

District 8 Newsletter Website Version

Names and finances removed to preserve anonymity

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Each group has but one primary purpose-to carry its message to the alcoholic who still suffers.

Twelve Steps and Twelve Traditions

This issue contains

minutes

of

District

Committee meetings,

names removed,

for the previous month.

Everyone is welcome at the District Committee meeting, so if a month behind doesn't suit you, come to the meeting!

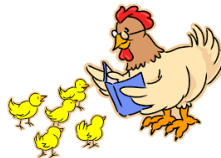
There will be **reports from the DCM**, followed by **the committee chairs and GSR reports**. We will include any new business decisions.

Each month there will be a **brief description of one District position** and a short bio of the person elected to that job (no names in this version). If



there is important information to pass on about **AA as a whole**, that will be next. There is also room for **personal stories**.

One will be



included per issue, so if you have a desire to write, send them to the newsletter address. Your name is only included in the website version if you agree. They will be included in the order received.

There will also be some **surprises** each month, as well as **District news and events** so stay tuned. Finally, there will the **Gotta Laugh** section. The newsletter will be sent to each GSR and District Committee member, who

will email it to you or bring copies to face-to-face meetings.

You can also print it if your group



meets face-to-face or you want copies to hand around. There will be no last names used so it will be anonymous.

This month we will again be showcasing the GSRs on p.4, 5, & 6! They are busy people and not all are represented here. If you are one, or become one, we want to hear about you.

Telephone answering service: 250-597-3282

If you are an AA member and would like the Newsletter emailed to you, please contact newsletter@cowichanaa.ca to get on the [distribution list](#).

DCM Report:

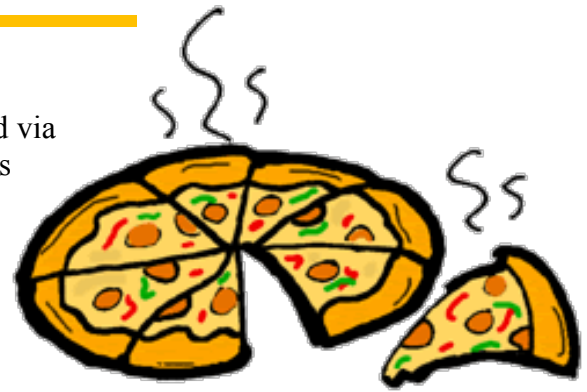
During the past weekend 372 Alcoholics registered and gathered via Zoom to participate in the April Pre Conference Assembly. This was a large Area 79, BC/Yukon Area event.

Its purpose was to prepare Bob K, our Area Delegate, to carry to the General Service Conference our Area 79 Conscience on many identified items or issues. That has now been accomplished. Districts from all over our Area brought their District Conscience on these items to the Conference where, through debate and discussion, an Area 79 conscience was determined on each item. This same process has happened in the many Areas throughout Canada and the United States. Later in April, the General Service Conference will process and deal with this material and do its part, to determine the collective conscience of our fellowship in North America as a whole.

Thank you to our GSRs who managed to navigate through the process and provide feedback on these issues so that a District 8 conscience was possible to determine. It was amazing how our own District Conscience fit right into the process and blended with those of other Districts to enable the arrival at an Area Conscience. Our voice played its part well. Thank you GSRs for participating in your own assignments and contributing along with so many others.

Thank you for the opportunity for me, as a new DCM, to participate in this event. People brought to life the words of pages of material and made it a fascinating and real living event. I was profoundly moved near the close by the sharing of members attending as “first timers.” The highly emotional affection and support given to our Delegate Bob K was something I will not forget as we sent him on his way to the General Service Conference. I had not expected to feel so emotional, sitting at home, involved in a Zoom Event. This says something very powerful about our adaptive Fellowship.

There is much I would like to say or share about our own District 8 but I feel the best thing is to simply carry on doing the business of District 8. You all have a good idea of what we need to do. Let’s communicate as well as we can and, somewhat contrary to the general nature of alcoholics in any setting, listen much better to each other as we move ahead in Service.



To improve your mind, some Neologisms for you:

Esplanade (v.), to attempt an explanation while drunk.

Negligent (adj.), describes a condition in which you absentmindedly answer the door in your nightgown.

Lymph (v.), to walk with a lisp.

