The Westword

25 Cents

(suggested donation)



Westword is a monthly newsletter published by Calgary Intergroup (westwordeditor@gmail.com)

Powerful messages shared at Gratitude Roundup

A homeless, hopeless drunk who somehow survived a life filled with tragedy, who found AA and went on to become a successful lawyer and businessman, and a woman who described a rebellious downward spiral as a youth that brought her to a life on the streets, hospitals and detention centres before coming to AA, were just two of the compelling stories heard by hundreds of Calgary and AA members attending the recent 2010 Calgary Gratitude Roundup.

Kip C. who now lives in San Diego, California and Heather M. of Winnipeg, MB described their remarkable journeys of recovery to nearly 1,000 delegates attending the 29th annual Gratitude Roundup held in June.

Kip C., in his address during the opening night of the Roundup, stunned many in the audience, with the tragic details of several events during ever-worsening years of drinking. His drinking progressively worsened after a serious accident permanently disabled his seven-year-old son, a marriage failed, other family members died tragically, he was eventually unable to take care of his daughter, and he even botched his own suicide attempt. He ended up, near death and destitute, living in a filthy bamboo shack before getting to AA and finding a higher power, which turned his life of hopelessness into hope. Heather M. was a model, top-of-the-class 13-year-old, raised in a good home, before she suddenly rebelled, leading her to a life on the streets in Vancouver. With a family that never gave up on her, she eventually ended up

living with her grandmother in Manitoba where her drinking and circumstances only got worse. She was in and out of mental hospitals and faced the prospect of years in detention before an uncle convinced authorities to let him take the young woman to AA. With the help of a higher power and the AA program she was able to rebuild her life. Garry P. of Saskatoon, who spoke at the Saturday evening banquet, attended by about 320 AA members and guests, described how his drinking worsened during his NHL career as he played for teams such as Chicago, New York and Philadelphia. It was a bad knee, which eventually ended his sports career, but the drinking continued as he later tried to raise a family and run a business in Saskatoon. With his wife joining the AA program some months before

he did, Garry P. was faced with the prospect of losing

everything that was important to him if he didn't stop

drinking. Finally getting to AA, he today relies on the

dedicated himself to helping others and giving back to the

strength and guidance of his higher power and has

AA program.

Dorothy H. of Calgary, described how alcohol initially, as a young girl, allowed her to fit in socially, but progressively worsened over the years resulting in failed relationships, lost jobs and an over whelming feeling of no self worth. It was only after getting into the AA program and experiencing a spiritual awakening and finding a high power, that she learned to view herself with dignity and discover true value as a human being.

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 July 31, Monday August 2 for Heritage Day,
Closed Saturday September 4, Monday September 6 for Labour Day)

A NOTE FROM THE GRATITUDE ROUNDUP CORNER

A heartfelt 'thank you' to those who left a comment in the suggestion box at the 2010 Gratitude Roundup. We appreciate all of the...positive comments. The Al-Anon presence was duly noted and appreciated.

I will pass on the other comments for improvement to the new chair.

In an answer to a couple of questions as to why we do not have a separate price to attend only one meeting; and why we do not offer free tickets. The Roundup is handled as a separate function and needs to break even financially. The cost of renting the space in the hotel to accommodate the various meetings presentations and discussions is considerable (for example the Plaza 5 room used for the Big Book Study is \$500 per day). It would be an accounting nightmare to break it all down and figure out a realistic cost for each meeting. The Roundup is strictly a social event and because of this, it is not like a regular AA meeting. There are plenty of other meetings going on in the city of Calgary during the weekend of the Roundup.

Finally the committee chooses not to get involved in handing out free tickets. It is enough work to organize the event. There are always groups who may want to do that and anyone can find that out themselves. I personally know members who buy tickets for other members all on their own every year.

