

The Westword

25 Cents

(suggested donation)



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

Successful Christmas dinner wraps up 2010

What eats 400 pounds of turkey and 100 pounds of ham and still has room for a table full of sweets?

That would be your crowd attending the 2010 Intergroup Christmas Open House and Potluck dinner at St. Mark's Anglican Church in Marda Loop in mid-December.

The 2010 Christmas dinner was one of the most successful in recent years with between 400 to 450 AA members, families and guests attending the annual event.

"It was great day weather-wise and the hall remained full as soon as the doors were open at 11 a.m.," says Keith M. outgoing Intergroup Special Events Committee chair.

With seating for about 90 people at any one time, there were periods of standing-room-only during the day as members and guests dropped in for the buffet-style dinner. Special Events Committee member Wayne, even made arrangements for Santa to make a special appearance during the afternoon.

A dedicated kitchen crew started slicing meat, mashing potatoes and preparing trays of contributed food at 10 a.m. and didn't stop until the last plate was dished up just before 3 p.m. At last count some 19 turkeys and 16 hams were served, along with between 200 and 300 pounds of potatoes, 25 bags of coleslaw, gallons of gravy, stuffing, vegetables, other side dishes and desserts. Twice during the dinner runners made trips to pick up extra meal supplies as the hungry crowd remained steady.

"It was a great opportunity for some of the oldest members of AA as well as some of the newest to join together in the fellowship of the program and the season," says Keith M.

While most food is contributed, there are related expenses required in putting on the annual dinner. With cash contributions from several groups and a very generous 7th Tradition collection, the event netted just more than \$1,800, after expenses, that will be used to help support the operation and programs of Calgary Intergroup. The 7th Tradition collection that day itself raised \$1,475.

"Our special events are about fellowship and not about making money," says Keith M. "But, it is always nice when you can have a great event, pay your expenses and still have funds left that can help further in carrying the message of the program to others."

Along with the cash contributions from home groups, Keith M. also recognized the service work of many AA individuals and groups who helped with set up, worked in preparing and serving food during the day, and stayed for the all-important clean-up at the end.

"It was a day that demonstrated the strength of the fellowship and the importance of the unity of the AA program," says Keith M.

In November, Keith M. passed the Special Events Committee files over to new chair, Jan K. who will be organizing events for 2011.

Lee H., Westword Contributor

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 Feb. 12 and 14 for Family 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: Everett W. at 403-836-1933

DAILY REFLECTIONS SPEAKER MEETING

last Thursday of the month - 8:30 pm
134 Scarboro Ave. SW (United Church)

DOWNTOWN SATURDAY NIGHT SPEAKER MEETING at 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

The CPC Committee meets the third Wednesday of every month, 7 pm at Central Office.

We have made terrific strides in getting the message of what AA does and does not do for the professional through presentations to the Student Medical Doctors and Nurses.

It's time to grow! So we need people who are willing to participate on our committee to help branch out into the Clergy, Human Resources, Unions and the Legal Profession. Experience is not a requirement - just a willingness to serve along with an enthusiastic team.

Let's help the professionals learn to help us, present them the information they need to be able to direct a still suffering alcoholic.

It's a pretty important service commitment! Hope to see you there!

Correction to the November 2010 Meeting Directory

The **SOBER SISTERHOOD OF COCHRANE** which meets Thursdays at 7:30 pm is a closed, ladies meeting at the All Saints Family Centre, 404 – 4 Ave. N. Cochrane, not Canmore as listed in the Nov. 2010 meeting directory.

On the Horizon:

Excerpts from some of the posters at Calgary Central Office (403-777-1212) of AA groups planned events

Local:

Area 78 Committee Meeting: January 21 and 22, 2011; Heritage Inn, 1104 – 11 Avenue SE, High River (see ad on page 4)

District 18 Potluck Supper: (supporting Area 78 Area Committee Meeting) (see ad on page 3)

At Large:

Western Regional Alcoholics Anonymous Service Assembly (WRAASA): Feb. 18, 19 and 20 at the Langley Banquet Centre, 264th and Fraser Highway, Aldergrove; Sponsored by Area 80, 91, 78 and 79. For more info call Dan at 604-525-9379 or e-mail

WRAASA2011@YAHOO.CA.

Banff Roundup: March 11, 12 and 13; Banff, Alta. (see ad on page 5).