Positions

You can find out about each position and the person in it by reading this place every month

Alternate DCM Position (District Committee Member)

“The Alternate D.C.M. The alternate is a backup for the D.C.M. If the D.C.M. resigns or is unable to serve for any reason, the alternate steps in. Usually, the alternate is elected at the same time as the D.C.M., by the same procedure. Alternate committee members should be encouraged to assist, participate, and share in the D.C.M.’s responsibilities at district and area meetings” (*p.s33).

*The AA Service Manual (https://www.aa.org/assets/en_US/en_bm-31.pdf)

The alternate DCM position is vacant. If you have four or more years of sobriety and have served as a GSR, why not give it a try?

Secretary

DUTIES: The secretary records and distributes minutes of area meetings; keeps mailing lists up to date and sends out area mailings.... The secretary is in a good position to act as liaison between officers and committee members.

QUALIFICATIONS: The secretary should have a “reasonable period of sobriety,” which might mean two years in an area where A.A. is still young, four or five years in an older area.... So is some background in general office work — more and more, computer knowledge is helpful. An effective secretary needs to have a sense of order, and the ability to capture the essentials of what is happening at a meeting. The job is time-consuming and needs to be carried out on schedule, and the secretary needs to be sure that ample time is available.

The AA Service Manual, p. S46. https://www.aa.org/assets/en_US/en_bm-31.pdf (description is that of the Area secretary...indicates deletions to fit the duties of District)

My sober birthday is January 2, 1987. I got sober in Bloomington, Indiana (USA). I started with chairing meetings and grew to serve in other positions such as GSR, treasurer, and secretary. Being District 8 secretary is the first big district responsibility I have taken on. It has been challenging, and I’ve had to remind myself to be patient and teachable.

I was asked to consider the secretary position and I said yes. I have had a lot of experience with taking notes and preparing meeting minutes so I knew I had something to give. I also knew being secretary would deepen my sobriety and deepen my connection to this community.

I came to the Cowichan Valley a couple years ago to be close to my daughter’s family. I am still on an extended visitor’s visa in Canada as my daughter and son-in-law wait for the opportunity to sponsor my permanent residency here. I have long loved this part of the world and feel so blessed to be here. Being here, being in a bubble with my grandsons, and the 34 years of active recovery have made it possible to survive the challenges of the Covid pandemic with some joy and equanimity.

Your District 8 Secretary

GSRs-The vital link

The general service representative has the job of linking his or her group with A.A. as a whole. The G.S.R. represents the voice of the group conscience, reporting the group's thoughts to the district committee member and to the delegate, who passes them on to the Conference. This communication is a two-way street, making the G.S.R. responsible for bringing back to the group Conference Actions that affect A.A. unity, health, and growth. Only when a G.S.R. keeps the group informed, and communicates the group conscience, can the Conference truly act for A.A. as a whole.



Qualifications

- Experience shows that the most effective G.S.R.s have been active in group, intergroup, or other service, where they have developed a desire to serve, and encountered situations in which the Twelve Traditions have been called upon to solve problems.
- Usually, prospective G.S.R.s have at least two years of continuous sobriety.
- They have time available for district meetings and area assemblies.
- They have the confidence of the group, and an ability to listen to all points of view.

Duties

- G.S.R.s attend district meetings.
- They also attend area assemblies.
- G.S.R.s supply their D.C.M.s with up-to-date group information
- They participate in district and area service meetings, and often help with planning for area get-togethers and conventions. Following these events, they make reports to their groups for the benefit of those who could not attend (*p. S26).

*The AA Service Manual (https://www.aa.org/assets/en_US/en_bm-31.pdf)

Who are these GSRs right now and what groups do they serve? Next page, part 2....

Your GSRs

Lifeline Lake Cowichan

My sobriety date is July 2, 2018. I am coming up to 3 years clean and sober, and what a journey it has been. I had 30 years of uncontrollable drinking under my belt and could not find a solution to my unmanageable life. And then I stepped into the doors of Alcoholics Anonymous. At my first meeting I was flabbergasted as everyone in the room was telling my story. I had found a solution and I felt like I was coming home. Many meetings, step studies, and loads of literature helped me realize my next step was service. Living in Lake Cowichan and having lived at the lake most of my life, I know how important it is for us Lakers to stay connected. I am thrilled to have the roll as GSR so I can liaison between District and our group. The service of GSR has helped me complete the triangle of unity, service, and recovery. Thank you to all the members of AA for my recovery. Without you I am nothing.

