

# AA Newsletter

Central Service Committee of Area 82, Districts 1 & 2, Halifax Regional Municipality

To contact Alcoholics Anonymous, call (902) 461-1119 (24 hours per day, 7 days per week)

Website: [www3.ns.sympatico.ca/alcoholicsanonymous](http://www3.ns.sympatico.ca/alcoholicsanonymous)

**Inside this issue:**

AA Birthdays in October	2
Group Announcements	3
Service Calendar	4
Service Positions & Calls	5
Tradition Ten	6
Tradition Ten	7
Regional Fellowship Events	8
Newsletter Contact Information	8

**Live and Let Live**

*Never since it began has Alcoholics Anonymous been divided by a major controversial issue. Nor has our Fellowship ever publicly taken sides on any question in an embattled world. This, however, has been no earned virtue. It could almost be said that we were born with it. ... "So long as don't argue these matters privately, it's a cinch we never shall publicly."*

(12 & 12, p. 176)

Do I remember that I have a right to my opinion but that others don't have to share it? That's the spirit of "Live and Let Live." The Serenity Prayer reminds me, with God's help, to "Accept the things I cannot change." Am I still trying to change others? When it comes to "Courage to change the things I can," do I remember that my opinions are mine, and yours are yours? Am I still afraid to be me? When it comes to "Wisdom to know the difference," do I remember that my opinions come from my experience? If I have a know-it-all attitude, aren't I being deliberately controversial?

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## 43<sup>rd</sup> Area 82 Assembly & Round-Up

**Friday to Sunday, October 5th to 7th, 2007**

Mount St. Vincent University

Seaton Academic Centre (building #1 on the map on page 8)

166 Bedford Highway, Halifax, Nova Scotia

**Registration: \$20 / Banquet: \$25**

Registration opens at 4:00 pm on Friday in the foyer of the Seaton Centre.

### Opening Speaker at 8:00 pm Friday evening

Friday Evening Jam Session begins after the Opening Speaker

The Remainder of the Program for the Round-Up will be available at the Registration Desk

### Reminder

The Round-up during the Assembly is made-up of marathon meetings, discussions, panel meetings (two or more speakers) and speaker meetings.



### ORDER IN THE WORLD

I would like to express what Alcoholics Anonymous meetings mean to me. First, and most importantly, attending meetings helps me to live, day-by-day, without thinking of, or desiring, a drink of alcohol. Before a friend helped me discover A.A., I could never stop drinking alcohol for any sustained period of time.

Another thing that is important to me concerning A.A. meetings is: after having attended a meeting, I am able to live more calmly and I am able feel more fully during that particular day. I can more fully ap-

preciate the beauty, the wonder of life in this world in which we all live. So my day somehow goes much easier after attending an A.A. meeting.

I also feel gratitude for God's goodness. Nature shows me that, despite friction among people, there is still order in the world. Early one recent morning, I enjoyed seeing the routine happening of a small black-bird hopping busily across the pavement of a quiet street in Halifax. He was in search for scraps of food, doing what all life must do while it

*(Continued on page 2)*

<b>Oct. 13</b> Saturday	<b>Porters Lake Group</b> Jim L.: 1 yr	<b>7:00 pm</b>
<b>Oct. 22</b> Monday	<b>Another Chance Mtg., Gordon B. Isnor Manor, Cornwallis St.</b> Terry B.: 10 yrs	<b>12 noon</b>
<b>Oct. 25</b> Thursday	<b>Four Seasons Group</b> Charlie R.: 15 yrs	<b>8:00 pm</b>
<b>Oct. 25</b> Thursday	<b>West End Step Group</b> Tony D.: 1 yr	<b>8:00 pm</b>
<b>Oct. 25</b> Thursday	<b>Gaston Road Group</b> Don S.: 22 yrs	<b>8:30 pm</b>
<b>Oct. 26</b> Friday	<b>Mutual Group</b> Sarah S.: 2 yrs Kevin A.: 19 yrs Melvin R.: 30 yrs	<b>8:00 pm</b>
<b>Oct. 26</b> Friday	<b>Bedford Group</b> Amy M.: 3 yrs Trevor Y.: 3 yrs Brian M.: 6 yrs Corey C.: 10 yrs Chuck P.: 13 yrs Dave Y.: 20 yrs	<b>8:30 pm</b>
<b>Oct. 28</b> Sunday	<b>St. Margaret's Bay Group</b> Walter M.: 34 yrs	<b>8:00 pm</b>
<b>Oct. 29</b> Monday	<b>Downtown Dartmouth Group</b> Pat C.: 2 yrs Lynn F.: 4 yrs Ed. M.: 5 yrs Wynne: 11 yrs Victor L.: 27 yrs	<b>8:00 pm</b>
<b>Oct. 29</b> Monday	<b>Grateful Group</b> Mike M.: 4 yrs	<b>8:30 pm</b>
<b>Nov. 2</b> Friday	<b>Halifax Young Peoples Mtg.</b> John G.: 5 yrs	<b>8:30 pm</b>
<b>Nov. 5</b> Monday	<b>Colby Village Big Book Study Group</b> Glen H.: 23 yrs	<b>8:00 pm</b>
<b>Nov. 5</b> Monday	<b>Grateful Group</b> Mark E.: 3 yrs Martin K.: 11 yrs Eric N.: 14 yrs	<b>8:30 pm</b>
<b>Nov. 10</b> Saturday	<b>Acceptance Group</b> Karen R.: 2 yrs	<b>10:00 am</b>
<b>Nov. 19</b> Monday	<b>Grateful Group</b> Bill C.: 12 yrs	<b>8:30 pm</b>