New Meetings:

SHIPWRECK AT SUNSET GROUP: Fridays at 9:00 pm; closed, mixed, mostly young people, step and discussion format; The Coffee House Sanctuary, 126 – 10 Ave. NW (downstairs back of coffee shop)

EAST SIDE NATIVE WOMEN'S GROUP: Thursdays at 7:00 pm; closed, women only, discussion format; Ghost River Rediscovery Building, # 164, 3359 – 27 Street NE (children are welcome)

WOMEN IN SOBRIETY: Wednesdays at 7:00 pm; closed, women, discussion format; 126B Main Street, Airdrie (entrance off back alley)

SMOG FRENCH GROUP: Saturday at 7:30 pm; **French speaking only**, mixed, open, French big book discussion format; 2404 Kensington Rd., NW

MEMORIAL PARK MEN'S GROUP: Thursday at 7:30 pm; closed, men's step & tradition format; room 3001 (3rd floor), 1213 – 4th Street SW (Sheldon Chumir Health Centre, wheel chair accessible)

HADDON'S "I AM EVE": Sundays, 12:30 pm: closed, ladies, discussion format; Room 2001, 200 Haddon Road SW.

Meeting Changes:

STRATHMORE (out of town) NEW LIFE GROUP (location change): Now meets Sunday at 2:00 pm at the Strathmore United Church, 410 – 4 Street.

CANMORE SUNDAY NIGHT (out of town) (new location): Sunday at 8:00 pm; meeting now at 914 – 8 Street (Main Street), Scout Hall main entrance. (downstairs)

NW CALGARY GROUP (Tuesday meeting format change): Tuesdays now Big Book study and discussion format; Thursdays is still a discussion format; Foothills Alliance Church, 333 Edgepark Blvd. NW

BASSANO, (out of town) (time change): Sunday now 8:00 pm (from 7:00 pm)

TRI-CURRIE GROUP (time change): changing back to 8:30 pm from 8:00 pm Mondays; St. James Church, 5504 – 20 St. 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).

Meeting Cancellations:

HUSSARD GROUP (out of town): Friday at the Hussard School is now **cancelled**.

POUND THE ROCK: Wednesdays at 203, 320 – 10th St. NW (Kensington Church of Hope) is now **cancelled**.

AVENTA: Sundays at 4:30 pm at 2201 Cliff St. SW (Montessori School) is now **cancelled**.

BEGINNERS TAKE 12: Monday at 8:00 pm at Trinity Lutheran Church is now **cancelled**.

NEW BEGINNINGS –AS BILL SEES IT: Mon. – Fri. at 6:45 am; 'As Bill Sees It' discussion; is now **cancelled**.

LADIES NORTH EAST 12 X 12: Sun. at 1:30 pm at Robert McClure Church; the meeting is now **cancelled**.

OLDS THURSDAY NIGHT (out of town): Thurs. at 7:30 at Olds United Church is now **cancelled**.

District 18 Potluck Supper
supporting Area 78 Area Committee Meeting
Sat Jan 22
High River United Church
123 Macleod Trail Southwest



Doors 5:30 Supper 6:00

Speaker 7:30

Walter S. (Alternate Delegate to New York)

Volunteers needed for Set-up at 5:00

Contact Lisa J. 601-0105 or Rob B. 652-6236

Campus Group

A Meeting of Alcoholics Anonymous at Mount Royal University
Closed, Mixed, Brown Bag Lunch Meeting

Every Wednesday from 12 to 1 pm, January 19 to March 30, 2011

Room Z013, Lower Level, Wyckham House

(West gate Entrance off Richardson Way

(Z013; downstairs near Ticket Master & Post Office)

Area 78 Committee Meeting

Courtesy of District 18

JANUARY 21 & 22, 2011

HERITAGE INN - HIGH RIVER

1104 11 Avenue S.E.

High River, AB T1V 1M4

To Reserve a Room

Call the hotel (403) 652-3834 or call Toll Free: (888) 888-4374

Group name: Area 78 Committee Meeting

Special rate of \$110 per night plus taxes and includes free breakfast ☺

Note: The group rate is only available when booking directly with hotel and will not apply if booked online or through any travel agency.

Registration starts Friday at 4:00 pm

Meeting resumes Saturday at 8:00 am

Potluck & speaker meeting Saturday begins at 6:00 pm

(Potluck location is the High River United Church – 123 Macleod Trail)

Contact Jack @ 403.938.3071 / jack-district18@hotmail.com

Looking forward to extending YOU a warm welcome!

Irricana Recovery Group

**Potluck Supper at 6:00 p.m.,
and birthday meeting at 8:00 p.m.**

Sunday Jan. 30th, 2011

at the Irricana United Church

(18 kms. East of Airdrie on Highway 567)

Brian H. (Jan. 6th, 1983):	28yrs.
Wayne K. (Jan. 13th 1986):	25yrs.
Al C. (Jan. 15th 1969):	42yrs.
Neil R. (Jan. 26th 1972):	39yrs.
George S. (Jan. 28th 1960)	51 yrs.
Garry R. (Jan. 31st 1974):	37yrs.

Grand Total of 222 yrs.

