

The Westword

25 Cents

(suggested donation)



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

Banff Round-up 2011

With the theme of *The Spirit of Fellowship*, the 2011 Banff Roundup March 11-13 was memorable for several reasons. The keynote speakers were outstanding and included AA members Carla M., Sarah M. and Doug R. from California; Eric H. from Ontario; and Al-Anon member Ajit S. from California. Volunteers made light work of various tasks associated with putting on the 38th annual edition of the event. The highlight for Chair Gerry M was the Musical Jam on the opening Friday night. "This is the second year we've held the jam and this time, we had lots of participation and interest. People sang and there was even a cellist." All told, 400 members attended the round-up, held at the Banff Park Lodge.

Planning for this year's event started well in advance. Speakers, for instance, have to be invited one and a half to two years in advance in order to secure the best presentations. The actual wrap-up meeting for Roundup 2010 took place in April last year. At that time, the committee invited someone who had already served with planning for the event to come forward as next year's Chair. "Intergroup has to approve the nominee," stated Gerry. "With that person in place we start meeting every month, beginning in September. There are eight of us on the steering committee and we use well-established templates for organizing the event." His first year with the Banff Round-up, Gerry served as the committee member responsible for registrations. That experience was a positive one and encouraged him to step into the role of Chair. Leadership for the event changes from year-to-year, ensuring fresh energy and ideas.

Reflecting on this year's event, Gerry added, "I think what surprised me the most this year was how smooth and uneventful things were. Our volunteers were terrific, willingly taking on tasks and being gracious when we asked for their assistance. We've found that scouting for volunteers last-minute, to man the registration desk or chair meetings, is more effective than trying to identify people in advance. We had a tracking system in place that quickly verified ticket purchasers for replacement of forgotten or lost Registration or Banquet tickets. All in all, it was fun, rewarding and spiritual – exactly the way an AA round-up should be."

Andrée I., Westword Contributor

I would like to express my appreciation and thanks to all the volunteers that made this event possible and a success. Without their tireless efforts this event would not have happened. From the other side, I appreciate all those that attended because without you, we would not have a Banff Roundup. I have valued this opportunity to be the Banff Roundup Chair for 2011. Thanks everyone.

Gerry M., 2011 Banff Roundup Chair

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 April 22 and 23 for Easter)

(Closed May 21 and 23 for Victoria 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

7th Tradition is observed

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

Dalhousie Men's Group, 12th Anniversary, Potluck, Birthday & Speaker Meeting



Thursday, April 28th, 2011

Dalhousie Community Church

5511 Baroc Rd. N.W., 8 p.m.

This is an Open Meeting.

Food contributions graciously welcomed.

7th Tradition will be observed

On the Horizon:

Excerpts from posters at Calgary Central Office (403-777-1212) of AA groups planned events (doesn't include all planned events)

Local:

Brooks Back to Basics AA Roundup: May 7, 2011 at the Brooks Lutheran Church, 811 Cassils Road West, Brooks. Banquet tickets must be reserved by May 1st. For more information contact: Donna P. 403-793-0315, Dave B. 403-633-0878, Jake H. 403 793-0173, Al or Laurie O. 403-362-4482.

Walking Eagle Mini Roundup: May 14, 2011 at the Carpenters Union Hall, 301 – 10th Street NW. Doors open at noon with 5 speakers starting at 1 pm. There is a roast beef dinner and dance for a cost of \$20. For more information contact Badger at 403-314-1460 or Lawrence at 403-971-3648.

Cochrane On the Trail of Sobriety Roundup: May 14, 2011 at Weedon Hall (hwy. 22 & 567). Cost is \$35.00 which includes registration, lunch and dinner or \$10 for just registration. For more information contact: Che B. 403-305-8843 (tickets), Stefica T. 403-202-3831 or Candace C. 403-932-2181.

Calgary Gratitude Roundup: June 10, 11, and 12, 2011 at the Coast Plaza Hotel, 1316 – 33rd Street NE. Registration is \$25 for all speakers plus 2 dances and the Saturday night banquet is \$65 per person. Tickets are available from your GSR, or at Calgary Central Service Office. For more information contact Kate K at 403-630-9366, Dale R. at 403-828-0659 evenings or simpleessence@live.ca. (see ad page 5)

Didsbury Friday Night Group 13th Annual Family Campout: June 10, 11, & 12, 2011 at Rosebud Community Hall. Cost is \$20.00 per person or \$45.00 for a family. Camping, first come, first served. For more information contact Brian at 403-335-9990 or Rick at 403-335-9525.

