

# O.U.R. Time

## Opportunity, Understanding, Renew

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### Special Events

Sept. 7th. Clients' picnic

Sept. 21st.

Annual Tazewell prom

Sept. 24th.-28th.

Annual summer trip

Oct. 4th. Family's Night

Oct. 26th.

Halloween Party

## THANKS for the WELCOME

My name is Roger. I have went to O.U.R. House before and have just started back.

There are so many loving and kind people up here.

I am grateful to be back . The people here have welcomed me back warmly.

I try to find my potential and attend

clubhouse each day.

All in all I have been attending recovery houses for about the past four years and appreciate the place and the people who are more than friends to me but family.

Recovery house has given me the opportunity to live and enjoy life, also sharing with people who I have something in

common with me.

I would like to say that the employees are excellent and the members are also.

Under most humble gratitude do I feel to have a program so supporting.

*It's not what you say, but how you say it that makes all the difference in human relationships.*

*Hughes Mearns*

*The world is a mirror; what looks in looks out. It gives back only what you lend it.*

*Ludwig Boeme*

## A GOOD HELLO and A SAD GOOD-BY

This past month we welcomed a new staff member and said good-by to a good friend.

Ashlee Owens is our new part-time staff person at O.U.R. House.

She was born on January 30, 1985 at Clinch Valley Medical Center in Richlands, to Robert and Lois Buchanan.

She is Chris Buchanan's sister, who used to be a case worker for Cumberland in Buchanan County.

She has been married for 4 months to Shawn. She would like to go SVCC for a nursing degree. Her primary hobby is to spend time with Shawn and her step-

daughter.

Also in August we said goodbye to a dear friend.

Anna Stacy passed away on August 19, 2007.

She was a great friend to the members of O.U.R. House and to the community.

She was the former owner/operator of grocery and deli. She enjoyed cooking for family, friends, neighbors and especially for those in need. And she was a volunteer at Cumberland Mountain Club House.

She will be greatly missed by those who knew and loved her.

### *It Take A Lifetime*

*It take a lifetime to  
learn how to live,  
How to share and how  
to give.  
How to face tragedy  
that come your way.  
How to find courage to  
face each new day.  
How to smile when your  
heart is sore,  
How to go on when you  
can take no more.  
How to laugh when you  
want to cry,  
How to be brave when  
you say goodbye.  
How to still love when  
you loss is so great,  
How to forgive when  
your urge is to hate.  
How to be sure that God  
really there,  
How to find Him, seek  
Him in prayer.  
Ruth Moyer Gilmour*

## 2007 SEPTEMBER EVENTS

In September we had several CMCS recovery events.

On September 7, all four Cumberland clients' clubhouse held it's annual Clients' Picnic at Keen Mountain Regional Park. As usual, it was great fun, with delicious food and great fellowship. There was a dance contest. After lunch we had a talent contest. Jeff Ratliff, Robey Compton and James Ray was the

winners. The day ended with a water balloon fight.

On Friday, September 21, Tazewell House held it annual prom at Nuckals Hall. Rodney Keene of O.U.R. House and Tammy Hagy of Tazewell House was crowned King and Queen. As usual they had the first dance. After a enjoyable dinner, we danced and had a lot of good fun . Also door prizes was

given out.

Also O.U.R. House had it's second camping trip to Riverside Campground. But due to some rain it was not as enjoyable as it was the last time.

On the last week of the month, O.U.R. House and ARK House traveled to the beach for their annual Summer trip.

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## FAMILY NIGHT 2007

On Friday October 4th. , we had our annual Family Night.

After meeting and getting to know the other members' families, we enjoyed a healthy meal.

After dinner Sharon gave a passionate speech about our recovery from our mental illness. Afterward, awards of appreciation was given out, as well as awards of excellence to individual in the different units and the mem-

ber of the year. This year Del Estep won it.

This year we were unable to arrange for a guest speaker. Hopefully next year we will be able to.

## 2007 CLUMBERLAND SUMMER TRIP *By C. Rodney Keene*

During the last full week of September 2007, the people from O.U.R. House and ARK House enjoyed a new beach—Topsail. It is more natural than Wilmington or Myrtle. It was a new experience for all.

We left early Monday morning. After a few stops we arrived at the two condos that we was staying at. After settling in we headed to Surf City for dinner.

Next day, a few members enjoyed watching the sun rise over the beach. After returning to the rooms for a hardy breakfast, we spent the day on the beach. Most walked along the beach collecting sea shells and enjoying the feel of the sands and waves on our feet, trying to get a tan or just staying in the water. That afternoon, we experienced the sight of

a school of dolphins leaping out of the water.

Tammy thought it was very extraordinary. It was extra-special for her, because she was originally from down there.

Dinner was at a Longhorn Steak House in Wilmington, then a bit of shopping before heading back. That night, Ellis and a few members traveled down the road to a pier for a fishing expedition.

The following day, a small group from O.U.R. House and Ark House visited the Carolina Aquarium. Afterward, we ate a picnic lunch nearby. We then went to Fort Fisher to visit the Civil War Museum. The rest of our group again spent the day on the beach.

That evening, everyone en-

joyed a cookout. Afterward, we played UNO or watched a movie. Ellis and two members did some more fishing.

On our last day at the beach it was raining, but it didn't stop the die hard beach lovers from enjoying the day. Despite the rain it was another great day. The highlight of our trip was a cruise on a riverboat and a comedy show entitled "A Redneck Wedding".

The play was not that good, until the "guests" got involved. Rodney and Mikey stole the show.

After enjoying a last sun rise we packed up our vans and headed home, after one last stop for a bit of shopping.

It was a most enjoyable trip to see the sun rise and set,

## HARD OF HEARING

Hi everybody, I'm Linda a member of O.U.R. House for two years.

I would like to take this opportunity to tell you all about my life, being hard of hearing. I have nerve deafness which means, little by little, the nerves in my ears are dying.

I was born with my hearing problems, it's affected me in school. Which I didn't do too well in high school, so I quit in the 10th. grade. I went back to night school and got my GED.

### Summer Trip

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the walk on the beach watching the dolphins, sea gulls and the fishing boats, and the sights of the town.

I have hearing aids in both ears which help me a lot. I don't like being in large crowds of people, because there are so many voices talking at once and I can't understand what is being said. I won't have any ideal what the conversation is so I feel left out because I can't hear.

I really feel hurt, embarrassed, and angry when somebody asks me a question. I'll answer to what I heard or rather what I thought was said. In some cases my answer has nothing to do with the subject being discussed this really makes me want to crawl under a hole and hide.

People can't whisper to me, or talk to me from a dis-

tance. I read lips that help sometime? I also have a telephone for hard of hearing in which I can adjust the volume to fit my needs.

You know I guess I've carried this with me over the years. Deaf and dumb, that's say a lots, its sure hasn't given me a positive attitude and I have a limited support because of my hearing problems.

I don't know how many, of you all are related to someone like me, but please give us a chance to explain. That we are not deaf or dumb. We enjoy people taking the time to talk slow, looking at us so we can read lips, and carrying on a conversation.

Linda



**Cumberland Mountain C.S.B.**

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*HOPE and DREAMS*

*Hopes and dreams are balms of life  
That help us to survive  
When castles fall and gardens wilt,  
And nothing seems to thrive,  
For we must pray to God for Grace—  
To make our dreams come true—  
And, in our pray, we find the strength  
To heal—and build, anew.*

*Michael Dubina*