

# Calgary AIS Newsletter

Fall 2020

## Calgary AIS Report and Request for Support

*Submitted by Sally K, Calgary AIS Chair and Carol B, Calgary AIS Public Outreach Coordinator*

The purpose of Calgary Al-Anon Information Services (AIS) is to coordinate services for the more than 40 groups in the Calgary area. A key part of this service is to oversee and fund the 24-hour Al-Anon Information Line in Calgary, 403-266-5850. Calgary AIS has a contract with Big Sky Call Centres to provide this service, which usually handles about 50 Al-Anon calls per month. Big Sky provides callers with information about meetings, the provincial website and bookstore, and answers routine questions. When a caller requires more information than what can be provided by Big Sky, the caller is transferred to an Al-Anon member - a monitoring volunteer. Calgary AIS's contract is based on traditional call volumes. Call numbers higher than usual result in extra fees.

**Since the beginning of the COVID-19 pandemic, calls to the Al-Anon phone line have increased dramatically.** In July, Big Sky answered 193 calls for Al-Anon information. The high number of calls increased our billing to \$997 for July, up from the regular monthly fee of \$250. Calgary AIS is taking several steps to deal with the increased demand. At the AIS meeting held on September 14, we decided to change our monthly service from Big Sky to include more calls.

### **Please consider Calgary AIS for a timely donation from your group.**

We are an essential Al-Anon service arm, grateful for the financial support from groups and members in the Calgary area. With the increase in calls to Al-Anon during the pandemic, Calgary AIS provides a critical link to connect families and friends of alcoholics with Al-Anon meetings. The revised service plan means our monthly costs will be reduced, but the total cost of providing this essential phone service in 2020 is up.

**Please send donations to: Calgary and Area AIS c/o 1003 Canford Pl. SW, Calgary, AB T2W 1L6**

Calgary AIS benefits from the participation of all groups in AIS meetings and activities. Does your group have a representative for AIS? This group service role is called the Information Service Representative (ISR) and is described in the [Al-Anon/Alateen Service Manual, 2018-2021](#) on page 61. Calgary AIS meetings are held every other month and are now virtual! The next meeting will be **Monday, November 2 at 7:00 pm**. Email [calgarychairperson@al-anon.ab.ca](mailto:calgarychairperson@al-anon.ab.ca) to learn more or volunteer.



**Send Submissions  
for the Newsletter  
to Calgary and  
Area  
Al-Anon  
Information  
Services (AIS)**

**[aiscalgarynewsletter@gmail.com](mailto:aiscalgarynewsletter@gmail.com)**

**Next submission  
deadline:**

**November 6, 2020**



# Calgary AIS Information



## AIS Volunteer Opportunities

AIS is looking for a volunteers to take on the following open positions

- After hours contact for Big Sky Call Center (monitoring experience required)
- Alternate Chair
- Website Coordinator
- AA Gratitude Round-Up Liaison
- AA Banff Round-Up Liaison

Please give this some thought. I will be happy to answer any questions and help anyone interested in volunteering to serve Calgary in these positions.

Thanks,

Sally K. AIS Chair

Call: 403-969-7376

## AIS Calgary Phone Monitoring

### MONITORING SCHEDULE

WEEK	GROUP NAME
Sept. 28 - Oct. 4	Living the Legacies
Oct. 5 - Oct. 11	Calgary Men's AFG
Oct. 12 - Oct. 18	Finding Our Way Adult Children/ Sunday Evening AFG
Oct. 19 - Oct. 25	McKenzie Circle AFG
Oct. 26 - Nov. 1	Serenity Central
Nov. 2 - Nov. 8	Chinook Monday Afternoons
Nov. 9 - Nov. 15	Westside Al-Anon
Nov. 16 - Nov. 22	Starting with Serenity
Nov. 23 - Nov. 29	Pal-Anon
Nov. 30 - Dec. 6	Calgary Parent Recovery
Dec. 7– Dec. 13	Bowmont
Dec. 14-Dec. 20	Macleod Trail AFG
Dec. 21– Dec. 27	Airdrie Open Door
Dec. 28– Jan. 3	From Despair to Serenity

**If your monitoring rep or group rep has changed, send updated contact information to [aiscalgarymonitoring@gmail.com](mailto:aiscalgarymonitoring@gmail.com).**

## Area Volunteer Opportunity

AB/NWT Area has started a project in May to give anyone searching the area website ([www.al-anon.ab.ca](http://www.al-anon.ab.ca)) for meetings the option to join a Jitsi platform on **Saturdays from 11 - 12:30** to speak with someone directly and ask questions about the program and how to tap into online meetings or in-person meetings. The response has been fairly good considering it was summer. Some Saturdays had 1 - 3 callers and sometimes none. We are continuing the project through the fall and we will assess its feasibility in a few months. In essence, it is like taking a 12-Step call as we do for monitoring. If anyone is interested in volunteering to 'staff' the line on a one-off or regular basis, please contact Jason at [webmaster@al-anon.ab.ca](mailto:webmaster@al-anon.ab.ca). A short orientation would be provided.