Okotoks Monday Night Group 12th Annual Campout: July 15, 16, & 17, 2011 at Hogg Park. Registration is \$5.00 per person or \$10.00 per family and all visitors – day users must register. Camping cost is \$15.00 per site. For more information contact Marty at 403-938-2246.

Area 15 AA Roundup Drumheller: October 1, 2011 at the Chruch or Nazarene Hall, 627 – 6 Street East, Drumheller. For more information contact Michael at 403-823-6787 or Deanna at 403-436-0032.

At Large:

District 3 - 49th Annual AA Roundup: April 15, 16, 17, 2011 in Cold Lake. For more information contact Grant S. 780-812-4935, Eugene O. 780-594-2760 or Dewey E. 780-594-5821.

Lethbridge & Southern Alberta Annual AA Roundup: April 15 & 16, 2011 in Lethbridge. For more information and tickets contact Jim L. 403-634-2095, Bob M. 403-330-2785, Sarah R. 403-359-4770 or e-mail jlogodin@msn.com.

Stettler AA - 42nd Annual Anniversary Supper: April 16, 2011 in Stettler. For more information contact Faye 403-741-4200, Gary 403-742-2966, or Bob 403-742-3626.

District 61 - 3rd Annual AA Roundup: April 29 & 30, 2011 at the Ardrossan Community Hall. For more information contact Larry at 780-298-6540 (cell) or 780-410-1434.

Sangudo, Evansburg, Mayerthorpe Roundup: April 30, 2011 at the Sangudo Community Hall. For more information contact Winston 780-778-9528, Dean 780-786-2604, Gerry 780-727-2466 or Diane 780-785-2624.

2011 South Okanagan Annual AA and AI-Anon Roundup: April 29, 30 & May 1 at the Oliver Community Centre. For more information contact Dean C. 250-498-8800, Danni M. 250-498-3770, Gerry F. 250-498-4345, Yvonne C. 250-498-4875.

Sobriety is Golden: 44th Annual Golden Round-up on May 6, 7, 8, 2011 at the Golden Senior Centre, 1401 South 9th Street. For more information contact Wayne at 250-344-6547, Roy at 250-344-5448 or e-mail goldenroundup@gmail.com.

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

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: April 13th and May 11th.

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

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

CALGARY ARCHIVIST: We are currently looking for a person interested in becoming the Calgary Archivist, working with the Calgary Archives Chair and committee to maintain a history of AA in Calgary. Anyone interested in this service opportunity should contact Harry P., the Intergroup Chair either by email or phone through Central Office (403-777-1212 or centraloffice@telus.net). Thank you Harry P., Intergroup Chair

INFORMATION REQUEST: The Calgary Intergroup Treasurer is looking for input on what type of financial information may be of interest to the AA fellowship in Calgary. This information could be published monthly in the Westword so more AA members have an opportunity to review and consider the financial side of AA in Calgary. As always, your thoughts and comments will be greatly appreciated.

Please contact Jayne R. either through Central Office (403-777-1212) or email at cqigtreasurer@gmail.com.

CCSO Super AA “Garage Sale”

Calgary Central Service Office has a number of items they need to divest as they have run out of room to stock them. There’s a selection of cassette tapes and VHS videos available. There are also some foreign language literature and Big Books plus a number of unique items such as an electric typewriter, a calculator and door locks if the price you offer is right. First come, first serve on all items, so don’t miss out!!

Drop down to the Central Office to view the items. Some have suggested prices marked and others you need to make an offer on if you are interested in before it is too late. Prices are negotiable! Items not sold will be disposed of at the end of the garage sale.

All offers will be considered but in true garage sale fashion, be prepared to bargain!

New Meetings:

A BETTER WAY GROUP: Sunday at 7:00 pm; open, men’s, “As Bill Sees It” discussion; Calgary Dream Centre, 4510 MacLeod Trail SW (back door)

FIRST LIGHT GROUP (MORLEY): Wednesday at 11:00 am; open, step & discussion; Wesley Elders’ Lodge, Morley (33 km. west of Cochrane on Highway 1A)

PLAIN LANGUAGE GROUP: Mondays at 7:00 pm; beginner and discussion, **for persons with development disabilities**; 3410 Spruce Drive SW (CSPD Building, upstairs)

NEW BEGINNINGS: Saturday at 10:00 pm; open, mixed, discussion; room 203 (upstairs), 11625 Elbow Dr. SW (Canyon Meadows Shopping Centre)

AIRDRIE REFLECTIONS GROUP: Sunday at 8:00 pm; open, mixed, daily reflection discussion; 126B Main Street, Airdrie (back door)

HANNA (out of town): Thursdays at 8:00 pm; open, mixed, discussion; Hanna Hospital

SMOG GROUP: Thursday at 7:30 pm; closed, **women only**, step; 2404 Kensington Rd. NW, (Kensington Road Church, east entrance)

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)

HADDON’S “I AM EVE”: Sundays, 12:30 pm; closed, **ladies**, discussion format; Room 2001, 200 Haddon Road SW.

