
THE INTER-COM

BC/Yukon Area 79

Public Information (PI)

Cooperating with the Professional Community (CPC)

What is Inter-Com?

The Inter-Com is our newsletter, by us and for us. The newsletter is for the exclusive use of A.A. members who wish to exchange information about Public Information (PI) and Cooperation with the Professional Community (CPC) work within Area 79. The Inter-Com is a Quarterly publication - Winter, Spring, Summer, and Fall!

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

In this issue:

- Report from the Penticton Healthy Living Fair Booth
- Notes from Districts
- Getting Started in PI and CPC

Notice: Opportunity for service!!

This year our Area 79 CPC Committee will again be setting up a table at the **BC College of Family Physicians' 2017 Spring & Fall Family Medicine Conference** which will take place June 3 & 4 (Sa/Su) at the Four Seasons and October 28 & 29 at the Westin Bayshore in Vancouver. We are seeking members willing to help set up and attend the table where we will be able to speak directly to Family Physicians. Please contact Steve C, Area 79, CPC Chair if you would like to participate.

Please contact us for more information

Rio D; Public Information
Panel 67, Area 79 BC/Yukon
Email: publicinformation@bcyukonaa.org

Steve C; Cooperation with the Professional
Community Panel 67, Area 79 BC/Yukon
Email: cpc@bcyukonaa.org

Penticton Healthy Living Fair:

Recently we had the wonderful opportunity to participate in the South Okanagan Healthy Living Fair at the Penticton Trade and Convention Centre on March 11 2017. This trade show expo of more than 60 health related exhibitors, from all aspects of healthy living, along with guest speakers, demonstrations and a healthy living assessment. It was an all day event, with free admission and parking, and was visited by over 2,600 of the public. Starting last September, Penticton Intergroup, with the help of District 68 and District 73, equally funded a registration as an exhibitor to the Fair, and with the further assistance of Area 79 CPC Chair Steve C, and District 68 providing a portable booth with a wonderful new banner, all contributed a wide variety of AA literature. Tremendous four way co-operation and participation, staffed the booth with volunteers from all four interests. This well organized effort was a great instrument to first and foremost carry the AA message to a wide sample of the Public Thank-You to all who participated. They showed a great willingness to be of service. It was a great challenge to deal with a broad range of public concerns, necessitating humility, honesty, and personal experiences shared from the heart.

This is best exemplified by one volunteer's testimonial; *Hello my name is Tara and I'm an alcoholic. Two weeks ago I was offered the opportunity to volunteer my time by standing in as a woman in Alcoholics Anonymous to offer information to anyone who came by the booth with questions relating to AA. That table was tastefully displayed with brochures and Grapevine literature. The back drop was a banner of silhouetted men and women standing together to represent the fellowship of Alcoholics Anonymous. I thought the setup was welcoming and not overwhelming to those who walked by. Some people walked past and shook their heads as to say, "not interested, not for me". And other stopped to casually glance over the pamphlets and maybe picked one up to read later. And then there were those who walked up with a big smile on their face, the Fellowship smile that I have come to recognize from all the different rooms of AA that I have walked into. They thanked us for being there and congratulated us on what they saw as being brave. Brave to put our anonymity to the side and stand proud and open to anyone who needed to ask for a friend, for family member or for themselves about what AA was and how it may help.*

It was a feeling of humility and of grace to stand with the banner of Alcoholics Anonymous behind me showing others that this is what saved me and if you had any questions this may be what could save you too. What an honor.

*Thank you for allowing me to be of service
Tara J.*

For all that participated; Thank-You;
Penticton Intergroup, District 68, and 73, Area 79

Notes from Districts:

District 3:

Hi All,

Here is an update to the District 3 PI/CPC committee which is still in its infant stage here in Campbell River. We have attended our first Service Forum which was held February 25, with Dick V., Area 79 Remote Communities Chair, as facilitator. It was great to hear him speak and inspire us into more service. We had our PI display and gave away pamphlets and our "Adopt a Dr. Kit", copied after Victoria's PI Committee. This envelope of 10 pamphlets introduces physicians to the AA Program. It has been quite successful in Victoria, so we are giving it a try here.

We have plans for PI/CPC luncheons and will be joining with the Remote Communities and Treatment committees to get out to some of our remote meetings in our District. It's all very exciting and building. We are spreading our Help Line phone number in and around the area by putting up tear off phone number sheets.

Emma C. PI Chair, District 3

District 36 School Program

The public information committee in District 36

(Richmond) has completed its first major event! We were asked to present the message of AA to all the grade 9 students at a local high school as part of their physical education curriculum. Over the course of two days, with four classes per day, we presented to over 250 students. From feedback that we received from staff, students, and even parents, we know that the presentations were very well received.

We used an interactive format that encourages student participation, including an anonymous question component. Together with some statistics, a short video, and our personal stories, the 80 minute classes seemed to fly by in no time!

Special thanks to the PI people in Abbotsford, who shared their excellent script with us. Thanks also to Matt N., who ran a fantastic training seminar for all of our presenters the night before the event.