It was a great Roundup and I enjoyed it myself. I thank my hard working committee for its success. Any member can look at a full financial report of the Roundup at the CGSC meeting at St Mark's Church at 7:30p.m., July 26 or talk to your GSR. Anyone wishing to join board, the Roundup planning committee for 2010/2011 will hold its first meeting September 8 at 7 p.m. at Central office.

Yours In Service

Marilyn L.

Chair – 2010 Gratitude Roundup

On the Horizon:

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

Local:

272 Group BBQ: July 23, 2010 from 6 to 9 pm; Simon Fraser Fish Hatchery; everyone is welcome, no fee, only the 7th tradition; There will be no regular Friday night 272 meeting on July 23rd.

23RD Annual Ya-Butt (Wray Read memorial) Golf Tournament: August 29, 2010 (last Sunday in August) at Nanton; Cost of \$85 includes green fees and dinner (carts are extra); Shot-gun start at 12:30. For more info contact Norm N. at 403-272-1925 or Joe H. at 403-201-2965 or online at dr.qolf@shaw.ca

At Large:

Edson and District 50th Annual AA Roundup & Campout: July 16, 17, 18, 2010; For more information contact Marie B. at 780-712-3713, Gary K. at 780-712-5217, Pam W. at 780-712-6310, or Ldy_Vamp@Shaw.ca.

Crowsnest Pass Camp-out: July 23, 24, 25, 2010 at Island Lake Provincial Park West of Coleman on Hwy. 3, then follow the signs: Registration fee is 7th Tradition; For more information call Doug & Michelle K at 403-562-2466, or Barry H, at 403-563-5473, or Norma-jean G. at 403-563-5318 or e-mail curleysgirl@hotmail.com.

22nd Annual Consort Campout: July 23, 24, 25, 2010 at Gooseberry Lake Provincial Park (8 miles North of Consort on Hwy. 41 and 1 mile east); Registration is \$20 per person, 12 and under free; For more information 403-577-3082 or 403-577-3613.

District 6's 8th Fellowship by the River: August 6, 7, 8, 2010 at Rangeton Park (near Mayerthorpe); For more information contact Allyn S. at 780-786-9180 or Keith L. at 780-542-4586

District 20's Annual AA Campout Roundup: August 13, 14, 15, 2010 at Riverdale Mini Park (20 Km. North of Wainwright on Hwy 41); For

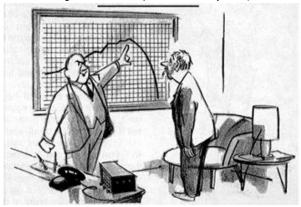
more information contact Robert S. at 780-842-6032, Janice B. at 780-386-2337 or John C. at 780-690-1580

23rd Annual Sober, Strong and Free Roundup: September 3, 4, 5, 2010; special interest and their supporters; Edmonton. For more information contact www.soberstrongandfree.com

Rock Creek Campout District 24: Labour Day Weekend (Sept. 4, 5, 6); for more information contact Neil at 250-489-8107.

Medicine Hat and District Annual AA Roundup: September 10, 11, 12, 2010 at the Medicine Hat Legion Hall, 702 – 2nd Street SW; Cost is \$40 for the full weekend or \$20 for the speakers; For more information contact Lorne at 403-580-7064 (plotslo@telus.net) or Ivan at 403-504-5524 (ivan.r@shaw.ca)

Innisfail 24 Hour Group's 49th Anniversary Celebration: October 23, 2010 at the Aberdeen Hall (Hwy. 590 East of Innisfail); Supper at 6 pm; AA and Alanon speakers, social to follow speakers; Cost is \$15 for singles, \$25 for couples and \$8 for youth (12 and under)



... and right about here is when you said you were going out to do some more 'research'

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. Meetings are the last Wednesday of every month at Central Office — pichair.calgary@gmail.com

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 Abby, 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 Abby. To help call Abby at 403-836-8904.

Calgary Archives

Hi friends, well School's out for the summer, and our Archives Committee is also taking a holiday. We will be back at work in September, and we will notify you in the Westword when our next workday will be.

