



UNITY ~ SERVICE ~ RECOVERY ~ UNITY ~ SERVICE ~ RECOVERY ~ UNITY

Hosted by:



**NorCal Intergroup  
Speaker Birthday Meeting**

*Sisters  
by  
Choice!*

SATURDAY, MARCH 7  
at 7:00PM

All Saints Church  
2150 Benton Drive in Redding

Sisters by Choice meet Wednesdays at noon  
at the Alano Club at 1050 State St. in Redding



REDYPAA IS HOSTING

**"WE AREN'T A GLUM LOT"**

**LEPRECHAUN  
Games**

**CORNED BEEF COOK-OFF**

**MARCH 14<sup>TH</sup> 2026**

Come enjoy food, laughter  
and some friendly  
competition. Bring your best  
corned beef, and try your  
luck in the Leprechaun  
Games.

SPEAKER MEETING @ 8PM EVENT  
TO FOLLOW BY SUGGESTED  
CONTRIBUTION  
1050 STATE STREET REDDING CA

**LEPRECHAUN COSTUMES  
ENCOURAGED**



**MARCH 14TH**



2026 RED BLUFF RECOVERY ROUNDUP PRESENTS.

**MARDI GRAS NIGHT**

5 PM - \$12 JAMBALAYA DINNER  
6 PM - SPEAKER - RON H.  
50/50 DRAWING

ANDERSON GRANGE HALL  
8085 AIRPORT RD.  
(916) 765-4720 FOR MORE INFO



The Women's  
No Matter What—Monday Night

*Potluck*  
**DINNER INVITE**

Share. Celebrate. Connect.

Join us for a cozy potluck! Bring a beloved dish,  
enjoy good company, and celebrate together.

**WHAT TO BRING**

- Appetizers
- Snacks
- Main Course
- Desserts
- Beverage
- Sweets

Cottonwood Community Center  
20596 Gas Point Road



Monday, March 30

5:15 PM



**UNITY ~ SERVICE ~ RECOVERY ~ UNITY ~ SERVICE ~ RECOVERY ~ UNITY**

*"Self-support begins with me, because I am part of us – the group. We pay our rent and utility bills, buy coffee, snacks and A.A. literature. We support our central office, our area committee, and our General Service Office. If it were not for those entities, many new people would never discover the miracles of A.A." ~ General Service Pamphlet "Where Money & Spirituality Mix"*

**What is the NorCal Intergroup?**

NorCal Intergroup, is a service board of alcoholics serving groups in Shasta, Tehama, Siskiyou and Trinity Counties. Intergroup provides alcoholics with services that individual groups can't provide. Intergroup maintains a website and a 24/7 telephone service. It answers 12-step calls, provides meeting information and maintains the schedule for the area. Intergroup is supported through voluntary contributions. Its primary purpose is to carry the A.A. message to still suffering alcoholics.

**How is Intergroup supported?**

Intergroup is supported through contributions from individuals and meeting group donations. These important donations keep our office running and the doors open to help the alcoholic in and outside of the rooms.

Personal cash and check donations are accepted at the Intergroup office located inside the Alano Club at 1050 State Street in Redding. Donations can also be made via the PayPal DONATE or VENMO QR Code to the right.

Meeting groups can participate in the financial support of the Fellowship as a whole by sending money through "Splits," to AA service entities: Intergroup, Area, District, and General Service Office. You can find the recommended disbursement ratios for a split on our website@ [www.aanorcal.org/Contributions/Splits](http://www.aanorcal.org/Contributions/Splits) Kindly specify your group name and ID number with the donation. Some group numbers have changed. Please check your ID number at:

<https://share.google/jAcZNZmSyohxyvAyF>



NorCal Intergroup  
PayPal DONATE



NorCal Intergroup  
VENMO

**Open Positions at Intergroup:**  
Secretary & Secretary Co-chair  
Webmaster Co-Chair  
Twelve Step Chair  
Workshop Chair  
District 11 Liaison

Interested in serving?  
Attend the Business Meeting the 4th  
Tuesday of the month @ All Saints  
Church, Eaton Hall, 2150 Benton  
Drive, or contact  
[norcalintergroup@gmail.com](mailto:norcalintergroup@gmail.com)