Stepping Stones

I sobered up in 2009 and at the time was and still am a member of Stepping Stones. I found myself standing outside the circle because of fear of letting anyone know me and finally got the nerve up to help with the dishes after the meeting. That was the best thing I ever did. I felt a part of. That started my path into service work as secretary for the group, then GSR. When I walked into the room for my first Area 79 Assembly, I was in awe: 300 recovering alcoholics doing service in one room. It was magical.

I was then elected as Treatment chair for District 8. After a lot of persistence, we got the Hospital Meeting started. It was slow going at the beginning. The best part was seeing patients having a place to go for a meeting and not having to leave the building.

Today I am back as GSR and very excited to be at District and to carry the information on the workings of A.A. back to my group.

The Solution.

I am a temporary GSR as we have just re-started our group, The Solution, at the new Alano Club in-person as well as on-line Friday at 6:30 PM. Service came organically for me as I accumulated sober days and weeks. It started with joining a Home Group and being 'voluntold' to be the Secretary. This turned out to be exactly what I needed as I prefer to do things on my own. I became accountable to others and it definitely got me involved deeper into AA, which in turn got me out of my head. I have done service on a District level as well, but where I have really found my Service Passion is in sponsoring and helping other alcoholics. I have had great women help me find my way through my recovery and ***Paying It Forward*** is how I live my life today. Thank God this is where my self-destructive life brought me!

Today, my life is rich with people to whom I can honestly say, "I love you", and truly feel they love me back!

Cowichan Station.

My sober date is November 8, 2007. I first got into service as GSR and Treatment chair after a year of sobriety. Being active in AA service has been a great help to me in sobriety.



Brown Baggers

My journey into AA started a mere 2 years ago. Walking into my first meeting in Langford, I tripped (nearly doing a face plant). Embarrassing, to say the least, but from the back corner of the room, I heard a slight chuckle coming from a gentleman with a long white beard. He said, "yup, you gotta watch that 1st step". Truer words were never spoken. I knew I was in the right place; I had finally found my refuge. The Steps gave me a way to live. The fellowship embraced me.

Due to my living situation, I was close to other women in recovery, and found it very satisfying to hear their stories and to share with them my new knowledge of the AA way of life. That was the beginning of service and giving back to those who were so kind to help me.

AA cannot survive unless we all pass on our knowledge and experience to those people who are wanting to hear it.

Being of service to others is what makes my heart sing!

Traditionally Yours

Although I have been sober since December 1, 1990, I have not had a steady record of service at the District level. I worked shift work most of my career and found that a conflict with taking a position that has a regular routine. Retirement has changed all that and now I find my greatest joy to be in service. I am serving as temporary GSR for this group since it is struggling. We need more members and attendees. We meet Sundays, 2PM, at St. John's Anglican on Jubilee and read from the Traditions in the 12 X 12 for lots of rich discussion topics.

When I am thinking of ways to help other people I am not thinking about myself. It is a much healthier way for me to live. I also get tremendous satisfaction helping other people. Really, at the end of the day, it benefits me.

I see the job of the District to be that of linking groups together, and the GSRs are the main way that can be done. I come to District meetings, take information back to my group, then bring back to District what my group thinks of things. It's a great system and I am thankful I get to be a part of it.

Quamichan Step Study

I am currently the acting GSR for The Quamichan Step Study Group. Originally, I had volunteered to be the alternate GSR for my group. I am just over 2 years sober and although I attend regular meetings and try my best to work a solid program in recovery I'm still feeling very inexperienced and under-qualified for an important position like GSR. I thought becoming Alt GSR would give me a glimpse of what it was to be a GSR. At that point I really had no intention of taking on the responsibility of GSR, but sometimes life has other plans. At that time our group's current GSR, who was new to the role, had to step down from their position due to a very busy schedule already packed full of amazing AA service work and a changing life being lived to the best of their ability. This left our group without a GSR, and every group needs a GSR. I didn't know how to be a GSR, let alone one worthy of my group's members. I was afraid to fail at it and afraid of letting my group members down, but I was very much willing to try it for my group members. I had nothing to lose, and surely something that could be gained. As you may have already heard in the rooms, all you really need to get started is a willingness, and I had that. No one is expected to be great at something they've never done before. I've learned so much already in the few months I've been in the position. Attending district meeting and quarterlies, I've met so many awe-inspiring members of our program who, even though they are working behind the scenes, are really doing so much amazing work for all of us because they truly care about our sobriety and how they can be of service to us and the rest of AA as a whole. And I can see how their sobriety is being enriched from the great service they do. I am happy to be my group's GSR. I am willing to learn and it is my hope that in the next couple of years, before I pass the position off to the next willing member, that I may learn some helpful things that I can pass on to other members of AA, like maybe someone who is trying out being a GSR for the first time.

