

# BC/YUKON AREA BULLETIN

Volume 12, Issue 12  
December 2022



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

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### Area Chair’s Report

Hello my AI-Anon friends and family,

Here we are near the end of 2022 and the last month of my term as Chair. It has been a wild and crazy ride that I never expected. I am so grateful for the experience and for all I have learned about myself in my service journey. I am ready to pass the torch and so happy that Patty has decided to accept it!! I have felt so supported by you all and it has been a positive and uplifting experience. I thank you for trusting me and for the honour of serving in this role.

We have some new Coordinators to congratulate and welcome for the new year. Donna H. (Dist. 6) is our new Literature Coordinator. Angus P. (Dist. 9) is our new Assistant Hybrid Event coordinator. He will assist Akemi with the details at our hybrid events. Lothar S. (Dist. 17) is taking over as the Website Coordinator. Welcome Donna, Angus, and Lothar! I have every confidence in you and wish you well.

Thank you again to all outgoing Officers and Coordinators. Ann A. (Secretary), Patty T. (Website), and Audrey E. (Literature). We are so grateful for your service, and it has been my pleasure to work alongside you.

Welcome again to Patty T., our new Chairperson and Diana H. our new Secretary.

We are still looking for someone that would be willing to be an Alternate for the Hybrid Equipment Coordinator. If Ernie is unable to attend our hybrid events, we need someone willing to step in for him.

We're 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)

There has been some interest shown in Archives but no announcement to make yet.

I wish the very best for all of you in the BC Yukon Al-Anon in the New Year. There are many exciting new challenges and opportunities ahead and I feel confident that we have a solid and dedicated group of Area World Service Committee members to lead us in the right direction.

Thank you again.

Love and Gratitude in Service,  
Shannon P., BC/Yukon (outgoing) Chair  
[chair@bcyukon-al-anon.org](mailto:chair@bcyukon-al-anon.org)

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## Delegate's Message

Greetings Al-Anon and Alateen members,

### Al-Anon International Convention:

Adventure awaits in **Albuquerque, New Mexico on June 29 to July 2, 2023!**  
**Registration is now OPEN: [al-anon.org/international](http://al-anon.org/international) and via *In The Loop*.**

Please book your room and your space early.

In 2021, the World Service Conference approved the development of new introductions for *The Dilemma of the Alcoholic Marriage* (B-4) and *One Day at a Time in Al-Anon* (B-6) that place these books within the context of the times in which they were written. The new introductions can be found in the latest printings. Go to [al-anon.org/b4](http://al-anon.org/b4) and [al-anon.org/b6](http://al-anon.org/b6) for downloadable copies of the introductions.

Did you know that World Service Office (WSO) provides templates for public outreach posters on, [al-anon.org/posters](http://al-anon.org/posters)?

Here in the **BC/Yukon Area**, we are hopeful to fill our Service positions at the area level. We still have an opening for A Hybrid Equipment alternate coordinator, so step into service at the area level. As I heard in Al-Anon, isolation ("I just want to go to my group and go home.") is part of the disease.

As the year 2022 ends, I remember what I'm grateful for, mostly the Al-Anon/Alateen program and for all those that keep the lights on and step into service to keep this program of recovery moving forward, and for the many friends I have met along the way.

Your servant in service,  
Owen H., BC/Yukon Delegate  
[delegate@bcyukon-al-anon.org](mailto:delegate@bcyukon-al-anon.org)

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## Alternate Delegate



Greetings fellow Al-Anon members,

For many, this month brings about the busyness of the Holiday season along with some struggles with the festivities of celebrating and alcoholism.

I find myself easily getting distracted from my routine while trying to fit in more activities than normal. With that for me, comes a tendency to skip some necessary habits in my daily routines such as, my daily readings and time with God.

It hits me hard, the holiday effects of drinking and the low reserve of Al-Anon fuel in my mind. One way for me to avoid that crash has been to pick up copies from past years of the December Forums and review the holiday season strategies and readings to help me refuel.