Submitted by Carol G.

Calgary Al-Anon Information Services (AIS) Trusted Servants	
Name	AIS Calgary Position & Email Address
Sally K.	Chairperson, <a href="mailto:aiscalgaryinformation@gmail.com">aiscalgaryinformation@gmail.com</a>
VACANT	Alternate Chairperson, <a href="mailto:calgaryaltchair@al-anon.ab.ca">calgaryaltchair@al-anon.ab.ca</a>
Carolyn M.	Secretary/Group Records/Archives, <a href="mailto:calgarysecretary@al-anon.ab.ca">calgarysecretary@al-anon.ab.ca</a>
Anita A.	Treasurer, <a href="mailto:calgarytreasurer@al-anon.ab.ca">calgarytreasurer@al-anon.ab.ca</a>
Cathy S.	Newsletter Editor, <a href="mailto:aiscalgarynewsletter@gmail.com">aiscalgarynewsletter@gmail.com</a>
Ian H.	Alateen Coordinator, <a href="mailto:aiscalgaryalateen@gmail.com">aiscalgaryalateen@gmail.com</a>
Shellie O.	Monitoring Coordinator, <a href="mailto:aiscalgarymonitoring@gmail.com">aiscalgarymonitoring@gmail.com</a>
Vacant	2021 AA Gratitude Roundup Liaison
Vacant	2021 AA Banff Roundup Coordinator
Carol B.	Public Outreach Coordinator, <a href="mailto:calgarypublicoutreach@al-anon.ab.ca">calgarypublicoutreach@al-anon.ab.ca</a> ,
Vacant	Website Coordinator

AIS Bank Reconciliation						
August 31, 2020						
Balance Forward, May 30, 2020						\$2,125.64
Receipts:						
	Donations - June			\$660.00		
	Donations - July			\$50.00		
	Donations - August			\$270.00		\$980.00
Disbursements:						
	June			(505.70)		
	July			(644.45)		
	August			(1030.59)		(2180.74)
<b>Bank Balance, August 31, 2020 (actual)</b>						<b>\$924.90</b>
Adjustments:						
	Add: o/s Cheques	#189		\$997.29		
		#190		\$28.35		
	Less: Deposit Error			\$422.01		1,447.65
	Balance per bank statement					2,372.55



# District News



## District 3 & 4 Outreach

Rockyview Hospital - 8 month rotation  
Holy Cross Ambulatory Care Centre  
Room 5A-103

**Tuesday and Thursday meetings, 8:00 pm.**  
*Al-Anon participation at AA meeting*

Month	Groups
October	Pending COVID Update
November	Pending COVID Update
December	Pending COVID Update

## District 5 Outreach

Foothills Hospital Institution Meeting  
Open AA Meeting Room AGW2, Baker Centre,  
One floor below the main lobby

**Monday and Thursday meetings, 8:00 pm.**  
*Al-Anon participation at AA meeting*

Month	Groups
October	Pending COVID Update
November	Pending COVID Update
December	Pending COVID Update

## District 6 Outreach

Sunrise Rehabilitation Centre  
1231-34 Avenue NE  
Meetings 1st Thursday of each month,  
6:00 pm chaired by a District 6 Group

Date	Chairing Group
Oct 1	Let it begin with Me
Nov 5	Finding Our Way

## District 6 Outreach

Courage to Change Beginners Meeting  
Peter Lougheed Hospital

**Monday meetings, 7:00 p.m.**  
**Reserved Dining Room # 0524 (Downstairs, back  
of the Auxiliary Cafeteria)**

Date	Chairing Group
Oct 5	Let it Begin with Me
Oct 12	Northern Hills Trailblazers
Oct 19	Finding Our Way
Oct 26	Let it Begin with Me
Nov 2	Northern Hills Trailblazers
Nov 9	Finding Our Way
Nov 16	Let it Begin with Me
Nov 23	Northern Hills Trailblazers
Nov 30	Finding Our Way

## Did You Know?

*The PLC Courage to Change Beginner's Meeting has resumed. The Sunrise Rehabilitation Centre meetings will resume in October. COVID protocols are in place.*

## District Meetings (Check with DR for Virtual Link)

The Group Representatives (GRs) and District Representative (DR) from each District meet once a month.