(Continued from page 1)

passes through this world – working at surviving.

I try to regularly attend the Early Risers meeting in Dartmouth. It starts at 7:00 am, Monday to Friday, at 3 Dundas Street, just off Portland Street. I enjoy the 'give and take', the sharing, and the exchange of people's ideas as we discuss our concerns among ourselves. A.A. meetings help me to realize the 'daily reprieve' from my alcoholism mentioned in the Big Book of Alcoholics Anonymous.

Art. W., Dartmouth

### Keep It Simple Group

*26th Anniversary*

**Friday, October 12th, 12 noon to 3 pm**

The Keep it Simple Group is celebrating 26 years on Friday, October 12th, 12:00 noon to 3:00 pm, Club 24, 3 Dundas Street, Dartmouth.

### Marguerite Centre

#### Women Needed To Run AA Meetings

The Marguerite Centre is Nova Scotia's only long-term residential facility for women suffering from addictions and abuse. Several of us have been going to the centre to put on an AA meeting once a month and we have truly benefitted from this connection. The AA meetings have also been much appreciated by the residents, and they have asked that they be held more frequently.

We need more women to volunteer to make this happen. A commitment to a meeting just once a month would make a huge difference to the residents. However, please note that the Centre is about 25 minutes from the city, and can only be reached by car. If you are sincerely interested and don't have transportation, a drive will be arranged. **If there are any women interested in doing this, please contact Charlotte, 477-9153; Karen, 446-9352; or Lesley, 484-0123.**

### Central Nova Scotia Correctional Facility Meetings

#### Female Volunteers Needed

Female volunteers are needed to put on meetings for the women at the Correctional Facility in Dartmouth (i.e., Burnside). **To apply, please contact Gail Stacey at 431.0587 or email staceys@eastlink.ca.**

We are celebrating an overall of **312 Sobriety Years**. The average Sobriety Age is: **11.14 Years**.

**It's a miracle. Congratulations to All!**

### New Meeting List for Districts 1 & 2 available!

Recent updates of Group information have been included in the latest Meeting List dated **October 4, 2007**  
Available at the Central Service Meeting (see page 2) through the Literature Representative (Victor, phone: 435-6613) or  
online at: [www3.ns.sympatico.ca/alcoholicsanonymous](http://www3.ns.sympatico.ca/alcoholicsanonymous)

#### New Meeting Rockingham Community Center

Sundays, 9:30 am to 11:00 am, 199 Bedford Highway (opposite Tim Hortons). Ongoing since May; open discussion; parking available; meeting downstairs; not wheelchair accessible. **Contact Mardi M.: 445-2999 (Timberlea Group).**

#### New Meeting: Mic Mac Friendship Center *A New Big Book Discussion Meeting in Halifax*

Mic Mac Friendship Center, corner of Gottingen and Cornwallis St., Halifax, **Thursdays, 8:00 pm.**

Directions: Take entrance on Cornwallis St., just before Needle Exchange Main Line.