Meeting Changes:

OKOTOKS RAILWAY GROUP (location change): Thursday at 8:00 pm; now meets at the Okotoks United Church, 43 Riverside Drive (west “food drive” back door).

NEW BEGINNINGS GROUP: Saturday at 8:00 pm; is now a speaker meeting on the first Saturday of the month (was the last Saturday of the month)

AVENTA (location change): Sunday at 4:30 pm; open, ladies, beginners; 610 – 25 Ave. SW (Aventa Women’s Treatment Facility, back door, ring bell).

OKOTOKS SUNDAY MEN’S GROUP: Sundays at 8:00 pm now back at the United Church, 43 Riverside Dr. W (west side “Food Bank” door).

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)

Meeting Cancellations:

PINCHER CREEK (out of town): Tuesdays at 7:30 pm at the Elk’s Hall is **cancelled**.

HANNA (out of town): Mondays and Friday at 7:00 pm in the Hanna Hospital cafeteria are **cancelled**.

HANNA (out of town): Monday 8:00 pm at the Community Services Building is **cancelled**

HUSSAR GROUP (out of town): Friday at 8:00 pm at the Hussar School is now **cancelled**.

POUND THE ROCK: Wednesdays at 7:00 pm at the Kensington Church of Hope is now **cancelled**.

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

THEN THERE’S THE SNAKE OIL SALESMAN who touts alcohol as **“The Universal Solvent”**:

It dissolves marriages, families, relationships, careers, and most everything else it comes in contact with!

Introductory Service Seminar



Saturday May 7th, 2011

10am-3pm

Scarboro United Church,

134 Scarboro Ave. S.W.

Cost is: \$8.00 (includes lunch)

This event is sponsored by Calgary General Service & Intergroup

For further information please contact:

Dana H. 403-701-2826

Telephone Monitoring 12-Step List

Duties and Responsibilities sub-workshop

Approximately ½ hour in duration, follows the **Introductory Service Seminar**

For further information please contact:

Abby 403-836-8904

GUIDELINES FOR 12 STEP MONITORING VOLUNTEERS

1. Minimum of one year sobriety, or a sponsor's approval.
2. Never go alone to their home or coffee shop if at all possible.
3. Men with men, women with women - could be both sexes, but women should take the lead with a woman, and vice versa.
4. Most important to not be judgmental on anything, especially their drinking.
5. Be patient, tolerant and understanding, no matter what they say, and try to follow this guideline: RGA
 - * R-Remember where you came from and what it was like.
 - * G-Your there to give back what was so freely given to you.
 - * A-With these two things in mind, make yourself available to get them started; meetings, coffee etc.
6. Higher power through the monitor has passed this responsibility onto you the 12 stepper. Trust yourself to make the right choices what to say and do. You are the hand out from AA. Don't be afraid.
7. Trust your instincts. They're usually right.
8. Don't take anything personal from what they say. Use this if it helps for any objections; Feel-Felt-Found. (I know how you feel. I felt the same way. This is what I found to help.)
9. This may be only one little step on their road to recovery. Do not feel that you failed in any way if they don't get on the way to recovery right now. It may just mean they are one step closer to their bottom.
10. If they are drunk, be respectful and friendly, but don't let conversation go on too long. Say something like "things will look a lot different once the alcohol is out of your system."
11. When calling the client to arrange a meeting, or just to talk, never leave messages on voice mails, or with someone else, and especially why you called. Remember anonymity is our foundation. (a good idea is to use the *67 feature on your phone if you can).
12. Do remember to evoke your higher power, whatever that means to you, say a little prayer, and then turn it over. You're now free to use your best judgment, and trust everything will work out. Remember that service work is as much to help you as it is to help others. Be giving and it will be given back to you. God Bless.

30th Annual

CALGARY GRATITUDE ROUNDUP

June 10, 11, & 12th, 2011

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:

Theresa F.,
North Hollywood, California

Jenn S.,
Calgary, Alberta

Lorraine K.,
Lynwood, Washington

Don L.
Bellingham, Washington

Chris C.,
San Francisco, California

Al-Anon, TBA

REGISTRATION:

\$25.00 person
Includes all speakers plus 2 dances!

