

Providing Solutions That Recover Lives



The *Recovery* Newsletter

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Letters to the Editor

Your comments and/or questions are welcomed and we will try and respond in the next issue. Thank you.

The *Recovery* Newsletter

is the official Newsletter of
Fresh Start Recovery Centre.

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Program & House Activities:

Hats off to the men who recently participated in two fun events. These were 10 pin bowling and hitting golf balls at the driving range. In both instances the managers of the facilities offered our men either extended time or free lessons. What a tribute to the attitude and behavior of our fellows. With our men reaching out into the community of Calgary, we are erasing the old stereotyping of an alcoholic/addict and replacing this view with a true version of what the men are like.

Fresh Start Recovery Centre is now an AADAC (Alberta Alcohol and Drug Abuse Commission funded agency. What does this mean? In addition to the added work load for the staff to complete additional reporting there are two main advantages to working with AADAC. These are some additional operating dollars and more importantly, the provision of workshops and upgrading to keep the staff current on the latest and best practices so that the staff may better serve their clients. (This endorsement has also added additional

credibility to the Fresh Start Recovery process.

On April 5, Garth Gillespie was invited to sit on a panel along with George McBride, Senior Manager from AADAC Adult Counselling, and Donna Heimbecker, General Manager of Saskatchewan Native Theatre Company. The topic of the panel was Drug and Alcohol Addiction in our Communities.

The keynote speaker at the banquet was Janet Reno, former Attorney General of the United States of America (1993-2001). This was during the Bill Clinton administration.

An Outcomes Measurement workshop was attended on Thursday, April 6, in the afternoon.

Garth Gillespie has not only been asked to sit on the Addictions Studies Certificate Advisory Committee for Mount Royal College but also to sit on the new Tobacco Studies Certificate Committee. The Tobacco Studies program is to be developed for 2006-2007.

Fresh Start Recovery Centre is continuing to provide public speaking services to schools when requested. A short introduction on addiction is presented and then two or three men will tell the students their story. The men have received many accolades from the teaching staff that have been in attendance. On April 28, Fresh Start Recovery Centre attended Father Scollen Jr. High.

Speaking at Alpha House is also occurring on a regular basis to inform the men that are in the detox facility that

they do not have to continue living in this manner.

Julie from Aids Calgary was at Fresh Start on May 19th to provide the men and staff with some valuable information of the transmission of diseases such as hepatitis and HIV.

Garth Gillespie attended the United Way Speaker's Bureau refresher on May 24th. Each year delegates from Fresh Start Recovery Centre help kick off individual companies United Way Campaign with a 5-7 minute talk. During the talk it is mentioned how the United Way helps our agency and the connectivity of a number of United Way agencies.

June 7th saw Carol Gillespie, Stacey Petersen and Garth Gillespie attend the CPC Luncheon hosted by the Calgary General Service Committee of Alcoholics Anonymous. This annual event is organized to help the professional community understand addictions.

On June 9th, Stacey, Carol and Garth attended a workshop at the Hyatt Hotel dealing with "Emerging Topics in Addictions". The Norlien Foundation invited the addictions community to attend the information sessions which gave us the opportunity to interact with therapists with significant expertise in the area of sexual and other addictions. The main objectives of the day as presented were:

- To provide basic information regarding sexual addictions
- To increase awareness of the problem
- To increase therapists' comfort level in dealing with and referring people with sexual addictions

All of the objectives were met with current information and relevant examples of the problem; including internet pornography. Thank you to the Norlien Foundation for your forward thinking.

It's Round Up/Convention season again.

In May, we saw the NA Convention on the 12, 13 and 14. The AA Gratitude Round Up was held on June 9, 10 and 11. Many more will be held around the area throughout the summer and fall and by contacting AA Central Office at 777-1212 you should be able to find a date and location.

Alumni Events:

April saw us celebrate four birthdays. Christian C. celebrated 1 year, Frank R. celebrated 1 year, Brent G. celebrated 2 years and Billy Joe K. celebrated 8 years.

In May we celebrated the birthday of Pierre G. with one year and in June we hope to celebrate four birthdays. James M., Faron D., Jimmy Z., and Dennis S. will have 2 years.

Initiatives for 2006:

Fresh Start Recovery Centre is still awaiting information related to the purchase of a different facility. Again, this different facility would allow Fresh Start to increase its bed capacity to 50 – almost doubling our size. Hopefully this increase would have some impact on our wait list – at present, after a man puts his name on our list and phones daily to check in, the wait time is anywhere between 6 to 8 weeks to obtain residency.

Fresh Start is looking for another van or crew cab _ ton truck. Another van would allow us to transport the men to Mount Saint Francis to do their Step 5, possibly take over an entire event at the Bingo Dome instead of having to split the event and pick up donations.

Editor's Corner:

The following information was copied from the book One Day at a Time.

“Humility was a tough concept for me to comprehend. Taught from childhood to place the wants and needs of others always above my own, I equated humility with taking care of others and ignoring my own feelings and needs. In Al-Anon I have learned that true humility is not degrading; it doesn't require that I neglect my own needs. In fact, humility is not measured by how much I do for other people, but by my willingness to do my part in my relationship with the God of my understanding.

I begin to learn humility when I take the First Step. By admitting I am powerless, I make room for the possibility that a Power greater than myself can do all those things that are beyond my reach. In other words, I begin to learn about what is, and is not, my

responsibility. As this becomes clear, I am better able to do my part, for myself and for others, and better able to ask God to do the rest.”

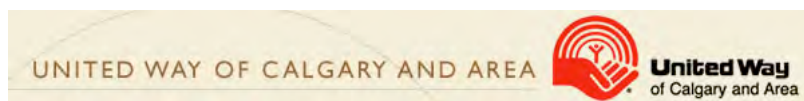
The Oxford dictionary defines humble as: **1** having or showing a modest or low estimate of one’s own importance. **2** of low rank. **3** not large, or elaborate.

Webster’s dictionary defines humble as: having a low estimation of one’s abilities; modest, unpretentious; servile.

Personally I do not equate humble with humiliation. A person should not have a low estimation of one’s abilities but a true or real knowledge of one’s abilities. A person is not servile but equal – equal to all. We each have special/different talents and abilities even though we may not know what they are at this particular moment which places us all at different points on the plain but yet on the same plain.

**Remember our *Annual Stampede B.B.Q.* to be held on *Friday, July 7th.*
Starting at *High Noon.***

Following is a list of some of our donors and those who assist in the delivery of our program:



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