**A.A. 24/7 HOTLINE: 530-225-8955**

**MAILING ADDRESSES/LINKS:** ALCOHOLICS ANONYMOUS, [www.aa.org](http://www.aa.org)

**NORCAL INTERGROUP**, Office Location: 1050 State Street, Redding, CA, Mailing Address: P.O. Box 991107, Redding, CA 96099, [www.aanorcal.org](http://www.aanorcal.org). **Office hours:** Before/After early AM meetings at the club; Tues. 3-6; Wed. 7-1; Thurs. 1-5  
Office phone: 530-225-8955

**NORCAL H&I**, P.O. Box 192490, San Francisco, CA 94119-2490, [www.handinorcal.org](http://www.handinorcal.org)

**GENERAL SERVICE AREA 07 - CALIFORNIA NORTHERN INTERIOR (CNIA)** CNIA Contributions, PO Box 161712, Sacramento, CA 95816-1712, [www.cnia.org/cnia-area-07](http://www.cnia.org/cnia-area-07)

**NEW YORK GENERAL SERVICE OFFICE**, P.O. Box 2407, James Farley Station, New York NY 10116-2407

**AA GRAPEVINE/LA VINA**, 475 Riverside Drive, 11<sup>th</sup> Floor, New York, NY 10115, [www.aagrapevine.org](http://www.aagrapevine.org)

**GROUP DONATIONS AS OF January 2026**

NAME	GROUP #	JAN	TO DATE
ANY LENGTHS GROUP - Anderson	165242	\$ 125.00	\$ 125.00
BAND OF BROS GROUP	461756	\$ 100.00	\$ 100.00
BIRTHDAY MEETING (INTERGROUP)	NO #	\$ 248.00	\$ 248.00
FIRST THINGS FIRST	130801	\$ 100.00	\$ 100.00
FLIMSY REED GROUP	144128	\$ 41.76	\$ 41.76
MIXED BAG	625785	\$ 40.00	\$ 40.00
NEW START	136901	\$ 178.20	\$ 178.20
PRIMARY PURPOSE LIT DISCUSSION	717255	\$ 83.50	\$ 83.50
RULE 62 GROUP	692976	\$ 80.00	\$ 80.00
TWELVE & TWELVE STUDY GRP.	743457	\$ 96.00	\$ 96.00
WED. NIGHT CANDLELIGHT GRP.	605139	\$ 50.00	\$ 50.00
WOMEN'S EASY DOES IT GRP.	10290	\$ 23.14	\$ 23.14
NO NAME	163055	\$ 30.00	\$ 30.00
<b>Total</b>		<b>\$ 722.60</b>	



NEW Digital Literature page  
<https://aanorcal.org/intergroup-business/resources-2/digital-literature/>

IMPROVED 12 Concepts page  
<https://aanorcal.org/twelve-concepts-of-aa/>

Safety and AA flyer pamphlet for Groups  
<https://aanorcal.org/safety-card-for-a-a-groups/>

AA Apps for download  
<https://aanorcal.org/other-aa-links/>

**For Intergroup's full financials, please visit:**

<https://aanorcal.org/intergroup-business/reports/financial-reports/>

"Compromise comes hard to us 'all-or-nothing drunks.' Nevertheless, we must never lose sight of the fact that progress is nearly always characterized by a series of improving compromises."  
 ~Bill W.

**HISTORY/ARCHIVES GROUP**

Are you interested in the History of AA?  
 Where it came from?  
 Who had an effect on the steps and traditions?  
 Do you know this history of our area?  
 Do you know the history of your home group?