Why not check out your home group meeting literature stock or ask fellow members if they have some copies of past December forums hanging around that you can borrow. Add some extra fuel, Experience Strength and Hope to your reserve and you may, like myself find the busy month and all the stressors that can come with that are easier to navigate and there is actually some Joy in the season celebrations.

Another source of sanity for me is service, "*When I Got Busy, I Got Better*" not just the reading but actually being active, in-service work throughout the season keeps me in "Al-Anon shape"

Maybe you can write an article to submit to the Forum. Doing this type of thing keeps us thinking and conditioning ourselves with the tools and resources of the program. The Forum is written by all us members, who attend Al-Anon meetings all over the worldwide fellowship. To keep the Forum coming to your mailbox or your meeting they need a variety of sharing's from your story to your favorite piece of literature, to how a tradition or step has helped you thru a life experience, to everyday life sharing's of Al-Anon experiences, they all make up our monthly Forum articles.

Please don't hesitate to contact me for more information on how to submit an article to the forum. As well, you can check out the Forum writing guidelines F-1 on the WSO (World Service Office) website.

Keep watching for some of the personalized "Quote At A Time" writings submitted by members of BC/Yukon at Assembly 2022. They have been compiled and sent to AFG Inc *THE FORUM as submissions*, as well you may see your personalized quote randomly pop up in our BC/YUKON Area Bulletin.

As Your Area Forum Coordinator, I will share a few Tidbits of Our Three Legacies from the December 2017 Forum.

**Step Twelve:** *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.* “Sharing the message Twelfth Step opportunities crop up in the most unexpected places.” I was in a family session in a rehab center we could ask questions or make comments I asked if anyone in the room knew about AI-Anon. No one did, so I shared my Experience Strength and Hope by saying what the program has done for me.

**Tradition Twelve:** *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles above personalities.* “Letting Go of My Secrets” At times that old thinking begins to creep back into my brain. But praying, journaling, reading my Conference Approved Literature (CAL) or picking up that heavy phone remind me that it is none of my business what others think of me. I will never graduate I don’t intend to. Life keeps happening, and I keep coming back—one day at a time and year after year.

**Concept Twelve:** *The spiritual foundation for AI-Anon’s world services is contained in the General Warranties of the Conference, Article 12 of the Charter. Warranty Four states “that no Conference action ever be personally punitive or an incitement to public controversy.”* It reminds me to hold a spiritual perspective when an AI-Anon group or member is not following a principle of the program, I have the freedom to go to a different meeting or start a new one. Any attempts to “set them straight” would mean I am trying to control the situation.” I Am Not the AI-Anon Police”

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

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## Treasurer

Hello to my AI-Anon friends,

I wish you all a happy and healthy Christmas season. At this time of year, I often think back to the time before AI-Anon when Christmas wasn’t all that merry. My ‘bottom’ came just after Christmas and my first AI-Anon meeting was on January 7<sup>th</sup> when an AI-Anon member invited me to the Friday night meeting in Nelson. In this group I found the love and acceptance that encouraged me to learn and grow using AI-Anon tools. With the help of AI-Anon, I can now release some of the difficult memories and live in gratitude for the life I live today. I try to show my gratitude by being available to offer hope and help to new members, especially during the Christmas season.

As your treasurer, I am looking toward next year to ensure I can fulfill my duties in the best way possible. At Assembly this year, this motion was accepted:

*Move that the BC/Yukon Area selects a Finance Committee (up to 5 members) to provide oversight and support to the Treasurer, review mid-term & year-end reports and develop a budget to be presented at Assembly, ending the 3-year trial. Committee members will have AI-Anon service experience as well as knowledge of basic bookkeeping practices.*

Currently we have the Area Chair, Area Delegate and a past Treasurer supporting the current Treasurer (me) on this committee. We are now reaching out to members who may have an

interest in serving in this way. If you have bookkeeping or accounting knowledge and some experience in Al-Anon service, we invite you to apply. The term can be for 1 year up to a maximum of 3 years. For anyone considering the Treasurer position (next term to start January 2024) this is a great opportunity check it out.

