The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup

Get tickets now for 2010 Gratitude Roundup

There are only about four weeks left to get your tickets for the 2010 Calgary Gratitude Roundup being held June 11 to 13 at the Coast Plaza Hotel in northeast Calgary.

About 1,100 Calgary and area AA members, as well as visitors from out of town, are expected to attend the 29th annual Roundup, which again this year features an excellent line up of speakers, and AA meetings over the three days.

This is the second year the Roundup is being held in the 11,000 square foot Coast Plaza Hotel conference centre. The hotel, located at the intersection of 16th Ave (TransCanada Highway) and 36th Street NE, is on major bus routes and is also within close walking distance of Franklin LRT (C-Train) station.

The price of Roundup tickets remains unchanged from 2009. Roundup registration tickets are \$20, which provides access to all speakers and meetings and two dances, and \$58, which covers registration plus the buffet banquet on Saturday evening. There is limited banquet seating so anyone planning to attend is urged to buy tickets in advance. Registration and banquet tickets are available from many Intergroup and Calgary General Service Committee members as well as AA Central Office in Calgary.

Among the speakers addressing the Roundup this year are Kip C. from San Diego California, Dorothy H.

of Calgary, Rick B. of Minneapolis, Minnesota, Garry P. of Saskatoon, Sask. and Heather M. of Winnipeg, Manitoba. Also on the program is Al-Anon speaker Barb L. of Saskatoon, Sask. and an Alateen speaker.

The conference registration desk opens Friday at 5:30 p.m. and again on Saturday at 7 a.m.

Along with the keynote speakers, the Roundup will also offer three regular AA meetings including Night Owl AA call-up meetings both Friday and Saturday at 11 p.m. and the Upon Awakening meeting Saturday at 7 a.m.

The always popular Big Book seminar will be offered over four sessions, with a study of Steps 1 to 3 at 6:30 p.m. Friday, Steps 4 to 7 at 8 a.m. Saturday, Steps 8 and 9 at 4:30 p.m. Saturday, and Steps 10 to 12, Sunday at 8:30 a.m.

The Friday night dance with a DJ begins at 9:45, while the Saturday night dance with a DJ follows the banquet, starting at about 10.

The buffet banquet gets underway Saturday at 6:30 p.m., with Mathew M. as master of ceremonies. Feature events during the banquet include a White Hat Ceremony welcoming the AA speakers to Calgary, and the Sobriety Countdown. Banquet speaker, Garry P. of Saskatoon will take to the microphone at about 8 p.m.

(Article cont'd on page 4, Gratitude Poster page 5)

I am responsible

When anyone, anywhere reaches out for help, I want the hand of AA always to be there.

For that, I am responsible

Calgary A.A. Central Office

#2, 4015 1st Street S.E.
Calgary, Alberta – T2G 4X7
Phone: 403-777–1212 Fax: 403-287–6540
Email: centraloffice@telus.net
Office Hours:

Mon. to Thur.: 8:30 am – 1:00 pm, 2:00 pm – 5:00 pm
Fri.: 8:30 am – 5:30 pm, Sat: 9:00 am – 1:00 pm
Closed Sundays and Stat Holiday Weekends
(Closed Saturday May 22, Monday May 24 for Victoria Day;
Closed Thursday July 1, 2010 for Canada Day)

In Brief....

Intergroup Sunday Morning Breakfast and Speaker Meeting

Join us for good food, good fellowship and personal stories of the speaker's journey

at the

DOWNTOWN RAMADA INN

708 – 8th Avenue SW

Breakfast at 9 am, speaker at 10 am

Buffet Breakfast \$15 – Healthy Start Breakfast \$11 Toast & Coffee \$6 – Coffee \$3

Contact: Stéphane N. at 403-629-6439

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING – 8 PM

Nexen (Fortis) Building, North Tower 801 – 7th Avenue SW, Calgary

SATURDAY NIGHT NORTH EAST GROUP SPEAKER MEETING

second Saturday of the month - 8:00 pm 2523 – 56th Street NE, Calgary

DAILY REFLECTIONS SPEAKER MEETING

last Thursday of the month - 8:30 pm

134 Scarboro Ave. SW (United Church)

INTERGROUP SPECIAL EVENTS

"We need YOU"

Special Events is forming a committee for our Stampede Special Event.

This event takes a lot of work, and we need a committee who is committed to ensure it is a success, and have fun while doing it.