#### New Noon Meeting: Another Chance

Gordon B. Isnor Manor, 5565 Cornwallis Street, Halifax, **Mondays, 12:00 noon to 1:15 pm.** Take the back-entrance. There will be signs posted. Parking is available on both sides of the building and also in the back. **Contact Terry B.: 422-8060 or Tom: 209-1088.**

#### Trailer Park 12&12 (CD) *former Woodside Group:* *New Street Name—Old Location*

The 12 Steps & 12 Traditions Study Group still meets in the same spot. The street name changed:

**Wednesdays, 8:00 pm, 38 Trentonian Lane, Woodlawn Trailer Park, Dartmouth.**

#### Sunday Night Serenity Group *Staying at St. Phillip's Anglican Church*

The Sunday Night Serenity Group will not be moving back to Edgewood United Church but will stay at St. Philip's Anglican Church, corner of Bayers Road and Connaught Ave., Sundays, 7:00 pm.

#### Tallahassee Group

#### *The Only AA Meeting in Eastern Passage* **Is Seeking Support from AA Members**

The Tallahassee Group meets every Monday night at 8:00 pm, 44 Cow Bay Road, Eastern Passage. The meetings are closed discussion except for AA birthdays celebrated on the 3rd Monday of each month.

To find the meeting going east on Cow Bay Road from Dartmouth, take the second driveway past the Chinese Restaurant on the left. Travelling up the gravel driveway there are two building, the meeting is held in the building on the right. Drive around back for the entry door into the basement.



Bill W. (left) and Ebby T. (right)

## METRO DRUG DEPENDENCY CENTER

Simpson Hall, NS Hospital, Dartmouth. All meetings at 8 pm.

Detox	Sun	C.O.R.E.	Thu
Timberlea Group	Oct 7	Timberlea Group	Oct 4
Halifax Sunday Morning	Oct 14	Downtown Halifax	Oct 11
Back to Basics Group	Oct 21	Sunrise Group	Oct 18
West End Step Group	Oct 28	Harbours Group	Oct 25
Fresh Start Group	Nov 4	Trailer Park 12 & 12	Nov 1
Keep It Simple Group	Nov 11	Bedford Group	Nov 8
Highland Park Group	Nov 18	Second Chance Group	Nov 15
<b>Sixth floor of the Simpson Bldg.</b> Attendance is limited to clients of this unit & members of the A.A. group putting on the meeting. The meeting format is "Speaker/Discussion" with time for questions at the end.		<b>Third floor of the Simpson Bldg.</b> Open Speaker/Discussion meeting of A.A., and it is named "Pass It On Group". The meeting is open to clients of the C.O.R.E. program, as well as other A.A. members.	

For more information, contact: Pat R. at 857-1006 or patwr@eastlink.ca



## CENTRAL PHONE OFFICE Week-End Group Phone Service

Group	Sat	Sun
Back to Basics	Oct 6	Oct 7
Harbours Group	Oct 13	Oct 14
Gaston Road Group	Oct 20	Oct 21
Woman to Woman Group	Oct 27	—
West End Step Group	—	Oct 28
Highland Park Group	Nov 3	Nov 4
Sunrise Group	Nov 10	Nov 11
Downtown Dartmouth Grp.	Nov 17	Nov 18
Groups pick up the key at the Central Phone Office <b>Monday to Friday, 9 am - 5 pm</b>		

## SERVICE MEETINGS

<b>Oct 2</b> Tuesday	<b>Central Service Committee</b> United Memorial Church, Young St., Halifax	<b>7:00 pm</b>
<b>Oct 21</b> Sunday	<b>2008 Winter Round-Up Committee</b> Holiday Inn, 101 Wyse Rd., Dartmouth	<b>1:00 pm</b>
<b>Oct 21</b> Sunday	<b>District 2—GSR Meeting</b> Club 24, 3 Dundas St., Dartmouth. <i>(The meetings are now going to be held on the 3rd Sunday of every month.)</i>	<b>6:30 pm</b>
<b>Oct 28</b> Sunday	<b>District 1—GSR Meeting</b> George-Dixon-Centre, Gottingen St., Halifax.	<b>1:00 pm</b>

### Workshop

The next workshop, hosted by District 2, will be held on **Sunday, November 4th**, at 1:00 pm on main level of Club 24 (3 Dundas St., Dartmouth).

Ever been curious about getting involved with putting on meetings at the Correctional Center, but you are not sure what it is all about? Well, November's workshop is just for you. The Corrections Committee will be putting on an orientation session. This is the perfect opportunity for you to ask all the questions that you have wanted to ask. The workshop is open to any AA member wishing to attend, not just GSRs.