If you are interested in serving on this committee, please contact me by email and include a service resume found on our BC/Yukon website: <https://www.bcyukon-al-anon.org/wp-content/uploads/2022/08/service-resume-fillable-form-Aug-22.doc> All applications will be reviewed and successful candidates will be selected by the Area Officers.

As always, contact me by email or phone if you have any questions about anything related to the Area Treasurer position. Thank you for your support.

With gratitude in service,  
Janis A., BC/Yukon Area Treasurer 604-454-4873  
[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](mailto: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

Season's greetings!

Here are the comings and goings for our Area.

We had 2 new in-person groups register in October.

District 2- Vancouver- West (side) Sunday Morning at 11- St. Mary's Kerrisdale -2490 W 37th Ave.

District 28-Prince Rupert -6:30 Tuesdays in the Library- 6<sup>th</sup> Ave.

District 3- Killarney AFG - Fridays at 8:30 will be inactive as of November 30

District 14 - Monday Night Serenity AFG in Parksville has resumed face-to-face meetings at a new - location. 7 - 8 pm, Mondays, 795 Island Hwy W, Parksville, BC V9P 1B9, enter in the back.

For new Permanent Electronic Groups (PEG) members submit the New Al-Anon Group Registration Form for Groups with an Electronic Location on [al-anon.org](http://al-anon.org).

Please note, World Service Office is not able to display electronic Al-Anon groups connected to a geographic Area at this time. They continue to work on finding the best way to adapt the current meeting search to pin the electronic Al-Anon meeting information to a geographic location. Meanwhile, Areas can list the meetings on the Area and local websites, so newcomers and members alike can find these meetings.

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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## Alateen

Hello Al-Anon Members,

Thank you, Al-Anon members, for doing your part to keep rooms open for those affected by alcoholism including younger members and children. It isn't always possible to find a safe place to talk about the challenges of loving and living with alcoholics but in Alateen and Al-Anon there is hope.

As the year comes to an end, I hope you are where you thought you would be on your recovery journey and if not don't worry there is always another opportunity to strengthen your recovery thru service. Service could mean something as simple as welcoming newcomers or more like becoming an Al-Anon Member Involved In Alateen Service (AMIAS).

We need to remember those who need a safe place much like those members who came before us to pave the way and keep Alateen/Al-Anon going. Recovery is very important to me and by being of service has been a very crucial part of my recovery. Thinking about others and how I can give back to this very special program helps me continue to grow and be a better person because of service.

Thank you again all those AMIAS who keep showing up for others and offering hope. "Yesterday is gone and tomorrow isn't here, so I can only live for today" if we take time to think about that, we won't have time for past regrets and worries about the future. We'll be too busy getting the most out of life, a day a time. From the Alateen book "Alateen--a day at a time."

Yours in service,  
Michelle W., BC/Yukon Alateen Coordinator  
[alateen@bcyukon-al-anon.org](mailto:alateen@bcyukon-al-anon.org)

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## Public Outreach

Hello my Al-Anon family,

I would like to give you some ways for Groups and Districts to reach out to the public:

- Have business cards made with your contact number and attach to any forums or flyers you may be sending out.
- Reach out with information to your local Police, Fire Stations, Hospitals, Clinics and Professionals such as Counsellors and Doctors. Also, the local Crisis Centre, Women's Shelters, and Treatment Centres.

This is just a few of the places the Public Outreach Committee meeting reaches out to. There are many more ideas such as holding Al-Anon Days, Gratitude Days, and participation with Alcoholics Anonymous.

If anyone would like to attend our meetings and participate as much or as little as you like, the meetings are held as follows:

**The last Saturday of the Month at 10:30 a.m. on Zoom.  
The log in is: 985 6094 7531 Pass Code 696634**

I also would like to wish everyone a Wonderful Christmas, Happy Holidays, and a Happy New Year.