Join us at Central Office

May Meetings - May 11 and 26, 2010 at 7 pm June Meeting - June 15, 2010 at 7 pm

For info call Keith at 403-474-1830

CPC Planning Meeting

Regular meetings of the Cooperation with the Professional Community (CPC) committee are held the third Wednesday of each month at Central Office starting at 7:00 pm sharp. New committee members and more group participation are always welcome, the more members we have the more we can do to help the professionals help us! This is a fun service position for

On the Horizon:

(Excepts from posters at Calgary Central Office (403-777-1212)

Local:

Didsbury 12th Annual Family BBQ Campout: May 28, 29 and 30, 2010; Rosebud Community Hall. For more information contact Brian 403-335-9990 or Rick 403-335-9525

District 86 Roundup Strathmore Alberta: June 18 - 19, 2010; Strathmore Curling Rink, 180 Brent Blvd. For more information contact: Arnie D. 403-901-7154, Jack J. 403-992-3546 or Elsie W. 403-934-0257.

Annual Intergroup Stampede BBQ and Carnival: July 10, 2010 from 10 am to 4 pm; Games for the kids and a dunk tank; Admission: \$3; Dalhousie Mennonite Church, 5511 Baroc Rd. NW (Crowchild Trail and 53 Avenue NW)

At Large:

2010 Western Canada Regional Forum: May 14, 15, 16, 2010; Travelodge Hotel Saskatoon, 106 Circle Drive West, Saskatoon. *The forum is put on by the AA General Service Board and is open to AA members or anyone interested in AA forums.*

District 11, The 36th Annual Lloydminister AA Roundup: May 28, 29 and 30, 2010. Contact John B. 780-871-1277, Kurt S. 780-861-0777, Lynn W. 780-875-2064 or Wade R. 780-871-1280

North Peace Roundup (Grimshaw Alta.); June 4, 5, and 6, 2010. Contact: Don 780-624-8778 or Eivind 780-332-4384

Circle of Hope Roundup: June 4 – 6th, 2010, Reading PA. For information: www.cicleofhoperoundup.com

Second Annual District 55 Unity Night: June 5, 2010 from 4:30 to 7:30 pm; open to everyone, 7th tradition will be in effect; Edmonton Moravian Church, 9340 – 83 Avenue, Edmonton

End of the Rainbow at Cardiff (just north of Edmonton): June 18, 19 and 20, 2010. Contact: Lawrence L. 780-206-0871, Tony T. 780-757-5210, Melissa N. 780-297-8401 or Kevin C. 780-475-1444.

Abbotsford Roundup 2010: June 18 and 19, 2010; Celebrating 75 years; Abbey Arts Center, 2329 Crescent Way, Abbotsford. Contact: www.abbotsfordaaroundup.org or e-mail abbotsfordaaroundup.org or e-mail abbotsfordrally2010@live.ca

Stampede event seeks cash contributions

While volunteers are welcome to help with the upcoming July 10 Stampede BBQ and Carnival, the organizing committee is also asking Calgary and area AA groups for cash contributions to help cover the cost of the annual event which is expected to attract about 600 AA members, families and guests. Any group able to make cash contribution is asked to send a cheque to Calgary Central Office, please mark the envelope or cheque, "Stampede Special Event".

Successful Banff Roundup

Preliminary planning is already underway for the 2011 Banff Roundup, after a very successful 37th annual 2010 event this past spring.

Retiring Banff Roundup chairperson Margery K. reports just over 400 Calgary and area AA members and guests attended the mid-March Roundup at the Banff Park Lodge. Members not only heard inspirational messages from the Roundup speakers and enjoyed fellowship with other AAs, but the committee was also able to clear between \$4,000 and \$4,500.

The proceeds will be used to help further the operation of Calgary Intergroup and Central Office, and also cover the losses of two previous Banff Roundups.

A new committee to organize the 2011 Banff Roundup next March will soon be struck. Nominations for a new chair were to close at the May Intergroup meeting, followed by a vote by Intergroup members.