Have a great summer!

Special Thanks

We extend special thanks to both the Banff and Gratitude Round-up Committees. They both Presented Calgary Archives with complete sets of CD's of the speakers who's sharing help made their events the success which we all enjoyed.

On behalf of the Archives Committee, we wish you continued sobriety and serenity, and may God Bless!

In service with love, Bill P.

New Meetings:

AS BILL SEES IT: (starting October 6, 2010); Wednesdays at 0645 am; open, mixed, discussion; 11625 Elbow Drive, SW (Cannon Meadows Shopping Centre, Upstairs, Room 203)

SOBER SISTERHOOD OF COCHRANE: Thursdays at 7:30 pm; Closed, Ladies; (last Thursday of the month is a speakers meeting open to women only); All Saints Family Centre, 404 – 4 Ave. N, Cochrane.

HEAD TO HEART BIG BOOK STUDY: Sundays at 7:30 pm; closed, mixed, BB;(last Sunday open birthday mtg.); Masonic Hall, Centre Ave., Cochrane

BY THE BOOK GROUP: Thursdays at 7:00 pm; open, step and tradition, wheel chair accessible; (last Thursday of the month birthday speaker meeting); Bowness Senior Centre, 6422 – 35 Ave. NW

HADDON'S "I AM EVE" (starting Sept. 13): Sundays, 12:30 pm: open, ladies, discussion; Room 2001, 200 Haddon Road SW.

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: Wednesday 8:00 pm; closed, mixed, B.B. meeting; 4^{th} Wednesday of the month is a speaker meeting; old house behind the church at $513-13^{\text{th}}$ Avenue SW.

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:

WALKING EAGLE GROUP (new location and time): Mondays now at 8:00, meeting at Sharon Lutheran Church, 210 – 10 Ave. NE. (back door). SATURDAY NIGHT TRAIN WRECK GROUP (time change); changing to 10:00 from 11:00 pm; 4620-A Bowness Rd. NW.

AVENTA WOMEN'S TREATMENT FACILITY (time change); Sundays changing to 4:30 pm from 7:30 pm; 2201 Cliff Street SW.

OKOTOKS SUNDAY MEN'S GROUP: (temporary location change); Sundays at 8:00 pm moved to Cactus Club Salon, Bay 3, 11 Elizabeth Street, east side door (sign on door "Temporary Office United Church).

DALHOUSIE LADIES 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 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 7:30 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**.

DISTRICT 78 SPEAKER MEETING: Thursdays, 7:30 pm at Thornhill Baptist Church, 128 Tache Ave. NW is **cancelled until a new venue is found.**

Other Meeting Notices:

CHAMPLAIN MENS GROUP: Wednesdays at 8:00 pm; Trinity Lutheran Church, 840 – 3 Ave. SW; **is in urgent need of support**

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 mail or send it to

Central Service Office #2, 4015 1st Street S.E. Calgary, Alberta, T2G 4X7

For more details contact Abby, Telephone Monitoring Chair at 403-836-8904 or call Central Office, 403-777-1212 or send an e-mail to monitorchair@gmail.com.