### Phone Office Volunteers Urgently Needed

The Central Service Phone Office urgently requires members to answer the daytime and overnight phones. If you can dedicate some time to this vital service, please call the Phone Office ASAP and arrange for an individual orientation session. **Central Service Phone Office: 461-1119**

## The Importance of Workshops

A **District 2 Workshop** took place on September 9<sup>th</sup>, 2007. The topic for discussion was “The Importance of Workshops”. There were approximately twenty people in attendance. The facilitator broke the meeting into five smaller groups. Each group was given two questions to answer. After time for discussion, each group presented their questions and answers to the larger group for feedback. There was also some general discussion on whether or not workshops are “open” or “closed” meetings.

The questions and summarized answers are presented below.

### 1. How can/do workshops educate AA members?

Workshops are an opportunity to learn more about the topic for discussion. We learn through the experience of other members and also from the experience passed on by the General Service Office, the Area, and the District. Workshops are not always just about general service work. They are for all A.A. members who want to learn more about the A.A. program, including sponsorship, the Twelve Steps, the Twelve Traditions, the Twelve Concepts, etc.

### 2. Why is it important for different groups and group members to meet and work together?

Workshops promote unity within the fellowship and allow members from different groups to learn to work together. We learn more about Tradition One and Tradition Nine from each other, and we learn that there will always be members with more experience than others. When we learn to work together, we become healthier as individuals and we help our groups to develop. When we learn how to work together, we can use these skills in the world about us.

### 3. How can/do workshops promote cooperation between groups and their service representatives?

By attending workshops we come to recognize members from other groups, we benefit from the fellowship of being together, and we learn what others do differently to stimulate and improve interest and growth within their groups. There is also the opportunity to exchange information and to standardize information and consistency between groups. Workshops also help General Service Representatives (GSRs) and group members gain knowledge of the A.A. general service structure.

### 4. How can/do workshops best inform members about specific service roles?

Experience and information is passed from previous GSRs to new GSRs & other A.A. members during workshops – we can never learn enough. Everyone is encouraged to read the *A.A. Service Manual*. Workshops on the Twelve Traditions and the Twelve Concepts stimulate thought, interest, and provide A.A. members with new knowledge, particularly with regard to specific general service committees such as Public Information (PI), Cooperation with the Professional Community (CPC) and Corrections Facilities.

(The A.A. Service Manual is available as a free PDF by visiting: [http://www.alcoholics-anonymous.org/en\\_pdfs/en\\_bm-31\\_06-07.pdf](http://www.alcoholics-anonymous.org/en_pdfs/en_bm-31_06-07.pdf))

### 5. How can/do workshops share experience, strength and hope between groups?

Workshops are an excellent way to get involved and ‘get out of ourselves’ by sharing information, experience, strength, & hope with A.A. members from other groups. Workshops are also a great opportunity to put the principles of the Steps and Traditions of Alcoholics Anonymous into practice; particularly patience, tolerance, honesty, humility, and integrity.

For example, with regard to integrity, if we say we are going to attend a workshop, we have an opportunity to live up to that commitment by actually attending. By not being arrogant and embellishing the truth to make ourselves look better during a workshop, we have an opportunity to put into practice the principles of honesty and humility. By inviting a sponsee or friend to the workshop to learn about general service, we are able to model appropriate behaviour and we are actively practicing Step Twelve (“can’t keep it unless you give it away”). Finally, while it might be said that Alcoholics Anonymous doesn’t change, individuals do grow and workshops are an opportunity to grow in service by emulating those who have come before us.

### 6. How can/do workshops pass on the AA message?

At workshops, GSRs and other A.A. members can discuss issues their group is dealing with – i.e., what is working for their group and what is not – and get input from other A.A. members. By sharing general service experience, strength, & hope, GSRs can obtain ideas for improvement, sugges-

(Continued on page 6)

## OUR A.A. EXPERIENCE HAS TAUGHT US THAT:

No A.A. group or member should ever, in such a way as to implicate A.A., express any opinion on outside controversial issues—particularly those of politics, alcohol reform, or sectarian religion. The Alcoholics Anonymous groups oppose no one. Concerning such matters they can express no views whatever.

*TRADITION TEN – LONG FORM – REPRINTED FROM ALCOHOLICS ANONYMOUS, FOURTH EDITION, P. 563, WITH PERMISSION OF A.A. WORLD SERVICES, INC.*

## TRADITIONS CHECKLIST

### Tradition Ten:

Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.