Fire Protection will be provided!!

Calgary Archives

Please Note

We will be starting our monthly meetings Saturday January 26, 2011 at Central Office from 9 am to noon. If you're interested, come join us.

Anyone wishing to donate any archival items like books, documents, pictures, etc., Do Not Drop them off at Central Office. Please call one of the following, and we contact you and review what you wish to donate to ensure it is archivable.

Moe R	Archives Chair	403-452-9833
Tim	Archivist	403-273-2846

*On behalf of the Archive committee, and as your
Archive Chair, I thank you all, Moe R.*

Calgary Intergroup's 38th Annual
Banff Roundup

Spirit of Fellowship
 March 11, 12 & 13, 2011
 at the
Banff Park Lodge, Banff Alberta

PROGRAM

Friday

4:00pm Registration
 6:30pm AA Meeting
 8:30pm Speaker
 Carla M. - AA - California
 10:00 PM - Friday Night Music Jam
 10:30pm - AA Night Owl Meeting

Saturday

8:00am Registration
 8:00am AA Meeting
 10:00am Speaker
 Sarah M. - AA - California
 12:30pm Al-Anon Meeting
 2:00 pm Speaker
 Ajit S. - Al-Anon - California
 4:00pm AA meeting
 6:00-7:30pm Banquet
 7:45 pm Countdown
 8:00 pm Speaker
 Doug R. - AA - California
 10:00 PM - Dance (DJ)
 10:30pm AA Meeting

Sunday

7:30am AA Meeting
 7:30am Al-Anon Meeting
 9:30am Speaker
 Eric H. - AA - Ontario

Banquet & Registration

Banquet & Registration \$85 / person
Registration only \$35 / person

Registration includes all the speakers plus the Friday and Saturday night events EXCEPT THE BANQUET. Banquet seating is limited - **Banquet tickets must be purchased by MARCH 7th, 2011!** Both registration and banquet tickets are available from Central Office, Calgary or purchase through your Intergroup Representative. Banquet tickets may be purchased over the phone by calling Central Office.

YOU MUST BE REGISTERED TO ATTEND

Roundups and Conferences are not AA meetings - the cost of this roundup is paid through registration fees.

NO BANQUET TICKETS WILL BE SOLD AT THE DOOR



For Further Information on Registration Contact:

- Your Intergroup Rep
- Central Office at (403) 777-1212
centraloffice@telus.net
- Gerry M @ (403) 874-6441

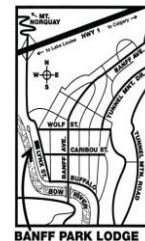
ACCOMODATION

Rooms available from \$98 - \$128/night, Single or double occupancy.

Prices do not include taxes. Accommodation must be booked directly with the hotel. **Mention that your reservation is for the Banff AA Roundup to obtain a reservation at the special rates.**

Banff Park Lodge
 222 Lynx Street,
 Banff, Alberta, Canada T0L 0C0

Contact the Banff Park Lodge for details.
 Toll-free: 1-800-661-9266
 Or (403) 762-4433



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. 99

GRATITUDE ROUNDUP COMMITTEE: needs an Alternate Treasurer for 2011 Gratitude Roundup Committee - Work with Treasurer until June and during the June 2011 Roundup and prepare to assume Treasurer duties for the 2012 Roundup.

Do you have bookkeeping or accounting experience? Would you like the opportunity to meet and work with members in service to AA? Reply to Intergroup Treasurer at centraloffice@telus.net or call Jayne R. at 403-470-4095.

GRATITUDE ROUNDUP COMMITTEE: needs anyone willing to step forward and volunteer for position on the Gratitude Roundup Committee. They need an Extra Meeting Chair, Alternate Chair and help in other areas. The next meetings at Calgary Central Office starting at 7:00 pm are: January 12th, February 9th, March 9th, April 13th and May 11th.

Please contact kckncal@shaw.ca or elock@prutp.com for any information, or just come out.

HAPPY AA BIRTHDAY!

(All birthday notices are entered as received on a best efforts basis and may occasionally include unintended errors. If this is the case, let us know and we will attempt to correct them.)

December 2010

GLENMORE GROUP:

Terence – 1 yr.
Glenn – 1 yr.
Adam – 2 yrs.
Aida – 2 yrs.
Nicky – 2 yrs.
Rachel – 2 yrs.
Carol – 6 yrs.
Gail – 7 yrs.
Louise – 11 yrs.
Lucinda – 12 yrs.
Jackie – 13 yrs.
Pat – 16 yrs.
Jason E. – 16 yrs.
Dallon – 20 yrs.
Billy – 20 yrs.
Bryan – 20 yrs.
Barry – 21 yrs.
David – 30 yrs.