VALUABLE 12 STEP OPPORTUNITIES

"Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics" – Big Book Pg. 89

OLD GRAPEVINES NEEDED: Calgary and Area 78 Corrections Committee is always in need of current and old grapevines Please drop them off in a special box at Central Office and they will be read several more times and help inmates to find sobriety

Calgary AA members are needed for the 12 Step List. For more information call Buddy 403-285-9258 or Mathew 403-777-1212 or email centraloffice@telus.net

Members are needed to carry the message to the Remand Centre, Spy Hill Jail and Calgary Youth Offenders Center (Please note: All three require security clearance and a minimum one year sobriety.) For more information call: Tania M. at 403-827-7846 or email: t.mauveladie@gmail.com

Members are needed to carry the message to Bowden Institution. (Please note: Security clearance is required.)

For more information email: corrections@area78.org

PUBLIC INFORMATION COMMITTEE: There are many service opportunities available on this fun and exciting committee. The Public Information Committee is dedicated to spreading the word to the public about "the solution on which we can absolutely agree and join in brotherly and harmonious action", BB pg. 17. Next meeting - (change for May only) May 27th - 7 pm at Central Office – pichair.calgary@gmail.com

Calgary Archives

Special thanks to all who attended our Service Seminar on April 17th, it was great to see you there, and as I stated at the seminar we are still seeking some more people who are interested in helping out with the fascinating world of archives.

Our next work day is on May 29th at Central Office from 9:00 - 12:00; or if you just want to see what we do you are more than welcome to stop by for a coffee and fellowship.

Archive Request

Anyone wishing to donate documents, pictures tapes, etc. to Calgary Archives, please do not drop off any information etc. at Central Office; as we have to determine if your donation is archive-able.

Please contact one of the following, and we will be pleased to discuss your donation, and make arrangements to accept said material on behalf of Calgary Intergroup Archives.

Thank you!

Bill P. Chairman 403-697-5325

 Moe R.
 Alternate Chair
 403-452-9833

 Tim H.
 Archivist
 403-173-2846

Special Thanks From Calgary Archives

In January we received an anonymous donation of material for which we are grateful, in specific a butterfly bookmark, please let us know who you are for proper mention in the Westword.

In February we received a large box of Grapevines, of complete years, going back many years and we would like to thank these members as well, please let us know who you are as well; I apologize as I misplaced the paper with your names on it.

In April, we received a donation of 65 tapes, in a case, from Murray M. in memory of his sponsor Bob B. who passed away in 2005.

Last week we received a donation of a reel-to-reel tape player, which was greatly needed and request you let us know who you are for recognition as well.

As your grateful Chairman and on behalf of Calgary Intergroup Archives thank you and God Bless! Bill P. **New Meetings:**

NEW BEGINNINGS – 11TH STEP PRAYER MEETING: Tuesdays, 8:45 pm; Closed, Mixed; 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre, Upstairs Rm. 203)

POUND THE ROCK GROUP: Wednesdays 7:00 pm; Open, Mixed, Discussion; #203, 320 – 10 St. NW (upstairs, Kensington Church of Hope Office)

PRIMARY PURPOSE GROUP: Tuesday 8:00 pm; Open, Mixed, B.B. meeting; First Baptist Church Christian Education Building, $1311 - 4^{th}$ St. SW.

MONDAY NIGHT LADIES: Mondays, 7:00 pm; Closed, Step Discussion; Lutheran Church, 13811 Deer Ridge Dr. SE

BACK FROM HELL: Fridays 8:00 pm, open, mixed, Big Book discussion – 126B Main Street Airdrie (back door)

BACK FROM HELL: Thursday 7:00 am, open, mixed, discussion – 126B Main Street Airdrie (back door)

LADIES NORTH EAST 12 & 12 GROUP: (new name) (formerly Women's North East Group) Sundays, 1:30 to 3 pm, Closed, 12 x 12 reading and discussion.; wheelchair accessible; Robert McClure Church, 5510 – 26th Ave. NE (near Village Square Mall)

THE LADIES H.O.W. GROUP: Tuesdays, 7:30 pm, NCFC 4620a Bowness Rd. NW. Ladies Big Book & 12 x 12.

UNIDOS (Spanish): Wednesday, Thursday at 7:00 pm, Sunday at 5:00 pm; open mixed; St. John's Lutheran Church, 204 – 6A Street NE

Meeting Changes:

DALHOUSIE WOMEN'S GROUP: (new day effective May 20) changing to Thursday 8:00 pm; 5511 Baroc Rd. NW (Mennonite Church, Upstairs)
MIDNAPORE: (new time, new format); now Monday 8:00 pm; Closed,

mixed; living sober discussion, second Monday of each month is a speakers meeting; St. Mary's College (west entrance), 14540 Bannister Rd. SE.