THIS IS A REGULAR ZOOM MEETING, THE 2<sup>ND</sup> MONDAY OF EACH MONTH @6PM. JOIN US!  
 Zoom Meeting ID: 849 7747 2890, PW: 7272727

**"The Twelve Concepts for World Service Video"**

A lively animated tour through the principles of A.A. service

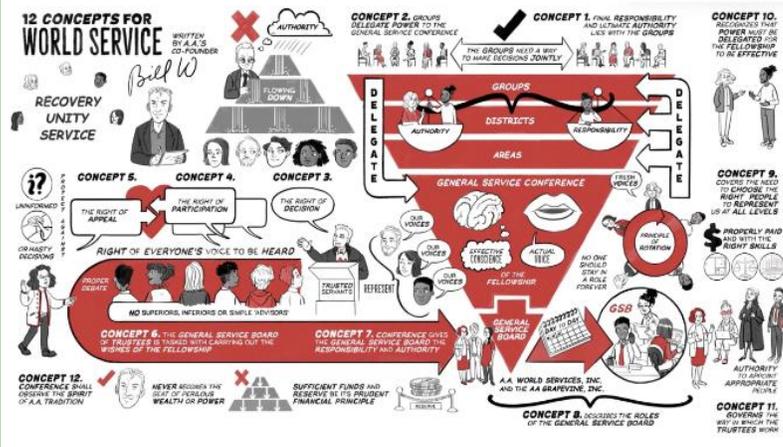
View the video at:

<https://www.aa.org/twelve-concepts-for-world-service-video>

February 9, 2026

Dear A.A. Friends,

We are delighted to announce the release of the "Twelve Concepts for World Service" animated video (in an "Americanized" English version), which was adapted from an A.A. Great Britain version in adherence to an Advisory Action of the General Service Conference of the U.S. / Canada.



**AL-ANON / ALATEEN MEETINGS; SAME TIME & PLACE!!**

**MONDAYS ~ 7:00-8:00PM**

**ALL SAINTS EPISCOPAL CHURCH**  
 2150 BENTON DRIVE  
 REDDING, CA 96003

**AL-ANON MEETS IN EATON HALL-EAST**  
**ALATEEN MEETS IN EATON HALL-WEST**

Sponsored by Ayisha & Carol P.

**ALATEEN MEETING: 12-19 years of age & is CLOSED**

FOR QUESTIONS CONTACT AYISHA @ 530-521-6999

# March Step, Tradition & Concept Checklists

## *for thought, discussion, and meditation*

### **Step Three: Made a decision to turn our will and our lives over to the care of God as we understood Him.**

1. What is meant by turning over my will and my life? What does willingness mean to me?
2. How do I turn my will and my life over to the care over to a Higher Power if I don't believe in one?
3. What is different about this Higher Power and the one of my childhood?
4. What roadblocks do I face if I've had no knowledge of a Power great than myself or religion in my past or am an agnostic or atheist?
5. Do I believe I have truly turned my will and life over to my Higher Power's care or am I still trying to run the show in some areas of my life?
6. In times of emotional disturbance or indecision, do I pause and seek the will of a Power greater than myself?

### **Tradition Three: The only requirement for AA membership is a desire to stop drinking.**

1. In my mind, do I prejudge some new AA members as those who likely will not make it?
2. Is there some kind of alcoholic whom I privately or publicly do not want in my AA group?
3. Do I set myself up as a judge of whether a newcomer is sincere or not?
4. Do I let language, religion (or lack of it), race, education, age, sexual identity or other such things interfere with my carrying the message?
5. Am I overimpressed by a celebrity, a doctor, a clergyman, an ex-convict? Or can I just treat this new member simply and naturally as one more sick human, like the rest of us?
6. When someone turns up at AA needing information or help (even if he can't ask for it aloud), does it really matter to me what they do for a living? Where they live? What their domestic arrangements are? Whether they have been to AA before? What their other problems are?

### **Concept Three: To ensure effective leadership, we should endow each element of A.A. — the Conference, the General Service Board and its service corporations, staffs, committees, and executives — with a traditional “Right of Decision.”**

1. Do we understand what is meant by the “Right of Decision”? Do we grant it at all levels of service or do we “instruct”?
2. Do we trust our trusted servants — GSR, DCM, area delegate, the Conference itself?