OLD BUSINESS:

TAS Update: The TAS system is working fine for the present. The TAS chair was unable to attend the meeting and a discussion of suggested changes is tabled to the May meeting.



Newsletter: Chair presented two ideas for newsletter distribution, one for the website and one for official distribution to GSRs. The GSRs and meeting members will get the full unedited version of the newsletter. Chair recommended an edited version for the website. This version would have all names removed. There was much discussion. Members shared the discussions held at their meetings regarding the posting of the newsletter on the District website. We decided not to send out the Newsletter without request. Chair will establish a distribution list from those AA members who request a copy.

MOTION: To publish a version of the newsletter with names, birthdays, and finances for distribution by the GSRs, and a second “modified” newsletter will be posted on the District website in which all names, birthdays, and finances will be removed. Motion carried.

NEW BUSINESS:

GSR General Concerns Sought - Round the Room Session: DCM noted that 6 meetings have closed during the pandemic. He invited the GSRs to give their thoughts on how the District can respond.

Everyone shared a variety of ideas. Support the meetings when they restart and call people to invite to Zoom meetings. Hold Zoom workshops on the Concepts, Traditions, Steps, etc. How about holding/hosting a Speaker meeting on Zoom? What about a District Night Out - Zoom version. Service is harder on Zoom - perhaps, a workshop on how to do service during COVID would be useful. Sally volunteered to investigate what would be involved in organizing and hosting a Zoom Rally. Investigate the other social media and online formats such as Twitter, Instagram, etc.; for example, the South Island Alano Club has Twitter/Instagram accounts and utilizes social media. What about the Cowichan Valley Alano Club? Social media is where younger newcomers are so that efforts via these platforms may be called for.

It was pointed out that some members need hands-on help with Zoom and social media. It is important to acknowledge that Zoom is challenging for some members so that a volunteer list could be compiled of those willing to help people learn how to get on Zoom meetings and workshops.

Most of our solutions are electronically based. There are no easy answers. Let’s keep thinking about what we can do to engage and support as many as possible. Fortunately, the weather is allowing a return to open air meetings.

Vacant Positions: We have several position vacancies: Alt DCM, Archives, Corrections, Meeting Directories, Public Information, and Communication with Professional Community. Member volunteered to take on the Meeting Directories. Member 2nd and the group approved.

Workshop in May: The topics are Sponsorship and Service. May 17 or 24? No decision was made.

Future Activities & Events: Tabled.

7th TRADITION: DCM requested for donations to the District come from more groups.

COMMITTEE REPORTS:

Cooperation with The Professional Community: Chair has resigned as District 8 CPC representative.

Grapevine: Chair reported that the April issue theme is Fun in Sobriety. Members and groups are encouraged to subscribe to the Grapevine. The Grapevine organization also publishes books. The website is aagrapevine.org where 1 year and 2 year subscriptions are available.

Literature: Chair's report was read. We need books. She has proposed an order of more than \$1,224.86. The District March balance is \$1126.40. Discussion ensued.



MOTION: To approve if the proposed expenditure for \$1,224.86 is for orders made; if it is not, but to have books on hand, then the District approves an expenditure of \$642. Carried.

Meeting Directories: Temporary chair reported that the list was updated as of the District meeting time. Changes are occurring quickly so that it's a good idea to check the District website.

Newsletter: See Old Business.

Telephone Answering Service: Chair reported that 12 calls were received in the past month.

Treatment: Chair reported that he attended the PreConference Assembly. The Hospital is still not holding meetings and Cedars is still not sending clients to meetings. There was one Bridging the Gap request.

Have you ever wanted to know more about Bill W.? How the 12 steps work in other places around the world? How the culture of AA began and what were some of the growing pains? How Central Office actually works? Have you wished there were more step studies? Why not start a study group, a Big Book reading group, a group that gathers to listen to tapes, an AA movie group? All you need is a few years of solid sobriety, AA approved literature or tapes, people who want it too, and willingness. It is easy to do this safely via Zoom or in person if you can find a big enough venue so you can distance. Why wait for somebody else? It could be YOU!

Quote of the month:
Honesty without compassion can feel like assault.