UNIDOS (Spanish): **(new times)**; Friday changed from 6:00 to 7:00 pm; Saturday changed from 6:00 to 5:00 pm.; 204 – 6A Street NE

SOWING THE SEED: (new day and time) now meets Thursdays 7:00 pm; 106 – 11 Ave. SW (Mustard Seed Creative Centre, basement)

TRI-CURRIE: (new time) now Mondays at 8:00 pm; St. James Church, 5504 – 20 St. SW, SW entrance.

Meeting Cancellations:

COME AND SEE GROUP: Sunday 7:00 pm at St. Joseph's Catholic Church, the meeting is **cancelled**.

Service is the key

About 50 Calgary and AA members were on hand in mid-April for a day-long seminar reviewing many of the service opportunities available to both new and longer-serving members of Alcoholics Anonymous.

There are a number of opportunities to serve on various committees such as Intergroup and Calgary General Services Committee (CGSC), as well as subcommittees such as Corrections, Cooperation with the Professional Community (CPC), Bridging the Gap, Public Information, Telephone Monitoring, Special Events and Archives to name a few.

Service opportunities range from helping the committees that organize AA programs and services, to working more directly in carrying the message to alcoholics who still suffer.

Most service opportunities begin at the home group level – get involved with your home group and make contact with your respective Intergroup and CGSC representative to discuss service. As well a number of service opportunities with contact information is also described in the Calgary and District AA monthly newsletter – The Westword.

$2010 \; Gratitude \; Roundup \; \; (\text{cont'd from page 1})$

The Coast Plaza Hotel will operate a coffee kiosk in the foyer outside the Roundup conference rooms. Coffee and tea will be \$2 per cup.

All conference attendees are on their own for

breakfast, lunch and dinner, except for those with Saturday night banquet tickets.

For more information on the 2010 Calgary Gratitude Roundup contact Calgary AA Central Office at 403-777-1212.

Westword Editor

Names needed for 12th Step list

More names of men and women from all parts of the city are needed for inclusion on the AA 12th Step list. (See application below). The 12th Step List is available only to people doing telephone monitoring. If the monitor has a call, particularly from someone who is new to the AA program, or perhaps coming back, who wants to talk to someone in more detail about AA, the monitor turns to the 12th Step List. The monitor contacts someone on the 12th Step List to see if they can help the individual caller.

You can pick your times when you are available, and you don't have to sit home waiting for a call. If you are interested in this type of service opportunity, just fill in the form below and send it to Central Service Office or for more details contact Buddy, Telephone Monitoring Chair at 403-285-9258 or call Central Office, 403-777-1212.

12 Step List Application & Renewal Form	
(Suggested 1 year of sobriety)	
New application	Change of information
Sex M F	Home Group:
First Name:	Last Initial
Phone Number:	Cell Number:
Do you want to monitor the phones on the midnight shift (11:00 pm - 8:30 am)?	
Or fill in the following to have your name on the 12 Step List.	
When are you available?	
Weekdays AM only (9:00 am - noon)	Weekdays PM only (noon - 5:00 pm)
Weekday daytime (9 am - 5 pm)	Weekday evenings (5 pm - 11 pm)
Weekends (9 am-11 pm) Anytime (7 days a week, 9 am - 11 pm)	
Weekdays @ Central Office 9am - 1 pm OR: 2 pm - 5 pm	
Where are you available to make 12 step calls? (REMEMBER - TAKE A FRIEND)	
Any where in Calgary NE NE	NW SW SE
Town(s) around Calgary:	
Do you have transportation for calls?	Yes No
What language(s) other than English do you Speak?	
Are you able to be listed on the foreign language list? Yes No	
Please give this application to your Intergroup Rep. or mail, phone, fax or email to Central Service Office #2, 4015 - 1 St. SE, Calgary AB, T2G 4X7 Phone: 777-1212 Fax: (403) 287-6540 Email address: apoffice@talusplanet.pet	

What is the 12 Step List?

This list contains the AA members who are willing to have their names and phone numbers listed for 12 Step calls.

Listings are by area of the city and home group.

The list is used by phone monitors when a caller needs to talk with another alcoholic.

You may talk with them a short time or for a long time. Or, with another AA friend*, you may meet them for a coffee, take them to a meeting, or visit them in their home.

You list your available times and what parts of the city you are willing to travel to.

