 14-15, March pg. 9, February pg. 9. Any enquiries call Cynthia Y 604-688-1716.

Yours in Service,

Lynne G, Chair
604-688-1716
afgcentraloffice@gmail.com <http://afgcentraloffice.blogspot.ca/>

Group Changes

"Willingdon" AFG meets Thursday at 1pm in Confederation Park in Burnaby - those who are not on Zoom decided that they would like to start a meeting in the park, which we did. As of **June 18, 2020**, we have been outside in the park for a year, with only closing 2 days. In the winter we sit in a circle around a propane heater in our lawn chairs with blankets, hats, gloves, scarves - and really enjoy being outside. We are under a cover in rain or snow. There are 6-8 of us, and we love being outside and face-to-face. We had a potluck picnic with cupcakes to celebrate our 1-year Anniversary. Our church may open in September, but our group wants to stay outside. The members that are on Zoom have not decided yet what they want to do.

New Hope AFG, reopening **Thursday, August 5** from 7:30 pm – 8:30 pm at the Chilliwack Activity Centre, 9400 College St., Chilliwack. Contact email n-sadler49@yahoo.ca

Serenity in the Grove (formerly Monday Walnut Grove) will be starting in person meetings on **Monday, September 13** at the Grove Church, 7 pm – 8 pm with fellowship at 6:30 pm. We have a new format to go with our new name including a newcomer meeting on the 4th Monday of the mont



Officers and Coordinators 2021

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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.bcyukon-al-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.