NEW BEGINNINGS GROUP:

Claire T. – 1 yr.
Steve S. – 1 yr.
Margo H. – 11 yrs.
John H. – 14 yrs.
Nancy R. – 18 yrs.

MARLBOROUGH PARK GROUP:

Ed D. – 29 yrs.

NW CALGARY GROUP:

Sarah – 1 yr.

December 2010 (cont.)

SATURDAY NIGHT FOREST

LAWN GROUP:

Merle C. – 36 yrs.
Helmet – 35 yrs.
Darrel J. – 1 yr.
Mark H. – 1 yr.

January 2011

AIRDRIE BACK FROM HELL GROUP:

Don P. – 5 yrs.
Jack J. – 8 yrs.
Ben K. – 4 yrs.

ACTION GROUP:

Jerry S. – 30 yrs.
Dellas Z. – 9 yrs.
Tim M. – 4 yrs.
Kevin O. – 3 yrs.

CROSSROADS GROUP:

Rob W. – 38 yrs.
Glenn W. – 32 yrs.
George W. – 17 yrs.
Kelvin W. – 1 yr.

GETTING THERE GROUP:

Heidi P. – 3 yrs.

HADDON ROAD GROUP:

Bob D. – 31 yrs.
Gene G. – 31 yrs.
Del G. – 21 yrs.
Wenda D. – 5 yrs.
Brenda T. – 2 yrs.

January 2011 (cont.)

INGLEWOOD GROUP:

Bill D. – 1 yr.

IRRICANA RECOVERY GROUP:

Brian H. – 28 yrs.
Wayne K. – 25 yrs.
Al C. – 42 yrs.
Neil R. – 39 yrs.
George S. – 51 yrs.
Garry R. – 37 yrs.

MARLBOROUGH PARK GROUP:

Al M. – 20 yrs.
Bill W. – 16 yrs.

MATT GROUP:

Trish S. 1 yr.
Karen M. – 15 yrs.

OPEN DOOR GROUP:

Ken L. – 16 yrs.

SATURDAY NIGHT FOREST LAWN GROUP:

Melvin – 9 yrs.
Walter C. – 9 yrs.
Colin W. – 7 yrs.
Garry Y. – 2 yrs.
Brenda L. – 1 yr.
Tyler H. – 1 yr.

STEP, STORIES AND BEYOND GROUP:

Debra A. – 7 yrs.
Jo-Lynn H. – 1 yr.

January 2011 (cont.)

RECOVERY GROUP:

Roy S. – 26 yrs.
Bernie H. – 9 yrs.
Donna R. – 8 yrs.
Frank L. – 6 yrs.
Don M. – 6 yrs.
Brian L. – 3 yrs.
Wington N. – 3 yrs.
John N. – 3 yrs.
Gabrielle F. – 2 yrs.
Zita H. – 2 yrs.
Steve L. – 2 yrs.
Sean H. – 2 yrs.
Richard H. – 2 yrs.
Wade K. – 2 yrs.
Kathleen D. – 1 yr.
Curtis C. – 1 yr.
Dave J. – 1 yr.
Lyam – 1 yr.
Bill D. – 1 yr.
Dustin D. – 1 yr.
Katie L. – 1 yr.
Tim P. – 1 yr.

SMOG GROUP:

Graham S. – 5 yrs.
Lorna H. – 11 yrs.
Scott G. – 15 yrs.
Sue H. – 6 yrs.
Suzanne B. – 4 yrs.

272 GROUP:

Brad – 2 yrs.
Glen G. – 7 yrs.

FOREST LAWN GROUP

The FOREST LAWN GROUP thanks everyone who participated in the “New Year’s Bash” and helped make this 1st effort, a success. The band, decorators, food donators and preparers, and all the kids that helped welcome in this brand new year,

A LARGE THANK YOU.

WESTWORD DEADLINES

Calgary AA groups need to get their birthdays, meeting changes, special events and other notices into the Westword Editor or Central Office well before deadline for the coming issue. Any materials received after the deadline will be processed on a “best efforts - space available” basis.

The deadline for submissions for February’s edition of The Westword is January 31st.

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

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**
cqigtelmonitorchair@gmail.com

INTERGROUP CONTACTS

Intergroup Chairperson: cqiqchair@gmail.com
Telephone Monitoring Chair: cqigtelmonitorchair@gmail.com
Intergroup Secretary: cqigsecretary@gmail.com
Intergroup Treasurer:
Intergroup Special Events:
Intergroup Alternate Chair:
Intergroup Archives Chair:
Intergroup Archivist: calgaryintergrouparchivist@gmail.com
Public Information Chair: pichair.calgary@gmail.com
Westword Editor: westwordeditor@gmail.com
Calgary Central Office: centraloffice@telus.net