GSR REPORTS:

Brown Baggers: GSR reported that 26 people total attended its first meeting at the new Alano Club when it opened April 1 at the new location. The meeting is a Hybrid (in person and on Zoom). This month, one member will celebrate 5 years and another will celebrate 2.



Chemainus Wednesday Night: GSR reported that there will be two April birthdays.

Cobble Hill Discussion: GSR reported that a wave of newcomers have been attending both online and in person with 5-10 attenders at every meeting.

Courage to Change: GSR reported the Hub's Tuesday Happy Hour Group has joined up with Courage to Change and will meet at Sylvan United Church on Shawnigan/Mill Bay Rd, Tuesday evenings at 7:30 to 8:30 pm. The amalgamated group will be named Mill Bay Courage To Change Group.

Cowichan Station: GSR reported that Cowichan Station is holding Hybrid meetings.

Wednesday Women Heart to Heart: GSR reported that the meeting continues to meet at St. John's Church with attendance between 6-12 people. They will celebrate two birthdays this month.

Lifeline Lake Cowichan: GSR reports that they continue to meet on Mondays and Thursdays. They are holding the Thursday night meeting's space until the group can resume. At the business meeting, they requested feedback on the newsletter. Members love the newsletter.

Saturday Morning Women's: GSR reports that they continue to hold two meetings - one in-person on Saturday mornings and the other on Thursday evenings via Zoom. The group is attracting newcomers and drop-ins to both meetings. The group hosted a well attended in-person birthday for three members. The group also provided GSR with feedback to take to the PreConference Assembly.

Sisters of Sobriety: see report above.

Stepping Stones: GSR reported that the group continues to meet via Zoom. This month, one member will celebrate 39 years, another 32 years, and another 2 years.

Traditionally Yours: Fill in GSR reported that they continue to meet in-person at St. John's Anglican church at 2 PM on Sundays. Three to eight people usually attend with some newcomers. The current GSR's work schedule is such that she can't continue as GSR. A new meeting, having just had its third business meeting, there are only two members capable of taking positions. Thus, they are praying for new members.

Meeting news: Check this spot monthly for updates and changes to meetings

Courage to Change has amalgamated with **Tuesday Happy Hour**. They are meeting at Sylvan United Church, 985 Shawnigan Lake-Mill Bay Rd., Mill Bay, 7:30 PM on Tuesdays.

The Thursday **On line** meeting in Chemainus is cancelled. Their two in person meetings continue.

All meetings are listed at cowichanaa.ca and regularly updated but we know not everybody checks there so we will also post updates here. Please let admin@cowichanaa.ca know of any changes asap.

District 8 is Having a Service Workshop!

“It is not only to the few that we owe the remarkable developments in our unity and in our ability to carry AA’s message everywhere. It is to the many; indeed, it is to the labors of all of us that we owe these prime blessings”. As Bill Sees It, 155.



When: June 12th

Time: 2-3:30 PM

How: Via Zoom

Link: <https://zoom.us/j/4982656444> Password is brownbag



There will be a three-person panel featuring a member from Area 79; and two members from District 8. Each person will talk about how they got into service, and the rewards they have experienced. We want to present an overview of the AA Service structure work, from Group level to GSO and in between. Together, through a general discussion and sharing session, we need to find ways to attract and inspire more people into service work.

Everyone is welcome! If we each invite our sponsor, our service sponsor, our sponsees, and our AA friends, we will have a great turn out.



Service Opportunities

Taken from cowichanaa.ca



Public Information Committee Chair

Like all of A.A., the primary purpose of members involved with Public Information service is to carry the A.A. message to the alcoholic who still suffers. Working together, members of local Public Information committees convey A.A. information to the general public through activities such as giving A.A. information talks at schools and civic organization meetings, providing A.A. literature to schools and offices, and insuring local media have accurate information and providing them with A.A. public service announcements. Please attend the next District Meeting to volunteer.

Cooperation with the Professional Community (C.P.C.) Committee Chairperson

Members of C.P.C. committees inform professionals and future professionals about A.A. — what we are, where we are, what we can do, and what we cannot do. They attempt to establish better communication between A.A.s and professionals, and to find simple, effective ways of cooperating without affiliating. Please attend the next District Meeting to volunteer.