Sources: <https://www.aa.org/traditions-checklist-aa-grapevine>, <https://www.aa.org/concepts-checklist> and <https://cniia.org/wp-content/uploads/2024/07/Twelve-Steps-Checklist-No-s-07-18-2024.pdf>



# March 2026 Business Meetings and Events

**General Service: District 9 (Siskiyou County) Business Meeting – 1<sup>st</sup> Sunday of each month 10:00 – 11:30am.** The meeting is hybrid. The physical meetings are held at *the Weed Community Center, 161 E. Lincoln Ave., Weed, CA. Zoom ID# 666 067 6860 / No password.* Attendees enter into a waiting room, and Host will let the attendee in. **District 11 Business Meeting – 3<sup>rd</sup> Tuesday of each month – 5:30 pm;** upstairs @ *the Alano Club, 1050 State St., Redding, CA.* For more information, see our [District 11 page](#).

**Northern California Hospitals and Institutions (H&I) Shasta County (Area 16) H&I Business Meeting – 1<sup>st</sup> Tuesday of each month –** Orientation for new volunteers at 5:30pm, business meeting to follow at 6:00pm @ *All Saints Church, Eaton Hall, 2150 Benton Drive, Redding.* For more information on Shasta County H & I, please contact the Area Chair, Jude H at 707-953-3132.

**Siskiyou County (Area 3) H&I Business Meeting ~ Update!: 1<sup>st</sup> Friday of each quarter (Jan, April, July, Oct) - 5pm,** at the *Hi-Lo Cafe, 88 S. Weed Blvd., Weed, CA 96094.* For any questions, please contact the Area Chair at: [https://www.handinorcal.org/contact-us?recipient=area\\_03](https://www.handinorcal.org/contact-us?recipient=area_03) or by clicking [HERE](#).

**Tehama County (Area 17) H&I Monthly Business Meeting ~ 2<sup>nd</sup> Thursday of each month, 5:30 pm @ Red Bluff Presbyterian Church, 838 Jefferson St., Room 4 (in back of courtyard), Red Bluff.** For more information on Tehama County H & I, please contact the Area Chair, Mike D. @ 707-479-1835.

**Trinity County (Area 18) H & I Monthly Business Meeting ~ 1<sup>st</sup> Wednesday of each month, 7:30pm @ St. Patrick's Catholic Church, 102 Church Street, Weaverville.** For more information on Tehama County H & I, please contact the Area Chair, Diane C @ 707-815-5042.

**Intergroup Business Meeting – 4<sup>th</sup> Tuesday of each month, 6pm, All Saints Church, Eaton Hall, 2150 Benton Drive, Redding. Archives Committee Meeting, 2<sup>nd</sup> Monday of each month, 6pm, via Zoom: 849 7747 2890, New PW 7272727**

**REDYPAA Business Meeting – 4<sup>th</sup> Sunday of each month,** at 3:00pm @ *the Methodist Church, 1825 East St., Redding.* **Monthly Speaker Meeting, 3<sup>rd</sup> Saturday** each month at the Alano Club, 1050 State Street, Redding, CA. For more information on REDYPAA, please contact the Chair, Brittany @ 530-710-5328. For Events, Katie B. @ (951)-965-8727 or Co-Events Chair, Dani B. @ (650) 808-0808.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 - District 9 10am, 161 E. Lincoln Ave., Weed, CA. Zoom 666 067 6860	2	3- H&I Area 16 Orientation 5:30p Bus. Mtg. 6pm 2150 Benton Dr. Redding, CA	4 - H&I Area 18 7:30pm, 102 Church St., Weaverville, CA	5		7 – Intergroup Birthday Speaker Meeting – 7pm 2150 Benton Redding, CA
8	9 -- Archives Committee Mtg, 6pm via Zoom 849 7747 2890, PW 7272727	10	11	12 - H&I Area 17 5:30 pm, 838 Jefferson, Room 4 (back courtyard) Red Bluff, CA	13	14
15	16	17–District 11 5:30pm, Alano Club (upstairs) 1050 State St. Redding, CA	18	19	20	21 -REDYPAA Speaker Meeting 8pm, Alano Club 1050 State St. Redding, CA
22– REDYPAA Business Meeting 3pm, 1825 East St Redding, CA	23	24 – Intergroup Business Meeting 6pm, All Saints, 2150 Benton, Redding, CA	25	26	27	28
29	30	31	1	2	3	4

## H&I Orientation

### Northern California Hospitals & Institution Committee

**WHEN:** First Tuesday of the month at 5:30PM  
Business meeting follows at 6:00PM

**WHERE:** All Saints Church  
2150 Benton Street ~ Redding

*Orientation is required for all new H&I volunteers and highly recommended for existing volunteers and facility coordinators*

**REDYPAA**  
**BUSINESS MEETING**  
4th Sunday  
Every Month  
3 PM  
FIRST UNITED METHODIST  
CHURCH  
Come help us carry the message!

