

# The Ark House Herald

Cumberland Mountain

July & August 2007

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## Happy Anniversary

The Ark House celebrated our 10th Anniversary in Richlands on July 27th with an open house. Our House and Clinch Mountain House were our guests. The Taco Band Choir performed until an electrical storm closed the show. Then, everyone came inside the house. The Ark House was founded

in July of 1997. We have four members who have been coming to the Ark House for the whole ten years—Harold H., Doris L., Nancy N. and Gordon F. They are part of the original members. Over the years, some members have moved away and some members have passed away. The

Ark House has also gained new members from other club-houses and new people moving into the community. Happy Anniversary Ark House!



## Leaping Into Leap

The Ark House has been providing LEAP classes for those members who haven't had the program. Currently, Eugene J., Frances B., Billy B.,

Nicole C., and Linda L. are in the program. It is taught by Priscilla V. LEAP stands for Leadership Empowerment and Advocacy Program. It is

a good program and the class will graduate at Hungry Mother's Park on September 12th. Congratulations LEAPERS!

## Member of the Month For July and August

Lola L. was voted member of the month for July. She said “I liked it all right. It went ok. It was fun. I would like to be member of the month again if I was voted in.” Lola said that being voted member of the month improved her self-esteem. She didn’t think she would be able to handle the morning meetings but Jeff R. helped

with the writing. Lola did an excellent job with the meetings!

Nicole C. was member of the month for August. She said she was surprised that the other members voted for her to be member of the month. She felt proud of being member of the month. Nicole also did a great job with the morning meetings. Each member of

the month takes care of the book for the morning meetings and reads the minutes. Congratulations to both Lola and Nicole for being voted members of the month. Well done to both of you!



## Good Attendance Outing

The Ark House Director, Diane S. told us that if we had good attendance in August, we would go on an outing of our choice. Eight of our clubhouse members were eligible to go on the outing. They were: Nicole C., Jeff R., Ted L., Doris L., Carter M., Sam S., Lola L. and Roy H. They choose to go

to the Bonanza in Lebanon. Jeff R. said “It turned out to be a great day! The weather was nice too.” Some members ordered steaks and some members ordered cheeseburgers and fries. A few of the members not only had good attendance but perfect attendance like Lola L. Congratulations to all of

those who were rewarded with the outing for good attendance. Hopefully next time there will be more members going on the outing. An outing of our choosing is good incentive to keep attendance up. Thank you also to Diane S. for implementing this program!

## Happy Birthday!

None of our clubhouse members had birthdays in July but on August 9th two of our members had birthdays. August 9th was the birthday of Jeff R. and also Roger D.

They share the same birthday although they aren’t twins and aren’t even related!!! Ark House member Royal B. made an angel food cake with chocolate frosting for

the guys to share with all the other members. Happy Birthday Jeff and Roger! We all hope that you had good birthdays!!!

# A Night At The Fair

Each of the four clubhouses has combined to form a choir to sing and entertain. This group is comprised of the Tazewell House, Ark House, Clinch Mountain House, and Our House. Our members participating are Roy and Jeff. Our choir has been together for a year. We had been unable to go to any performances. On Friday, the 13th of July, the choir was singing at the Buchanan County Fair and several of our members were able to attend. They were Roy, Ted, Jeff, Roger, Nicole, Lola and John. The staff person driving the van was Priscilla. We now had the opportunity to cheer them on as well as enjoy the fair. We took the evening to socialize and be to-

gether as a group.

After we had announced at the front gate that the legendary Jeff had arrived, we were escorted immediately to center stage, but soon realized we were directed to the wrong place. We then proceeded to the designated area. As the choir began, Jeffery took charge and announced each song and introduced the members of the choir. The crowd sang and danced along for each of the five songs. The performance was outstanding. The crowd was pleased and we were extremely proud of our group.

We had the rest of the evening to enjoy the fair with more singing, rides and vendors. The food was very

good! Most of us tried the rides although they were as scary as they were. John was quiet and well reserved. Roy and Jeff were trying something new. Lola was happy and excited. Priscilla and Nicole tried to conquer their fears however Nicole was ready to kiss the ground at the very end. She will not do anymore of that ever she told us. Ted watched from the ground which was the smart thing to do. Roger enjoyed himself as well. We had a late night and also enjoyed the band on the main stage. We plan on having more evening programs and hope more members will attend. The group of us all had a lot to talk about the next day at clubhouse.

## Ark House Mini Business

The Ark House mini business is cleaning the Richlands First United Methodist Church which is located right beside our clubhouse. Our mini business at the church is doing well. We currently have nine people on

the payroll. Some members volunteer at the church to earn stars for trips. Congratulations to Carter M. who was just promoted from volunteer to being on the payroll. Thanks to the church for their support!!!





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## Fish Fry

I was one of many recovery house members to attend the fish fry hosted by O.U.R. House recovery house in Buchanan County, Virginia. All four recovery houses administered by Cumberland Mountain Community Services were there. I for one would like to show my gratitude and thank James "Stretch" Mounts for the wonderful job of preparing the catfish we enjoyed. Thank you James for donating your time, effort, and the delicious catfish. It isn't everyday you get to go to a fish fry and the event offered opportunity for recovery house members and staff to join together in fellowship. Also in attendance were other employees of Cumberland Mountain Community Services. Department of Rehabilitative Services representative Janie F. came for the get together. The afternoon started with socialization amongst each other then dinner was served. Hats off to the people who prepared and served the meals. Plates consisted of coleslaw homemade by Diane S., very good potato wedges, succulent corn on the cob, deep fried hushpuppies, topped off with cantaloupe and cookies. After dinner, the T.A.C.O. Band had a presentation. They performed Love Potion #9, Lean on Me and Love Can Build A Bridge. During the singing of Love Can Build A Bridge, everyone joined hands in unity. It was a very touching and spiritual moment. The T.A.C.O. Band has brought a lot of harmony to many whom they have touched. Dancing began after the band sang. Del E. was DJ keeping sounds and rhythm going. Great job Del! I estimate it between 7 p.m. and 7:30 p.m. Sharon B. began a waterfight that lasted and lasted. We all had fun and thanks again "Stretch" for your charity and thanks to all the staff and members who made it all possible. These events were held as an evening program on August 23, 2007.

By: Roger D.

## How The Warm Line Has Helped Me

The Warm Line came at a good time for me. It has given me the opportunity to talk to someone who shares things in common with me. Not everyone understands mental illness or sometimes has a stigma on the matter. Since Cumberland Mountain Community Services has approached this program with recovery, not just the word but actual footwork, I have noticed sincere effort from

staff and clients without giving up to better the programs offered by C.M.C.S. I am grateful to have a person I can call everyday when feeling lonely, sad, depressed or stressed out. The warm line staff really do good work and deserve credit for helping to better many different communities. I believe we are responsible for our recovery and in helping us maintain an atmosphere where we can

help ourselves recover by helping others recover is priceless. By: Roger D.