A car is helpful but not necessary.

How to sign up

Return this application form to Central Service
Office or to your Intergroup Representative.
Once you are on the list, any changes you want
to make just call Central Service
Office and ask for Mathew.

* Never go on a 12 Step Call on your own.

What are Midnight Monitors?

These are people willing to take calls between 11:00 at night and 8:30 in the morning.

Their phone numbers are given to the answering service who forwards calls, on rotation, directly to them during that time.

It usually involves only talking & listening, and occasionally getting someone on the 12 Step list to call them back the next day.

29th Annual

CALGARY GRATITUDE ROUNDUP

June 11, 12, & 13th, 2010

Sponsored by The Calgary General Service Committee

Coast Plaza Hotel, 1316 – 33rd Street NE, Calgary Alberta

Hotel Reservations: 403-248-8888

Toll Free: 1-800-661-1464

SPEAKERS:

Kip C., San Diego (AA)

Dorothy H., Calgary (AA)

Rick B., Minneapolis (AA)

Garry P., Saskatoon (AA)

Heather M., Winnipeg (AA)

Barb L., Saskatoon (Al-Anon)

Alateen (TBA)

REGISTRATION:

\$20.00 person Includes all speakers plus 2 dances!

> REGISTRATION PLUS SATURDAY NIGHT BUFFET BANQUET:

\$58.00 person (LIMITED BANQUET SEATING)



Tickets may be purchased from your home group, GSR, or at Calgary General Service Office 403-777-1212

For further ticket information, please contact Marilyn L. 403-239-4923, or Lynda H. at lyndah@shaw.ca

HAPPY AA BIRTHDAY!

January 2010

HADDON GROUP:

Bob D. – 31 yrs. Del B. – 21 yrs. Wenda D. – 5 yrs. Brenda T. – 2 yrs. Don T. – 1 yr. Louis – 1 yr.

February 2010

GLENMORE GROUP:

Lisa C. – 1 yr.
Gavin – 1 yr.
Trev T. – 2 yrs.
Tanya S. – 3 yrs.
Valerie – 3 yrs.
Mike – 8 yrs.
Evelin M. – 8 yrs.
Louis M. – 10 yrs.
Lyle M. – 15 yrs.
Richard – 18 yrs.
Gene – 20 yrs.
Gene H. – 20 yrs.
Gale – 20 yrs.
Linda M. – 30 yrs.
Gerry S. – 51 yrs.

HADDON GROUP:

Paul R. – 23 yrs. Marg T. – 13 yrs. Steve P. – 3 yrs. Mike P. – 1 yr.

March 2010

GLENMORE GROUP:

Alan P. – 1 yr. Lee – 1 yr. Allan W. – 1 yr. Roger – 4 yrs. Fran – 5 yrs. Derek – 6 yrs. Pat – 8 yrs. Ilana – 12 yrs Doug H. – 22 yrs. Erick S. – 26 yrs. Elizabeth – 29 yrs.

DAILY REFLECTIONS GROUP:

Steve B. – 1 yr. Mike P. – 1 yr.

PAGE 6

March 2010 (cont.)

BEACON'S REFUGEES GROUP:

Jeanne D. - 32 yrs.

April 2010

DAILY REFLECTIONS GROUP:

Lauren R. – 2 yrs. Marilyn C. – 1 yr. Rick C. – 12 yrs. Donna Z. – 4 yrs.

GLENMORE GROUP:

Gloria – 2 yrs.
Don W. – 5 yrs.
Suzan – 7 yrs.
Tania – 8 yrs.
Rick C. – 12 yrs.
Mike P. – 15 yrs.
Claude – 22 yrs.
Darrell – 29 yrs.

HADDON GROUP:

Peter W. – 6 yrs. Frank B. – 4 yrs. Jason C. – 3 yrs.

NEW BEGINNINGS GROUP:

Pauline M. – 1 yr. Tamara M. – 1 yr. Renee P. – 2 yrs. Tyler P. – 2 yrs. Kerry K. – 4 yrs. Joyce C. – 8 yrs. Jean E. – 10 yrs. Staci L. – 11 yrs. Linda M. – 12 yrs. Karry G. – 13 yrs. Sandy M. – 20 yrs. Mike K. – 24 yrs.

RECOVERY GROUP:

Terry W. – 20 yrs.