1. Do I ever give the impression that there really is an “AA opinion” on Antabuse? Tranquilizers? Doctors? Psychiatrists? Churches? Hospitals? Jails? Alcohol? The federal or state government? Legalizing marijuana? Vitamins? Al-Anon? Alateen?
2. Can I honestly share my own personal experience concerning any of those without giving the impression I am stating the “AA opinion”?
3. What in AA history gave rise to our Tenth Tradition?
4. Have I had a similar experience in my own AA life?
5. What would AA be without this Tradition? Where would I be?
6. Do I breach this or any of its supporting Traditions in subtle, perhaps unconscious, ways?
7. How can I manifest the spirit of this Tradition in my personal life outside AA? Inside AA?

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*(Continued from page 5)*

tions for new ways of doing things for their group, and information on the pitfalls and traps of performing general service work.

### 7. How can/do workshops create interest in AA service?

By teaching how much is being done in general service throughout Alcoholics Anonymous as a whole, workshops provide GSRs and other A.A. members with knowledge of the many different aspects of AA beyond the home group, e.g., what’s

available in A.A. literature, the A.A. website, etc. Workshops also reinforce and put into practice important information provided in the *A.A. Service Manual*, particularly the Twelve Concepts, and they educate GSRs on the importance of Tradition Nine (e.g., rotating leadership). Workshops are also an excellent opportunity to introduce newcomers to general service.

### 8. Why is it important to introduce newcomers to service?

General service gives newcomers the opportunity to become part of a larger Alcoholics Anonymous that lies beyond the ‘confines’ of their home group. Concept One states: *Final responsibility and ultimate authority for A.A. world services should always reside in the collective conscience of our whole Fellowship.* For many A.A. members, becoming involved in general service helps maintain recovery and is an important way of giving back to others. General service is an opportunity to apply the Traditions in our lives, and to practice Step Twelve.

### 9. How can/do workshops connect AA members through service?

In addition to a place to go to eliminate some ‘down time’ in one’s life, workshops provide tremendous opportunities for A.A. members to meet people who are performing general service work, such as the GSRs, the District Committee Member, and the Area Delegate. By contributing to the greater good, A.A. members can learn to present their point of view, increase their confidence and self-esteem, and help one another. Workshops are also an opportunity to learn about the responsibilities of the different service positions by meeting and talking to the trusted servants holding these positions.

### 10. How can/do workshops connect different groups through service?

By attending workshops, we get to know what goes on at different meetings, and the experiences of

*(Continued on page 8)*

## BILL W.: TRADITION TEN (SEPTEMBER 1948)

To most of us, Alcoholics Anonymous has become as solid as the Rock of Gibraltar. We like to believe that it will soon be as well known and just as enduring as that historic landmark. We enjoy this pleasant conviction because nothing has yet occurred to disturb it; we reason that we must hang together or die. Hence we take for granted our continued unity as a movement.

But should we? Though God has bestowed upon us great favors, and though we are bound by stronger ties of love and necessity than most societies, is it prudent to suppose that automatically these great gifts and attributes shall be ours forever? If we are worthy, we shall probably continue to enjoy them. So the real question is, how shall we always be worthy of our present blessings?

Seen from this point of view, our AA Traditions are those attitudes and practices by which we may deserve, as a movement, a long life, and a useful one. To this end, none could be more vital than our Tenth Tradition for it deals with the subject of controversy – serious controversy.

On the other side of the world, millions have died even recently in religious dissension. Other millions have died in political controversy. The end is not yet. Nearly everybody in the world has turned reformer. Each group, society, and nation is saying to the other, “You must do as we say, or else.” Political controversy and reform by compulsion have reached an all time high. And eternal, seemingly, are the flames of religious dissension.

Being like other men and women, how can we expect to remain forever immune from these perils? Probably we shall not. At length, we must meet them all. We cannot flee from them, nor ought we try. If these challenges do come, we shall, I am sure, go out to meet them gladly and unafraid. That will be the acid test of our worth.

Our best defense? This surely lies in the formation of a Tradition respecting serious controversy so powerful that neither the weakness of persons nor the strain and strife of our troubled times can harm Alcoholics Anonymous. We know that A.A. must continue to live, or else many of us and many of our fellow alcohol-

ics through the world will surely resume the hopeless journey to oblivion. That must never be.

As though by some deep and compelling instinct, we have thus far avoided serious controversies. Save minor and healthy growing pains, we are at peace among ourselves. And because we have thus far adhered to our sole aim, the whole world regards us favorably.