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

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## Literature Coordinator

Hello everyone,

This will be my final article as Literature Coordinator for BCYukon. I will have completed my one year of service at the end of December. It is with a grateful heart that I write this final review of another excellent book of Conference Approved literature.

Today I want to reflect on the many blessings that I have received from being in service to the area. I have been privileged to get to know many, many other talented and generous AI-Anon members who give generously of their time and talent.

We are reminded of Concept One in *Paths to Recovery, AI-Anon Steps, Traditions and Concepts* (B24) that “The ultimate responsibility and authority for AI-Anon world services belongs to the AI-Anon group.” On Page 253 we read “I owe my life and health to AI-Anon and want it to be there for those still suffering. Therefore, I selfishly serve AI-Anon. My service is important, but I could never do all that needs to be done to protect and assure AI-Anon’s continued availability. I can’t write the books alone. I can’t answer all the calls. I can’t send out all the information needed. But I can take responsibility for the pages I can write, the calls I can take and the literature and information I can pass on. I am also responsible and have the authority to join with others in my small little corner of the world to see that jobs are done by those able to do them.

Personally, I interpret this Concept as an additional tool for my recovery. It reaffirms that I am responsible for my life. I can’t expect others to do for me what I can do for myself, nor do I assume responsibility for them. I have responsibility for my life and can choose when to welcome others into it. We share together, work together, and grow individually.”

Thank you all for your friendship and encouragement. I came into the rooms of AI-Anon an empty and hurting vessel in great need of kindness and understanding. Over the many years of meetings and members sharing their experience, strength, and hope, and through service to the various “links of service” I have found a renewed sense of hope and joy and ultimately serenity. Although I am leaving Vancouver Island and returning to my home province of Alberta, I am taking the love and the warmth in my heart for all of you. I also believe that I will find the same program of recovery in Alberta that I have been privileged to enjoy here in Victoria.

Happy reading,

Audrey E., BC/Yukon AI-Anon Literature Coordinator

[literature@bcyukon-alanon.org](mailto:literature@bcyukon-alanon.org)

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

This is the season of giving, and I would like to give my fellow AI-Anon members a big thank you with bows, glitter, and ribbons in twirls on it. Many of the members gave me a tap on the shoulder **three years** ago to get my attention and encouraged me to step up in service and be the Central Service Office Chair of AI-Anon’s Central Service Office Committee.

We all know three years is the time for **rotation of leadership** one of AI-Anon’s excellent tools to foster spiritual and emotional growth. I am grateful to those who showed confidence in me



which gave another boost to my self-esteem and a deeper passion for my recovery. The position is open.

In November of this year the **Annual General Meeting** of the Society was held, and I can report more on that in January. At the same time the last quarterly meeting of **Central Services Office Committee** was held for 2022. The Service Manual suggests Alternate-Group Reps attend to report back to their group, or any member of a group is welcome. The next meeting is **Sunday, February 19th, 2023, at 11:00am on zoom**. Please bring this information to your Groups' business meeting, and phone the office to be included in the email for the link to sign in.

The new **Service Manual** is promised soon, probably in the New Year. **Paths to Recovery** is finally in stock at **World Service Office**. Our order should be arriving early this month.

Our **Office Manager, Cynthia**, will be on holiday in December and has arranged coverage for the time she is away from the Office. Our **volunteers** will be taking extra shifts, and this means there will be no interruption of service in carrying the message of hope to the suffering families and friends of alcoholics, especially needed at this time of the year.

Our **Holiday closure** will begin on **Friday, December 23, 2022**, reopening on Wednesday, January 4, 2023. Voicemails and emails will be monitored during our closure.

Please note we will **not** have a Saturday opening in December. In January we will resume being open the last Saturday of each month.

Office Hours	Address	Mailing Address
Mon. Wed. Fri.	#222 - 3701 Hastings St	PO Box 28574
Last Sat of the month	Burnaby, BC	Burnaby BC
10:00 am - 1:00 pm	V5C 2H6	V5C 6J4

Tradition 7 through Groups, Districts, individuals - by cheque or pay pal.  
Thank you.