### **District 3 (SE)** - DR is Sharon P.

Meets the second Wednesday of each month at Christ Moravian, 600 Acadia Dr. SE from 7:00 - 8:30 pm.

[district03@al-anon.ab.ca](mailto:district03@al-anon.ab.ca)

### **District 4 (SW)** - DR is Nancy H.

Meets the second Wednesday of each month at 7:00 - 8:30 pm. Zoom meeting ID 471 384 6072, Passcode 987654

[district04@al-anon.ab.ca](mailto:district04@al-anon.ab.ca)

### **District 5 (NW)** - DR is Greg M.

Meets the second Thursday of each month, 7:30 pm, at Highwood Lutheran Church, 419 Northmount Dr. NW.

[district05@al-anon.ab.ca](mailto:district05@al-anon.ab.ca)

### **District 6 (NE)** - DR is Wendy L..

Meets the second Tuesday of each month at Centennial Presbyterian Church, 103 Pinetown PI NE at 7:00 pm.

[district06@al-anon.ab.ca](mailto:district06@al-anon.ab.ca)



## ACSOA VIRTUAL

### Open House & Workshop

Writing Workshop

Speaker

Sharon A - Area Literature Coordinator

**November 7<sup>th</sup> 2020**

12:30 - Fellowship

1:00 - 3:30pm Workshop

Zoom ID: 991 0828 6356

Password: bookstore

Limit of 100 people

7th Tradition or purchase literature

<https://al-anonbookstore.ca/>

Dreaming Big with 20/20 Vision

**Al-Anon  
BOOKSTORE**



## Calgary Alateen Update: September 2020

I am pleased to report that we have restarted one Alateen face to face meeting at Lakeview United Church on Monday evenings from 7:30 to 8:30 pm. Pal-Anon is looking at reopening face to face meetings starting October 5th.

We are observing continuous masking, 6' distancing, disinfecting of hands and surfaces before and after the meeting, and each person gets their own copy of "Groups at Work" to read from. The teens are required to share their first name and contact phone number with the designated Alateen Sponsor who will only share that information with Alberta Health Services should they need to do contact tracing. The teens are also expected to contact the sponsor, should they or someone close to them tests positive.

We have a small group of dedicated AMIAS's that are willing to keep these meetings going, providing the numbers warrant it, and the church does not end up having to shut down due to new city or provincial requirements. The church has been very supportive of our efforts, providing us with the first 3 weeks of meetings free. We have enough Alateen 7th tradition funds for the next 2 to 3 months. If things become busy but we end up struggling financially, we may request for some help from the Districts.

I listened to a disturbing CBC report a couple weeks ago saying that since the start of the pandemic, suicide has now surpassed motor vehicle accidents as the #1 cause of death in the 10 to 16 year old age range. These are tough times and they are not going to get any easier anytime soon, especially for kids that are stuck at home with active alcoholism. We aren't professional counsellors, but we can do our part and offer some hope and support where there is drinking issues in the family. If there are any teens that you know that you think could benefit from Alateen, now is the time to speak up.

There are also excellent resources for teens available at both the Area ([al-anon.ab.ca](http://al-anon.ab.ca)) and World Service Office ([al-anon.org](http://al-anon.org)) websites, including links to a variety of Alateen Chat lines, including our Alberta one.

Please help get the word out to fellow Al-Anon members, groups and even any AA contacts you think might be interested.

Hang in there everyone and take good care of yourselves. As I heard a Doctor say way back in March "We're not in for a marathon, we're in for an ultramarathon."

Yours in Service - Ian, [aiscalgaryalateen@gmail.com](mailto:aiscalgaryalateen@gmail.com)





### **Alberta Al-Anon Website**

One stop for information on Al-Anon events, the current meeting schedule, public outreach, newcomer information, Alateen and so much more!

**[al-anon.ab.ca](http://al-anon.ab.ca)**

To subscribe to, unsubscribe from, or submit a story sharing the experience, hope and strength of the Al-Anon program to the Calgary AIS Newsletter

Email [aiscalgarynewsletter@gmail.com](mailto:aiscalgarynewsletter@gmail.com)

**Submission deadline for the next issue is  
November 6, 2020**



*Participation is  
the key  
to harmony!*