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New application			e of infor			
· .	- C		**	G.		
Sex M	F		Hom	e Group:		
First Name:		Last Initial				
Phone Number:		Cell Number:				
Do you want to monitor the phones	on the midnig	ht shift (11:00 pm	- 8:30 am)		
Or fill in the	following to l	nave you	r name or	the 12 Step	List.	
	When a	re you av	ailable?			
Weekdays AM only (9:00 am - noon	1)	Weeko	lays PM o	only (noon -	5:00 pm)	
Weekday daytime (9 am - 5 pm)		Weeko	lay eveni	ngs (5 pm -	11 pm)	
Weekends (9 am-11 pm)		Anytii	ne (7 day	s a week, 9	am - 11 pm)	
Weekdays @ Central Office 9am - 1	pm	OR: 2	pm - 5 p	m 🗌		
Where	e are you ava	ilable to	make 12	step calls?		
(RE	MEMBER	- TAK	E A FI	RIEND)		
Any where in Calgary \(\square \)	NE 🗌	NW		sw	SE	
Town(s) around Calgary:						
Do you have transportation for call	s?	Yes		No	0 🔲	
What language(s) other than English	n do you Spea	k?				_
Are you able to be listed on the fore	ign language	list?	Yes		No 🗆]
Please give this application to your In	ntergroup Rep.	or mail, p	hone, fax o	or email to		
Central Service Office	#2, 4015 - 1	St. SE, C	Calgary AF	3, T2G 4X7		
	Phone: 777	-1212				
	Fax: (403)					
	Email addre	ess: aaoff	ice@telusp	planet.net		

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.

Calgary Intergroup Archives Committee Annual Pioneers Dinner



Saturday October 23rd, 2010, 5:30-10 pm Dalhousie Community Church 5511 Baroc Rd. N.W., Calgary, Alberta

Cost: \$25.00 includes dinner and refreshments

Speakers:

Jim S., (Haddon Road Group) Jason D., Al-Anon Bill F., (Airdrie Country Group)

For further information contact Central Office at (403) 777-1212 or aaoffice@telusplanet.net

Service opportunity on CO committee

Following the spirit of rotation of service, applications are now being sought to fill a vacancy on the committee that oversees management of Calgary Central Office.

Calgary AA members with some type of business background or skills, with at least two years sobriety, are urged to send their resumes to fill a current vacancy as a member-at-large on the Central Office Management Committee (COMC).

COMC is a committee of Calgary Intergroup, which oversees and monitors the operations of the Central AA office in Calgary. COMC meets monthly, and provides reports and recommendations to Calgary Intergroup, a body, which is made up of the various Intergroup reps from home groups.

The COMC provides management policies, procedures and strategic planning for Central Office, it oversees hiring, and it provides sound financial, operating and personnel management advice to Central Office and Intergroup.

Along with a commitment to service, the ideal candidate should have a business, financial or human resources background. COMC members have a vote at their regular closed monthly business meetings. The members-at-large serve a two-year term with an option for another two-year-term.

For more details on the post or to submit a resume contact AA Central Office at 403-777-1212 or email resumes to: centraloffice@telus.net.

HAPPY AA BIRTHDAY!

June 2010

DAILY REFLECTIONS GROUP:

Jim C. – 14 yrs. Krista Z. – 4 yrs. Carol W. – 5 yrs. Lawrence - 2 yrs.

HIGHLAND PARK GROUP:

Ida T. - 27 yrs.

MARLBOROUGH PARK GROUP:

Larry B. - 11 yrs.

NEW BEGINNINGS GROUP:

Neil C. – 1 yr. Janice N, - 2 yrs. Bob C. -2 yrs. Christi - 2 yrs. Patrick S. – 2 yrs. Susan W. - 3 yrs. Laura H. - 3 yrs. Tamara F. - 6 yrs. Margery K. - 6 yrs. Cornelia M. - 9 yrs. Pat S. - 10 yrs. Victoria H. - 11 yrs. Anne H. – 12 yrs. Ted S. - 14 yrs. Jim B. – 16 yrs. Jan H. – 21 yrs. Leslee - 22 yrs. Bob R. - 25 yrs.

SATURDAY FOREST LAWN:

Melissa R. - 1 yr. Don H. – 1 yr.

June 2010 (cont,)

AIRDRIE BACK FROM HELL GROUP:

Karla R. – 11 yrs. Mike H. – 6 yrs. Mark M. – 1 vr. Dennis K. - 2 yrs. Corey - 2 yrs.

Kathy D. - 1 yr.

CROSSROADS GROUP:

Wendel R. - 26 yrs. Geoff S. – 25 yrs.