REGISTRATION PLUS SATURDAY NIGHT BUFFET BANQUET:

\$65.00 person
*(NO RESERVED BANQUET SEATING
UNLESS YOU HAVE A TICKET)*

**YOU MUST BE
REGISTERED
TO ATTEND**



Roundups and
Conferences are
not AA Meetings.
The cost of
the Roundup is
paid through
registration fees.

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

For further ticket information, please contact
Kate K. 403-630-9366, or Dale R. 403-828-0659 evenings or simpleessence@live.ca

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.)

February 2011

272 GROUP:

Chris – 1 yr.
Sheila – 3 yrs.

March 2011

272 GROUP:

Jack – 2 yrs.

DALHOUSIE MEN'S GROUP:

Donovan M. – 1 yr.
Ilia K. – 1 yr.
Harry P. – 30 yrs.

FOREST LAWN GROUP:

Mike C. – 32 yrs.
Julie A. – 31 yrs.
Dennis H. – 2 yrs.

TUESDAY MORNING LADIES GROUP:

Iris – 7 yrs.

March 2011 (cont.)

NEW BEGINNINGS GROUP:

Craig H. – 1 yr.
Laurel C. – 1 yr.
Rocky – 1 yr.
Selina B. – 1 yr.
Vanessa L. – 1 yr.
Jack C. – 2 yrs.
Jean S. – 5 yrs.
George L. – 6 yrs.
Lynn C. – 8 yrs.
Ann H. – 10 yrs.
Wendy S. – 14 yrs.
Heather D. – 18 yrs.
Greg P. – 25 yrs.
Nancy J. – 25 yrs.

April 2011

272 GROUP:

Art – 6 yrs.

April 2011 (cont.)

ACTION GROUP:

Ross M. – 8 yrs.
Lisa Z. – 4 yrs.

AWAKENINGS GROUP:

Kevin D. – 27 yrs.

DALHOUSIE MEN'S GROUP:

Bobby A. – 3 yrs.

EDGEMONT GROUP:

Ed S. – 37 yrs.
Audrey B. – 12 yrs.
Linda H. – 7 yrs.

FOREST LAWN GROUP:

Liz S. – 3 yrs.
Rob S. – 1 yr.

HIGHLAND PARK GROUP:

Chris L. – 2 yrs.
Jan M. – 24 yrs.

April 2011 (cont.)

HADDON ROAD GROUP:

Peter W. – 7 yrs.
Frank B. – 5 yrs.
Jason C. – 4 yrs.
Bob B. – 1 yr.
Keegan E. – 1 yr.
Dan R. – 1 yr.

HARMONY GROUP:

Linda A. – 1 yr.

MATT GROUP:

Ron D. – 17 yrs.

OPEN DOOR GROUP:

Wade A. – 1 yr.

SMOG GROUP:

Peter K. – 3 yrs.
Daniel T. – 25 yrs.
Donald S. – 21 yrs.

THE LINK GROUP:

Craig S. – 8 yrs.

Resumes Sought for COMC Vacancy

Calgary AA members with five years sobriety, a background in AA service, and experience in business, finance, human resources, or similar fields, plus a working knowledge of the Steps, Traditions and Concepts are urged to send their resumes for the position of member-at-large on the Central Office Management Committee (COMC). New members are elected by Calgary Intergroup upon the recommendation of the current members of COMC. This is a two-year term with an option for another two-year term. The Chair of COMC is elected from the members-at-large.

COMC reports to Calgary Intergroup, a body made up of representatives from Calgary and district AA groups. COMC manages, oversees and monitors the operations of the Calgary Central Service Office including policies, procedures, strategic planning, finances, and personnel. COMC also act as an advisory group to Intergroup.

COMC meets monthly at a closed meeting where each member has a vote. It then delivers its report for acceptance by the monthly Calgary Intergroup meeting.

For more details, or to submit a resume, please contact AA Central Office at 403-777-1210 or e-mail resume to: centraloffice@telus.net

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. Generally the deadline for the next month's edition is the last day of the current month. Remember, Westword isn't distributed until the second Monday of the month (Intergroup Meeting), so if you have an event or notice that applies to the first half of the month, the notice needs to be published even earlier. Any materials received after the deadline will be processed on a "best efforts - space available" basis.

The deadline for submissions for May's edition of The Westword is April 30th.

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

The Westword is available electronically by e-mail if requested. Please forward your request to the westwordeditor@gmail.com to have your e-mail address added to the distribution list.

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**
cgigtelmonitorchair@gmail.com

INTERGROUP CONTACTS

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