## What are all these A.A. sayings?

AA quotes encapsulate the experiences and wisdom of those who have battled alcoholism through the 12 Steps of Alcoholics Anonymous. They are reminders of the strength in Fellowship and the shared journey of recovery. Engaging with these quotes can inspire individuals to stay committed to their sobriety and remind them that they are not alone.

**Think...Think...Think.**

**Keep It Simple**

**90 Meetings  
in 90 Days**

**It Works If You Work It**

*Faith  
without  
Works  
is dead.*

**One Day at a Time**

*One drink is too many  
and 1000 is not enough.*

**Live and  
Let Live.**



**PROGRESS, NOT  
PERFECTION**

**We will love  
you until  
you love  
yourself.**

*This too shall pass.*

**Stick with  
the  
Winners**

*Acceptance is the key to all my problems.*

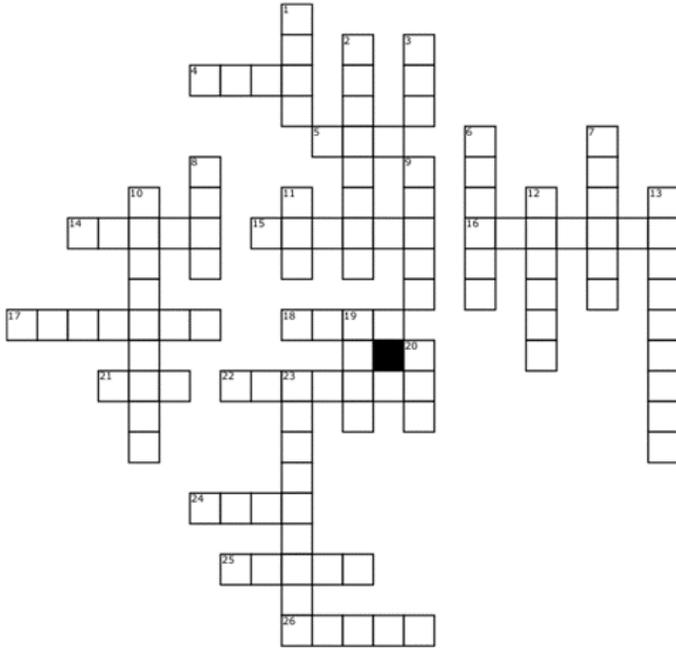
**Honest  
Open-Minded  
Willing**

**Let Go and Let GOD**

**Keep Coming Back**

**Easy Does It**

# AA Trivia



# AA Trivia

**Across**

- 4. 90 meetings in 90 \_\_\_\_\_
- 5. Read the \_\_\_\_\_ Book
- 14. First AA meeting held in this city
- 15. Bob's profession
- 16. Someone to help you in the AA Program
- 17. Unity, \_\_\_\_\_, Recovery
- 18. Who brought the message to Bill
- 21. Keep the plug in the \_\_\_\_\_
- 22. Step 11 Parayer St. \_\_\_\_\_ of Assissi
- 24. Do this in the morning and night
- 25. Bob's last name
- 26. The "Y" in YPAA