July 2010

272 GROUP:

Christine M. – 2 yrs. Kelly L. – 1 yr. Len Q. – 11 yrs. Ashley - 1 yr.

ABC GROUP:

Cindy P. – 13 yrs. Dean C. – 17 yrs. Bev M. - 2 yrs.

AIRPORT GROUP:

Joyce - 1 yr. Morgan - 13 yrs. Gordon B. - 21 yrs. Bev - 22 yrs. Morris B. - 30 yrs. Ray H. - 33 yrs.

July 2010 (cont,)

ACTION GROUP:

Dorothy H. - 35 yrs. Barb B, - 25 yrs.

AWAKENINGS GROUP:

Amanda H. - 16 yrs.

CROSSROADS GROUP:

Flo J.N. – 42 yrs. Audrey C. - 18 yrs. Steve M. - 32 yrs.

DALHOUSIE MENS GROUP:

Keith M. - 18 yrs. Moe R. - 36 yrs.

DEER RIDGE GROUP:

Jack W. - 4 yrs.

FRONT RUNNERS GROUP:

Doug J. – 11 yrs. Jami S. – 1 yr. John R. – 5 yrs. Lisa H. - 5 yrs. Sam M. – 2 yrs. Stephanie I. - 2 yrs.

GETTING THERE GROUP:

Bill C. - 20 yrs. Gail A. – 4 yrs. Mike P. – 6 yrs.

HADDON ROAD GROUP:

Maryan Mc. -12 yrs. Catherine S. - 5 yrs.

July 2010 (cont.)

HIGHLAND PARK GROUP:

Margaret L. - 31 yrs. Frank L. – 36 yrs. Amy M. – 36 yrs.

IRRICANA RECOVERY GROUP:

Ray F, - 35 yrs. Betty S. - 2 yrs. Sheri T. – 1 yr. MATT GROUP:

Ken R. - 24 yrs.

RECOVERY GROUP:

Tom E. - 34 yrs. Mo B.- 16 yrs. Darryl P. - 7 yrs. Marvin C. – 3 yrs. Dave B. - 3 yrs. Katy C. - 2 yrs. Violet - 2 yrs. Dick W. - 2 yrs. Curtis O. - 1 yr. Trevor N. - 1 yr.

SATURDAY FOREST LAWN:

Greg G. – 10 yrs. Darren K. - 2 yrs. Dan B. - 5 yrs. Ann S. – 1 yr.

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

DAILY REFLECTIONS SPEAKER MEETING

last Thursday of the month - 8:30 pm

134 Scarboro Ave. SW (United Church)

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

CPC Planning Meeting

Calgary's enthusiastic Cooperation with the Professional Community (CPC) committee will not be meeting over the summer months! We will be starting fresh September 15th at 7 pm at Central Office. Please send a group representative as we have many presentations to get going on.

Have a safe, sane and sober summer - see you in September! Yours in service, Karen Cookson Chair Calgary CPC Committee

Telephone Monitoring

THANK YOU ALL WHO SIGNED UP AS LATE NIGHT MONITORS! IF YOU WOULD LIKE TO SERVE IN THIS CAPACITY, PLEASE CALL Abby at: 403-836-8904

or Central Office at: 403-777-1212

monitorchair@gmail.com

KEY CONTACTS

Intergroup chairperson - calgaryintergroup@gmail.com Public Information Chair - pichair.calgary@gmail.com Telephone Monitoring Chair - monitorchair@gmail.com

 $Intergroup \ Secretary - \underline{calgaryintergroupsecretary @shaw.com}$

Intergroup Treasurer - centraloffice@telus.net

Westword Editor - westwordeditor@gmail.com Special Events - calgaryintergroupevents@gmail.com

 $Intergroup\ Archives\ -\ \underline{calgaryintergrouparchives@gmail.com}$

Intergroup Archivist <u>— intergrouparchivist@gmail.com</u> Calgary Central Office — <u>centraloffice@telus.net</u>