

THE INTER-COM

Area 79 Public Information & Cooperation with the Professional
Community Quarterly Newsletter for October 2020

What's in this issue:

Sharing from our
Area 79 P.I. and CPC
Committees:

District 5
Nanaimo CPC

Districts 5 & 7
Nanaimo P.I.

P.I. "Speaking in
Schools"
ad-hoc update

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What is the Inter-Com?

Inter-Com is our newsletter, by us, for us. The newsletter is for the exclusive use of A.A. members who wish to exchange information about Public Information (P.I.) and Cooperation with the Professional Community (CPC) work within Area 79. The Inter-Com is a Quarterly publication — January, April, July and October.

It is a fantastic opportunity for districts, specifically P.I. and CPC Committees, to share experience, strength and hope — new ways to reach the public and cooperate with the professional community — how and what you're doing in your district.

Thank You!

Panel 69 P.I. & CPC DCMs

P.I. Committee Districts: 8 28 43 51 62

CPC Committee Districts: 4 30 38 52 59

**Thank You to Districts 5&7 and our P.I.
ad hoc committee for your submissions to
this issue!**

**~We would love to hear from YOU~
P.I./CPC Committee news, events and
shared experience are welcomed and
appreciated!**

Public Information

Districts 5 and 7 (Nanaimo/Ladysmith)

My name is Larry, and I was elected to this position during the recent pandemic lockdown.

It took me a couple of months to get my feet under me, and to understand some of the complexities within our district. One of the first things I did, was meet with the previous P.I. chair, to learn what she had done, and what was still to be completed. I must say, that she had done a fabulous job! I have big shoes to fill.

I began by contacting our local Intergroup to purchase literature. Various pamphlets, Big Books, 12 and 12s, Living Sober booklets and meeting lists. I have created pamphlet bundles for members to deliver to medical clinics, etc. I was able to deliver pamphlets to two of the clinics where I personally go to. My doctor's clinic, and my chiropractor's clinic. As well, I was able to meet the counsellors, and staff, and supplied pamphlets to a new medical clinic, serving our indigenous community. The previous chair had set up spreadsheet Google Sheets to track where and when packages had been delivered, and which committee member delivered them. I have replicated this tracking system, and it is working great!

Our local Intergroup will only sell us literature at their full retail price. I would like to ask you if this is the case for you as well? Or do you receive a discount? Or do you purchase directly from GSO?

One of the things that our past chair did, was to set up Public Service Announcements (PSAs) on Kijiji, Craigslist, and Usednanaimo websites, under their community announcement headings.

One of the interesting things on Kijiji was that they also allow, at no charge, for us to include a Youtube video on our PSA.

I went to the AA YouTube channel, and added one of the video PSAs from there.

We have created a PSA poster to place on community bulletin boards, and with our contact information, we created a Quick Response code (QR Code) that links to our website meeting list page.

I sent an email to a local radio station regarding them airing audio PSAs. This station is a part of the Jim Pattison Broadcast Group. The general manager for Vancouver Island is my contact. He is willing to air our PSAs on their station, at no charge. With the help of Dana H., our Area 79, Panel 69 P.I. Chair, I have sent them four 30 second audios, and asked if they can add a tag line with our local phone number and website information.

I have asked him if they will also be aired on other Vancouver Island stations, but have not had a response at this time. More will be revealed!

Most recently I have sent out an email to our contacts at the local schools, to introduce myself. I have been contacted by one of these schools, and we will be having speakers set up, to speak via Zoom or MS Teams in the first week of November. One of the cool things about this is that I have been given the privilege of being a part of our Area 79 Public Information Committee's ad hoc, to set up basic guidelines for virtual speaking in schools presentations.

I am grateful to serve the Nanaimo/Ladysmith districts, and am excited to be able to help to reach out to the still suffering alcoholic.

Yours in love, unity and service

Larry B.