SATURDAY FOREST LAWN:

Kim K. – 3 yrs. Liz S. – 2 yrs.

May 2010

AIRPORT GROUP:

Bonnie Ann – 13 yrs. Carla – 11 yrs. Dave B. – 7 yrs.

May 2010 (cont.)

272 GROUP:

Phil D. – 22 yrs. Anneliese W. – 21 yrs. Jack M. – 1 yr. Marty – 5 yrs.

ACTION GROUP:

Bob B. – 11 yrs. Keith S. – 3 yrs. Raj B. – 1 yr.

AIRDRIE BACK FROM HELL

GROUP:

Mike S. – 39 yrs. Dale C. – 25 yrs. Donna P. – 7 yrs. Brian R. – 13 yrs. Murray B. – 2 yrs. Michelle C. – 7 yrs. Heather L. – 38 yrs. Scott C. – 2 yrs. Glen – 1 yr. Judy R. – 1 yr. Mike M. – 6 yrs.

CROSSROADS GROUP:

Tony S. – 34 yrs. Carol L. – 21 yrs. Gavin G. – 1 yr.

DALHOUSIE MENS GROUP:

Ryan F. - 2 yrs.

DEER RIDGE GROUP:

Cliff B. – 21 yrs. Guy N – 8 yrs. Greg S. – 1 yr.

GETTING THERE GROUP:

Vicki – 33 yrs.

HADDON GROUP: Sharon S. – 10 yrs.

Mickey S. – 9 yrs. Don S. – 8 yrs. Blair P. – 2 yrs. Shirley T. – 1 yr. Joel D. – 1 yr.

MATT GROUP:

Gerard D. – 17 yrs. Gary O. – 28 yrs. Sandra F. – 28 yrs.

May 2010 (cont.)

INGLEWOOD GROUP:

J-R H. – 14 yrs. Laura F. – 17 yrs. Susan L. – 2 yrs..

MARLBOROUGH PARK GROUP:

Jackie W. – 30 yrs. Johnny G. – 34 yrs. Brian F. – 9 yrs.

NORTHLANDERS GROUP:

Patrick C. – 6 yrs. Sean B. – 1 yr. Trish – 2 yrs. Heather L. – 2 yrs.

OPEN DOOR GROUP:

Bea G. - 29 yrs.

RECOVERY GROUP:

Beto C. - 25 yrs. Les M. - 17 yrs. Cody W. - 6 yrs. Brett T. - 5 yrs. Dan S. - 3 yrs. Catherine S. - 3 yrs. Megan S. - 2 yrs. Gerry G. - 2 yrs. Dan H. – 2 yrs. Lorraine G. - 2 yrs. Phillip - 2 yrs. Taylor Mc. - 1 yr. Peter C. - 1 yr. Alex M. - 1 yr. Mike C. – 1 yr. Jen Mc. – 1 yr. Kevin H. – 1 vr. Sean T. - 1 yr. Tara C. – 1 yr. Will H. – 1 yr.

SATURDAY FOREST LAWN:

Jackie N. – 29 yrs. Chris G. – 8 yrs. Lou C. – 3 yrs.

TUESDAY MORNING LADIES:

Marjorie – 26 yrs. Gaye – 9 yrs.

AWAKENINGS GROUP:

Jen A. – 5 yrs. Richard T. – 3 yrs.

MONITORS NEEDED FOR LATE NIGHT CALLS: The Calgary Intergroup telephone Monitoring committee needs volunteers to take on late night telephone monitoring shifts between 11 pm and 9 am.

"Admittedly it isn't a very busy shift", says Buddy, telephone Monitoring Chair, "but it is important that the voice of AA be there if someone needs help". The monitor can have late night calls directed to their home phone or cell phone next to their bed. "Even if there are only one or two calls a month, it is important that our phones are covered 24 hours a day," says Buddy. To help call Buddy at 403-285-9258.

Telephone Monitoring

THANK YOU ALL WHO SIGNED UP AS LATE NIGHT MONITORS! IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY, PLEASE CALL **Buddy** at: **403-285-9258** or Central Office at: **403-777-1212**

monitorchair@gmail.com

WESTWORD DEADLINES

The deadline for submissions for June's edition of The Westword is May 31st.

Please email any notices to Westword to: westwordeditor@gmail.com or drop notices off at Calgary Central Office.

KEY CONTACTS

Intergroup chairperson – calgaryintergroup@gmail.com
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