Chair, Lynne G.

T/F. 604-688-1716

E mail [afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)

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

Http://afgcentraloffice.blogspot.ca

**AL-ANON CENTRAL SERVICES INFORMATION FOR OCTOBER, 2022**

**CONTRIBUTIONS, CALLS, VISITS, EMAILS**

**Contributions - \$1,676.82**

**Calls 27— Visit 21— Email Mtg Info 15**

**Email Literature Info. 14**

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## AIS/LDC Kelowna, BC

Hello Al-Anon members,

The Kelowna AIS/Literature Depot Committee held a meeting recently and would like Area 81 to know that our depot is doing well, and have been serving the district for 30 years, even operating during Covid-19, sending out orders.

We have a committee of 7 Al-Anon members who look after ordering from World Service Office, processing, and shipping out orders as well as maintaining the website for updates to Al-Anon meeting information and Al-Anon Information Service (AIS) requests.

We offer a mail-in and phone-in order service, in the home of Jeaneen, our trusted servant and capable literature volunteer. We thank all the groups that have supported us in the past and into the future.

Orders are placed from throughout the Okanagan interior and surrounding area. Our contact information is listed below.

Mail orders to: Kelowna AFG Literature Depot, PO Box 24088, Kelowna, BC V1Y9H2  
Phone: AFG Hotline 1-800-735-7520

For literature orders see website:

Website: [www.afghelp.org](http://www.afghelp.org) for literature list, order form and meeting information

Email: [ldcokanagan@yahoo.ca](mailto:ldcokanagan@yahoo.ca)

Submitted by grateful Al-Anon committee member,  
Judy C.

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## Website Coordinator

Electronic meetings were one of the topics we discussed at Assembly. A motion was approved to create an Area Electronic District for permanent electronic meetings. The World Service Office will be setting up this new electronic District and it will take some time, so your patience is appreciated. In the meantime, there are existing ways to find electronic meetings in the BC/Yukon Area.

You can:

- Call or email Al-Anon Information Services in Victoria to receive the Island electronic meeting listing.
  - [alanonvictoria@gmail.com](mailto:alanonvictoria@gmail.com)
  - (250) 383-4020
- Call or email Central Service Office in Burnaby to receive a listing of the non-island electronic meetings.
  - [afgcentraloffice@gmail.com](mailto:afgcentraloffice@gmail.com)
  - (604) 688-1716
- Search the WSO website at <https://al-anon.org/al-anon-meetings/electronic-meetings/>
  - Not all the meetings are listed, but some do appear on this list.

A huge shout out and “THANK YOU” to the members at both Al-Anon Information Service (AIS) offices for their ongoing efforts in distributing the electronic meeting lists and for the work it takes to keep them up to date. Stay tuned for future announcements regarding the upcoming BC/Yukon Area Electronic District!

As my term is coming to an end, I want to thank you all for supporting me as your Website Coordinator. I am grateful for the way Area service has helped strengthen my recovery.

Love in service,  
Patty T., BC/Yukon outgoing Website Coordinator  
[website@bcyukon-al-anon.org](mailto:website@bcyukon-al-anon.org)

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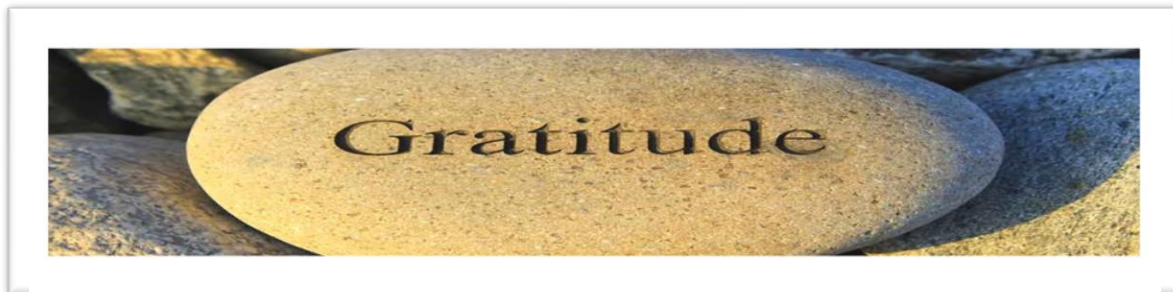
## Events & Meeting Notices