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District 5 CPC Committee ~Nanaimo~

Best Practices for sharing at Non-AA meetings

- ♦ Arrive 10-15 minutes before the start of the presentation to set up literature and hand out cards and forms.
- ♦ Dress neatly, no jeans, and look well groomed. We may be the first AA members that our audience will have encountered.
- ♦ Decide well before making the presentation who will do the first part and who the second.
- ♦ We will share only on AA and our program of recovery. We are sharing AA's message not our own. We express no personal opinions.
- ♦ Be prepared to share AA's position on problems other than alcohol.
- ♦ If there is time to share a little of our own stories, keep it general, focused on recovery and no drunkalogues.
- ♦ Please, no profanity or use of AA jargon. Our audience needs to understand what we are trying to convey.
- ♦ Smile, be relaxed and show enthusiasm for your recovery.
- ♦ Rehearse, rehearse, rehearse until you can present the material with confidence.
- ♦ Memorize your part of the presentation. You will be provided with the reminder sheet but please don't just read off it.
- ♦ Read the Speaking at Non-AA Meetings pamphlet before every presentation. Also review the AA fact sheet, the 12 Traditions and the Problems Other than Alcohol pamphlets. We need to ensure that the information we give professionals is accurate.
- ♦ You will not be alone. Your co-presenter can help if you get stuck or don't know how to answer a question. It's OK to say that you don't know but will come back to the questioner with the answer. No matter what, do not be drawn into controversy or argument.
- ♦ Please remember that treatment is not part of AA and need not be mentioned.
- ♦ We are making the presentation simply to give information about AA. Please do not offer to start a meeting or anything else. These kinds of decisions are made at the CPC Committee meetings and voted on through an informed group conscience at the districts.
- ♦ Always graciously thank the audience for attending and invite them to help themselves to literature.
- ♦ Gather up the filled-in forms.
- ♦ If you are asked to accompany a professional to a meeting, please pick them up or meet them by yourself and be a little early for the meeting. Let the chairperson know that you have a guest and not to call on them. Let the professional know that they don't need to identify themselves or contribute to the 7th Tradition. Allow time to answer questions after the meeting.



P.I. Speaking in Schools Ad Hoc

During one of our Area 79's P.I. District Committee Chairs meetings, came an idea of creating a 2-3 minute virtual presentation for schools and school boards. From there, Dana H., our Area P.I. Chair, called interested members and an ad hoc committee was formed. It includes Chair- Larry (District 5), Secretary- Sha-nnon (District 42), and Tech Sorceress- Marla (as deemed by this committee [District 71]).

Our first meeting consisted of brainstorming; how could we present AA in a way that could make an impact and garner further discussion in schools?

Some of the ideas brought up were:

- Start with "On the Beach" A.A. video.
- A few slides introducing and explaining the purpose of the presentation and the focus of AA itself.
- AA's focus on recovery from alcoholism.
- What AA does.
- What AA does not do.

Together we flipped through P.I./CPC presentation slides that District 71 had used previously, pulling together slides we liked into our own PowerPoint document. Over the next few meetings we plan to continue reviewing slide by slide. We're looking forward to showing the Area 79 P.I. District Committee Chairs what we've come up with! If anyone has ideas, please don't hesitate to send them to our Area 79 P.I. Chair Dana and she can forward it on to us. Until we see each other next time on this happy road to destiny.

How To Make Submissions to the Inter-Com

We would love to hear from P.I. and CPC Committees with what is working, what is not working — looking for shared experience. Sharing experience, strength and hope within our Area.

It's as easy as 1, 2, 3

1. Email your story, submission, and/or question to: publicinformation@bcyukonaa.org or cpc@bcyukonaa.org
2. Please identify yourself by first name and last initial only, in keeping with our tradition of anonymity.
3. Please identify your contribution to the Inter-Com with district number and a brief review of where your district is within BC/Yukon and please specify if your committee is P.I., CPC, or PI/CPC.

Remember that this current edition, as well as all archived editions, are now on the Public Side of our Area 79 Website under the NEWS tab for your reading pleasure.