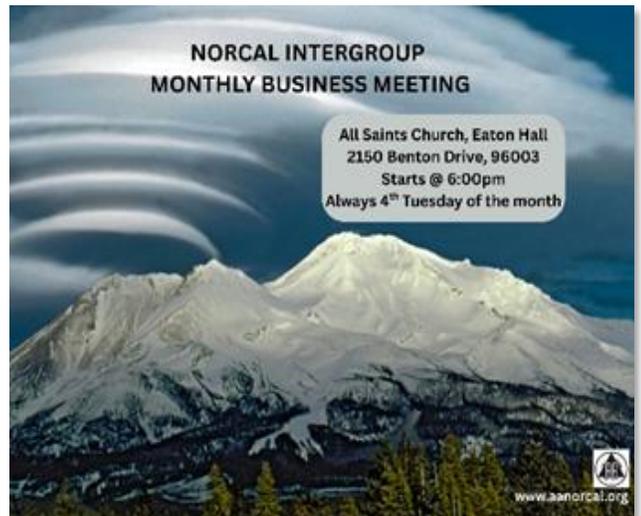
**Down**

- 1. Saturday Evening Magazine
- 2. Spiritual principle of the steps
- 3. Group Service Representative (abbreviation)
- 6. Bill's last name
- 7. Two types of meetings open and
- 8. This program is for people who \_\_\_\_\_ it!
- 9. The "T" in HALT
- 10. Great + Attitude =
- 11. Honest, Openmindedness, Willingness
- 12. Popular AA beverage
- 13. AA Magazine
- 19. Keep coming \_\_\_\_\_
- 20. New York Office abbreviation
- 23. Spiritual foundation of all traditions

**There is nothing so bad that a drink will make it better.**

The following is an excerpt from "Getting through Tough Times," in the February 2026 issue of the AA Grapevine.

"Getting through difficult times in sobriety can be lonely and hard. But we learn to reach out for help. We go to more meetings, share with our fellows, use the AA tools and get through things...dealing with loss, surgery, breakups, accidents and aging in sobriety... **no matter what, we don't drink.**"



**In God's economy, nothing is wasted.**  
~Bill W.



**District 11-Area 07**

# Bridging the Gap

**Volunteers Needed!!!!  
Both Men and Women**

Bridging the Gap is a temporary contact program for individuals getting out of treatment or other facilities.

Contact the new-comer upon release. Accompany them to different meetings in the area. Explain AA and sponsorship.

For more information contact  
Brandt C. (530) 560-4241

**NCCAA  
77<sup>th</sup> Annual  
Spring Conference**

**Northern California Council of  
Alcoholics Anonymous**  
"Carrying the Message" Since 1947!

**San Ramon, CA  
San Ramon Marriott**  
2600 Bishop Dr. San Ramon, CA 94583  
**March 20, 21 & 22, 2026**

Friday March 20, 2026	Saturday March 21, 2026	Sunday March 22, 2026
2:00 PM Registration Opens 5:00 PM Long Timer's Panel	8:00 AM – Steering Committee 11:00 AM – NCCAA Delegates	8:00 AM Meditation Meeting
8:00 PM Open Speaker Meeting	8:00 PM Open Speaker Meeting	10:00 AM Open Speaker Meeting
 <b>Jeffrey B. Vancouver, B.C.</b>	 <b>Megan H. Hollywood, CA YP SPEAKER</b>	 <b>Nick H. Tiburon, CA</b>

Additional program information on back of flyer

**Al-Anon and Spanish Speakers & Participation**  
Area 06 & 07 Updates – Marathon Meetings  
Saturday Night Dance  
Free Drawing  
Sunday Morning Meditation Meeting

Visit NCCAA website for more information on how to be of Service to NCCAA.  
[NCCAA Website](http://www.nccaa.org)  
www.nccaa.org

**PRE-REGISTRATION CUT OFF DATE IS MARCH 7<sup>th</sup>, 2026**  
**CONFERENCE RATE FOR HOTEL CUT OFF DATE IS FEBRUARY 26<sup>th</sup>, 2026**

**PRE-REGISTRATION - \$30.00 (per person) - AT THE CONFERENCE - \$35.00**

VISIT OUR WEBSITE AT --<http://www.norcalaa.org>

**50<sup>th</sup> ROGUE ROUNDUP**  
JOSEPHINE COUNTY FAIRGROUNDS  
GRANTS PASS, OREGON

Mark your calendar!  
Don't miss the Golden Anniversary!