This month, our committee was visited by four members from District 42, who are looking for ideas about how to proceed. We were able to share what had worked for us, and answer questions that they had. What a blessing to work with others towards a common goal!

Now for the tip of the day. Put all necessary items for a presentation in one sturdy container with a lid. (We used a small Rubbermaid bin.) This includes scripts, brochures, whiteboard pens, a copy of the Big Book, and whatever else you need. This way, it's easy to take from class to class, and the lid keeps the literature dry on the way to and from the event. Hope this helps!

Getting Started in PI and CPC

The subject of getting started with PI and CPC service work has been a regular feature in The Inter-Com. If you can gain access to the trusted servant side of the Area 79 web site you will be able to search the Inter-Com archives. (we will be working on having the Inter-Com available on the public side, but password protected, like Grassroots) Our PI and CPC workbooks and kits cover this topic in some detail and I would encourage all committees to become familiar with that literature. In addition, our Guidelines on PI, CPC and other topics are important to the understanding of our work.

Some suggestions for starting a new District PI and or CPC individual or joint committees, after obtaining the full support of the District, would be:

- Set up a regular monthly meeting time and location.
- Strongly suggest that all District Groups send reps that have the ability to commit to this work. (the workbook suggests 2 years of sobriety)
- See that the District is prepared to financially support the Committee for items like; meeting venue rent, literature for committee use and distribution, etc. One of our Districts has been providing \$100/mo. to the committee which seems to cover ongoing costs.
- As with other AA committees elect table officers including a Chair, Alt Chair, Treasurer, and Secretary etc.
- Be sure that reports are provided to the District regarding the ongoing activities of the Committee as these are District Committees.
- Make a review of the literature a regular part of the Committee meeting so that eventually all members will become familiar with it. (our Guidelines have lists of relevant material)
- Chose projects and goals for the Committee. (see a sample list below and suggestions from the literature including the task list)
- Have fun with this important service work and enjoy your time with your fellows.

Steve C, CPC Chair, Area 79

Suggested P.I. Committee Goals

- Be sure every public library has at least one Conference approved book(eg; the Big Book)
- Place a literature rack in every high school, college, police station, library, and hospital
- Send a letter to the high schools, offering A.A. literature and/or a presentation on AA.
- Put meeting schedules behind the front desks at every hotel, motel and bed and breakfast.

taken with permission from PI Workbook

Suggested C.P.C. Committee Goals

- Contact professionals and offer to meet with them in their office to share information.
- Invite professionals and professional students to attend an open meeting presentation on AA.

- Utilize the “About AA” newsletter for professionals (past issues can be found on www.aa.org)
taken with permission from CPC Workbook

Suggestions from a PI/CPC member

One of the things that we have done is prepare a hand out document on AA that is given to various associations/individuals in the community. One of the things that we are doing is asking AA members to take 10 of the handouts to their local physician whenever they have a doctor appointment. This has been well received, and it's easy as the member is already going and usually has a rapport with their physician. The feedback that I have received from the physicians has all been positive.

District 39, Abbotsford

In District 39, Abbotsford we continue throw out the chum bait in the sea of life just to hook another still suffering alcoholic.

First, we followed the suggestions in the Public Information Guidebook which showed us how to form our committee and set our goals. All while using the traditions as our guide. It showed us how to hold workshops, community meetings and luncheons with the professional and public service community with invitation letters and suggested formats.

We were shown guide letters on what to send to schools, senior centers, professionals, physicians, the clergy, police stations, probation departments, radio stations and the newspapers.

We set up a pamphlet and poster distribution network for doctor offices, police stations, probation offices and schools. We stocked libraries with the big book. With the help of a neighboring district and the Guidebook we put on many school presentations plus workshops at senior centers.

We run a small paid A.A. ad in our local classifieds paper plus PSAs (free ads) in local publications, English and Punjabi.

Working with GSO Public Information and Area committee members we started PSAs on local radio stations, the university and even a Punjabi station (in Punjabi).

Jim R, CPC, & Michael J, PI, District 39

How To Make Submissions to the Inter-Com

We would love to hear from PI 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 PI, CPC, or PI/CPC.

Your suggestions/comments/input are not only needed but are also greatly appreciated and will make The Inter-Com successful.

What is PI?

PI = Public Information

Public Information in Alcoholics Anonymous means carrying the message of recovery to the still-suffering alcoholic by informing the general public about the A.A. program.

- taken with permission from the Public Information Workbook; AAWS

What is CPC?

CPC = Cooperation with the Professional Community.

Cooperating with non-alcoholic professionals is an effective way to carry the message to the sick alcoholic. Through professionals, alcoholics may be reached who might otherwise never find the program, or they may be reached sooner with the help of informed non-AAs.

- taken with permission from the Cooperating with the Professional Community Workbook; AAWS

Or simply put:

PI is direct contact with the alcoholic and CPC is indirect contact (through the professional) with the alcoholic.

Disclaimer: Articles are not intended to be statements of AA policy, nor does publication of any article imply endorsement by either AA or BC/Yukon Area 79.

Yours in Love, Unity and Service