**Tues. Dec. 6 – 7pm- 9pm Gratitude Meeting** at Amazing Grace United Church, 12740-102 St., Surrey. Potluck (finger food) gratitude meeting for Key to Serenity. Bring a candle or light. There will be a sing along. Entrance back of church. Parking on the side and around the back. Contact [2davidsonlea@gmail.com](mailto:2davidsonlea@gmail.com)

**Thurs. Dec. 8 – 5:30pm – 7 pm Annual Candlelight Gratitude Meeting** at 1525-7<sup>th</sup> Ave., Vancouver. Serenity on 7<sup>th</sup> welcomes you to a night of sharing our gratitude, fellowship, and candlelight. Food and fellowship after the meeting closes at 6:30pm. Contact: [harry\\_gill\\_2000@yahoo.com](mailto:harry_gill_2000@yahoo.com)



**Mon. Dec. 12 Balaclava 54<sup>th</sup> Anniversary Gratitude Meeting 7:45pm** in a hybrid form in the Narthex of Knox United Church, 5590 Balaclava (entrance on the left of the church under the sign Chapel). Also please note that this meeting will not meet on Boxing Day.



**Thurs. Dec. 22 – Thursday Night Triple Twelve Christmas Candlelight Meeting -7:15pm – 9pm** at Bethel Reform Church, 3260 Gladwin Road, Abbotsford. All are welcome to enjoy fellowship and refreshments. Contact: [kaostevens7gmail.com](mailto:kaostevens7gmail.com) or call Louise G. 604-855-1942, Susan C. 604-859-6566

## Officers and Coordinators 2022

Shannon P:	<a href="mailto:chair@bcyukon-al-anon.org">chair@bcyukon-al-anon.org</a>	Audrey E:	<a href="mailto:literature@bcyukon-al-anon.org">literature@bcyukon-al-anon.org</a>
Owen H:	<a href="mailto:delegate@bcyukon-al-anon.org">delegate@bcyukon-al-anon.org</a>	Michelle W:	<a href="mailto:alateen@bcyukon-al-anon.org">alateen@bcyukon-al-anon.org</a>
Nancy M:	<a href="mailto:altdelegate@bcyukon-al-anon.org">altdelegate@bcyukon-al-anon.org</a>	Patty T:	<a href="mailto:website@bcyukon-al-anon.org">website@bcyukon-al-anon.org</a>
Ann A:	<a href="mailto:secretary@bcyukon-al-anon.org">secretary@bcyukon-al-anon.org</a>	Jean H:	<a href="mailto:bulletin@bcyukon-al-anon.org">bulletin@bcyukon-al-anon.org</a>
Janis A:	<a href="mailto:treasurer@bcyukon-al-anon.org">treasurer@bcyukon-al-anon.org</a>	Vacant:	<a href="mailto:archives@bcyukon-al-anon.org">archives@bcyukon-al-anon.org</a>
Sarah O:	<a href="mailto:grouprecords@bcyukon-al-anon.org">grouprecords@bcyukon-al-anon.org</a>	Annette P:	<a href="mailto:webmaster@bcyukon-al-anon.org">webmaster@bcyukon-al-anon.org</a>
Gail S:	<a href="mailto:publicoutreach@bcyukon-al-anon.org">publicoutreach@bcyukon-al-anon.org</a>	Akemi M:	<a href="mailto:event@bcyukon-al-anon.org">event@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.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 Al-Anon), 7213 Aldeen Rd., Prince George, B.C. V2N 5P7.