May God grant us the wisdom and fortitude ever to sustain an unbreakable unity.

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### Guide to a Better Way

Implicit throughout A.A.’s Traditions is the confession that our Fellowship has its sins. We admit that we have character defects as a society and that these defects threaten us continually.

Our Traditions are a guide to better ways of working and living, and they are to group survival and harmony what A.A.’s Twelve Steps are to each member’s sobriety and peace of mind.

*A.A. comes of Age, page 96*

*(from As Bill Sees It, page 149, Copyright 1967 by Alcoholics Anonymous World Services, Inc.)*

### Without Anger

Suppose A.A. falls under sharp public attack or heavy ridicule, having little or no justification in fact. Our best defense in these situations would be no defense whatever – namely, complete silence at the public level. If in good humor we let unreasonable critics alone, they are apt to subside the more quickly. If their attacks persist and it is plain that they are misinformed, it may be wise to communicate with them privately in a temperate and informative way.

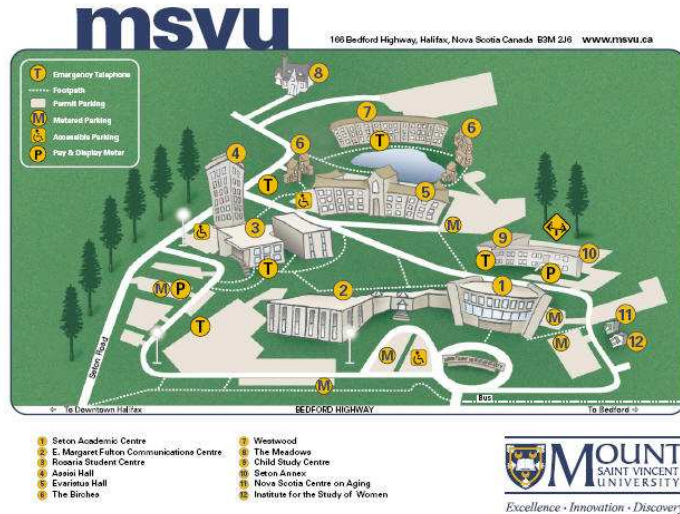
If, however, a given criticism of A.A. is partly or wholly justified, it may be well to acknowledge this privately to the critics, together with our thanks.

But under no conditions should we exhibit anger or any punitive intent.

*(Twelve Concepts, p. 74)*

## Remember the Assembly and Round-Up

October 5th to 7th, Mount Saint Vincent University, Halifax (see page 1)



### Map of Mount Saint Vincent University

Registration for the Assembly and Round-up takes place in the foyer of the Seaton Academic Centre (Building #1).

Parking is available in lots designated **M** and **P**. **There is no charge for parking at the parking meters or in any of the other pay parking lots.**

## Welcome The Newcomer

### District 12 One-Day Round-Up

Saturday, November 3rd, 2007

St. Teresa Hall

**St. Teresa, Kings County, PEI (Route 22)**

Registration opens at 9:00 am

Banquet at 6:30 pm

*Alcoholics Anonymous and Al-Anon*

Registration \$12.00

*Everyone Welcome!*

For more information, call: 902-676-2359

## Halloween Dance

Friday, October 26th, 2007, 8:00 pm to Midnight  
Club 24, 3 Dundas St., Dartmouth

by AA members for the 12-stepping community

**Prizes for costumes - 50/50 draw**

Admission: \$5

Contact: Holly at 464 0296 (after 6 pm) or Susan at 223 2376

(Continued from page 6)

other groups, both good and bad.

An important aspect of workshops is the sharing of ideas for future meeting and workshop topics such as, for example, taking action on one's program in day-to-day living, being a leader and not a follower, group service, travelling to other provinces, talking about alcoholism to kids in schools, and fellowship outside of A.A.

Thanks to the workshop participants, Tony H., and District 2 for this contribution.

## Disclaimer

The opinions expressed in this newsletter are those of the individuals alone and not necessarily those of A.A. as a whole, or those of the Central Service Committee of District 1&2. The editor reserves the right to edit submissions and cannot guarantee to publish all contributions. Anonymity will be protected, but contributors and correspondents are asked to include a contact phone number and full name (not for publication).

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Submissions for November issue are due on October 25, 2007

Publication date is November 1, 2007

### How to get the next Newsletter (November Edition):

Printouts available at: Central Service Meeting, November 6th

E-mail subscription: Upon request to aahalifax@gmail.com