Info: Phillip M, 541-292-4325  
rogue roundup@yahoo.com

**SHARING MEETINGS**

- AA Open
- AA Open Young People's
- AA Open LGBTQ+
- AA Closed Women's
- AA Closed Men's
- Night Owl
- AL-ANON Open
- SPEAKER PANEL

Scan this code for  
RogueRoundup.com

PLEASE leave your pets at home.  
They'll be so happy when you come home!  
**SERVICE ANIMALS ONLY PLEASE!**

**INSPIRING SPEAKERS**

Trenton H	Glendale, CA	AA
Caitlyn S	Los Angeles, CA	AA
Peter M	Boca Raton, FL	AA
Rusty M	San Marcos, CA	AA
Julie M	San Marcos, CA	Al-Anon
Deb H	Akron, OH	AA
Flo F	Cerritos, CA	AA

**April 30<sup>th</sup> Pre-Roundup Speaker meeting**  
Open to all, no registration required

WOMAN TO WOMAN 2026  
HAVING HAD A SPIRITUAL AWAKENING

**44<sup>th</sup> Annual Woman to Woman Conference**  
April 10, 11 & 12, 2026  
Wyndham Hotel  
5321 Date Avenue, Sacramento, CA 95841  
916-338-5800  
Room Rates \$109 plus tax  
Cutoff Date: March 17, 2026

**MAIN SPEAKERS**

AA	FRIDAY, APRIL 10	8:00 PM	KAY S.	SHERMAN OAKS, CA
AL-ANON	SATURDAY, APRIL 11	10:00 AM	LAURA L.	CITRUS HEIGHTS, CA
AA	SATURDAY, APRIL 11	1:00 PM	CYNDI G.	SACRAMENTO, CA
AA	SATURDAY, APRIL 11	8:00 PM	LORAIN M.	PLACERVILLE, CA
AA	SUNDAY, APRIL 12	10:00 AM	PAT Y.	SEAL BEACH, CA

**SEND COMPLETED REGISTRATION FORM AND A CHECK, PAYABLE TO: NCWW  
PO BOX 2008, FAIR OAKS, CA 95628 – MUST BE RECEIVED BY MARCH 20, 2026**

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

- **Non-Refundable Pre-Registration:** \_\_\_\_\_ @ \$35.00 each  
 I would like to donate \$ \_\_\_\_\_ for the Scholarship Fund.
- **Pre-Order Merchandise:**  
IMPORTANT: merchandise must be ordered by March 20, 2026  
T-Shirts: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL @ \$15.00 each  
Hats: \_\_\_\_\_ @ \$15.00 each  
Totes: \_\_\_\_\_ @ \$10.00 each  
**TOTAL Merchandise: \$ \_\_\_\_\_**
- **Saturday Banquet Buffet** \_\_\_\_\_ @ \$73.00 per person (Gluten free options available):  
**Buffet Includes:** Salad, House Slaw, Roasted Chicken, Ribs, Meatloaf, Mashed Potato, Mac & Cheese, Corn Bread, Chocolate Cake  
**TOTAL Including Banquet and Merchandise: \$ \_\_\_\_\_**  
 I am attending as a Member of AA  I am attending as a Member of Al-Anon

**BANQUET AND PRE-REGISTRATION MUST BE RECEIVED BY MARCH 20, 2026  
REGRETTABLY, NO CHILDREN ARE ALLOWED AT THIS EVENT  
\$40.00 REGISTRATION AT THE DOOR**

If you would like to volunteer at the conference, please contact the **Volunteer Chair: Jodi G.** 916-600-1950

\*\* If you are interested in a scholarship, please submit a written request in advance to our Registration Chair. The scholarship covers registration only and requires a 2-hour service commitment.

SCAN THE QR CODE TO ACCESS  
<https://ncwwomantowoman.org>  
OR TO REGISTER ONLINE

- **Registration Chair:** Megan H. 916-529-9492
- **Raffle Chair:** Candy T. 916-833-9086
- **Conference Chair:** Brenda C. 916-812-3488

\*Please text to donate a gift basket.

Why do children of recovering alcoholics have such large family reunions?

They have 12 step parents.

Two active alcoholics decided to write a song together... they could not make it through the first two bars.

I asked my sponsor for advice... She asked me what I really wanted to hear.

I never make the same mistake twice... I make it five or six times!

To contribute stories, flyers, news, etc, to the newsletter, please contact

Yana or Jude at

[sunnysideyana@gmail.com](mailto:sunnysideyana@gmail.com) or

[judesjava@yahoo.com](mailto:judesjava@yahoo.com)