Telephone Answering Services

The Telephone Answering Services committee is looking for volunteers. When someone calls our 24-hour help line, the answering service connects the caller with someone in A.A. The service has a list of A.A. members, their phone numbers, location and gender. The service tries to match the location of the caller and the gender of the caller with A.A. volunteers on their list. To volunteer or find out more, email the TAS committee chairperson at tas@cowichanaa.ca

Bridging the Gap

There is also a service available to help mentor someone new into A.A. We call it Bridging the Gap which is usually used when someone is leaving a treatment centre and would like some help entering the A.A. community. The service would link the newcomer up with someone who has some experience in A.A. and bring them to some face to face meetings or virtual meetings, whatever they are comfortable with. To volunteer email the Treatment Committee chair at tcc@cowichanaa.ca

Area 79 has need for a volunteer web developer

Team member needs knowledge of HTML, PHP, MySQL, and WordPress. The Area 79 web team carries out routine maintenance of the website and implements the changes and additions requested by the Website Committee or GSC. Web team work is done at home, so members can be located anywhere within the BC/Yukon area. For more information please contact our Website Chair at website@bcyukonaa.org or give a call at 604-928-2162. I'd love to talk with you!

A Personal Story: Daphne A (name used with permission)

Wow, what a year! Never, have I been more grateful to be an alcoholic in recovery. In March of last year as meetings started to close, I was not sure how I was going to handle missing my connection with the fellowship and meetings. I didn't have long to think about it. A bunch of my friends in a group out on the west coast were planning to do a meeting on the internet and they asked me to join them. One more time I was given the gift of desperation. I do not like learning things on the computer and get intimidated by technology. However, I was desperate not to lose contact with this program and the fellowship. Within hours I had contacted my daughter and asked for her help to get me set up to join them. What a thrill it was that same night to meet with my friends four hours away and be almost giddy about this new way to connect. By Thursday of that week my home group also got on board with this new mode for meetings.

In the beginning, I was sure this was going to be short lived and by summer we would be back to getting together in person. As we all know, that, didn't happen. Through this last year my AA world has exploded in so many ways. I got to put the program into action in a way I never thought possible. AA has taught me about acceptance and willingness. I chose to accept I could not change what was happening with this pandemic and was more than willing to do whatever it took to stay connected to this life changing program and the people in it. I have attended meetings and AA birthdays with friends I would never have had the opportunity to sit in the rooms with. I have been involved in three women's step study groups via the internet. The first was with three women from the US. Two of them I had never met before and they all live in different states. We still meet every Sunday, even though we finished our steps before Christmas. Another step group involved 18 women from many different cities in BC. It also included 5 women in their first few months of sobriety. I have done AA dinner parties on zoom, Christmas get togethers, (I went to the noon meeting on Christmas day in my fabulous Christmas onesie). I attended a fantastic five-hour New Year's Eve meeting with a bunch of wonderful friends dressed up with hats and blowing horns and we all watched the ball drop in New York. It was like a house party in my living room...with no clean up.

I have done what AA has taught me, to live in the solution, not the problem. To attend meetings and put my number out there for the newcomers. I still spend hours on my phone and have acquired several new sponsees. I miss the hugs at in person meetings, but I have gained something very special. I find in a virtual meeting I am always seeing all the members face to face. I can see their every expression as they can see mine. There is a degree of intimacy in these meetings that we seem to have with everyone in the room, not just a few.

I know through this pandemic my walk is easier than many others. I spend a lot of time by myself, but I am never alone, nor do I feel lonely. I practice physical distancing but I am still extremely socially active. I have a program that has taught me to be grateful for every moment I have. Things happen around me beyond my control, it's up to me how I deal with them. Thank God, AA has given me a design for living that works in all circumstances. I am in awe of this program. Plus, I get the pleasure and joy of continuing to give it away.

In Love and Service
Daphne A

During this challenging time, we are encouraging stories of how you coped and are coping during COVID. What kept you sober, how do you find fellowship, how has your relationship with technology changed or been challenged? Any personal story is welcome, and, of course, you can write about anything else that is on your heart. Keep the focus on your recovery. Editing will be with your permission and only for the sake of brevity, anonymity, and propriety. Send them to newsletter@cowichanaa.ca.

Gotta Laugh

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives..."

Al said, "I'd like them to say, 'Look, he's moving!'"



Public service announcement about the COVID vaccine!

This happened yesterday and is important information for people booking vaccinations.

A friend had his 2nd dose of the vaccine at the vaccination centre after which he began to have blurred vision on the way home. When he got home, he called the vaccination centre for advice and to ask if he should go see a doctor, or be hospitalized.

He was told NOT to go to a doctor or a hospital, but just return to the vaccination centre immediately and pick up his glasses.

