

**O.U.R. Time  
Opportunity, Understanding, Renewal**

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**Special points of interest:**

- December '08
- 16 & 19 Lebanon & O.U.R. House Christmas party
- February '09
- O.U.R. House Valentine Day dance
- April
- 3-4 Metal Health Walk at E&H
- May
- 28 Open House at ASL
- June
- 9-11 SCA Retreat at UVA in Wise

**2008 CUMBERLAND REGIONAL CHRISTMAS PARTY and HENRY'S RETIREMENT PARTY**

On Tuesday, December 16, three of the Cumberland clubhouses traveled to Lebanon's Clinch Mountain House for our 2008 Christmas party, and for Henry Smith's retirement party.

Our regional TACO Choir sang a good selection of Christmas tunes first.

Then, they sang a good selection of popular tunes, climaxed by Johnny Paycheck's "Take This Job and Shove It" as a sentimental tribute to the retiring Henry.

Clinch Mountain House did "Silent Night" in sign language.

Next, we gave Henry a fair selection of retirement presents. Among them was a pen set, two Adirondack chairs, and a drawing of a mule, that Henry seemed to like.

Henry made a few heartfelt remarks, followed by several others — who either had a few words for Henry or sang to him. Sharon and Di- anne sang "You're The Wind Beneath

My Wings" as another heartfelt, loving tribute to Henry.

Del served as our master of ceremonies.

Our Christmas dinner was delicious. Afterward, Rita gave out a whole bunch of door prizes to the clients.

Then, we left both happy and sad.

*Each of us has a spark of life inside us, and our highest endeavor ought to be to set off that spark in one another.*

Kenny Ausubel

## 2008-09 REGIONAL NEW YEAR'S PARTY *By ; C. Rodney Keene*

On New Year's Eve, 2008, some of the clients and staff of O.U.R. House and ARK House experienced our second New Year's party.

We started to prepare for it after our last regular lunch for 2008. Kathy fixed "Happy New Year" in big letters with glitter.

This year was the first year ARK House people came. We had a delicious New Year's Eve supper.

After dinner, we started our scavenger hunt, organized by Possum. Next, we did a musical chairs game, which was won by a member from ARK House. Karaoke was next.

Originally, we was scheduled to have an organized dance contest with categories but, as usual time flew by for us.

As midnight and the arrival of 2009 approached, we was

originally stated to do our New Year's resolutions. When the New Year arrived, we blew our horns, did the traditional New Year's 10 to 1 countdown, yelled "Happy New Year!", and proceeded to mangle the traditional New Year's song, "Auld Lang Syne".

Then, we went home.

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## MARY COLE'S VISITED

On Monday, March 16, O.U.R. House welcomed back our new Program Director, Mary Cole.

We asked her some questions concerning our financial budget and the general outlook for the clubhouses.

Mary, as well as Sharon, an-

swered us that we are in no danger of closing.

Furthermore, if our attendance improves we're safe. We gave her some input about improving our everyday things, like having more regional clubhouse parties - such as Halloween,

Christmas and Thanksgiving.

We gave her a delicious meal. We gained much input over our discussion with Mary.

## 2009 E&H WALK for MENTAL HEALTH

On April 3-4, 2009, a huge group of mental health consumers and their advocates went to E&H College at Emory, Virginia, to experience the 2009 E&H Mental Health Walk for Recovery. The TACO Choir group from O.U.R. House ate lunch at the Abingdon Cracker Barrel before going to the college. After dinner, Virginia Tech's Tommy Edwards was Friday night's keynote speaker. The other group from O.U.R. House arrived at E&H around 9:30 Saturday morning. Sandy and I dropped off our other group in the parking lot in front of E & H Memorial Chapel before going on up to King Gymnasium Center

to drop off our lunches for our group.

This year's Saturday keynote speaker came from Greater Washington and has a son who has brain illnesses. He explained why Virginia needs more funding for mental illness and ways to improve funding for it.

We fired off some comments about their mental health experiences for about a half-hour before Jamie told us it was walking time.

Roy Hodges from Richlands ARK House was one of this year walk leaders. The walk went down the hill from the Chapel past the Library and the duck pond plus Van-

Dyke Student Center to its terminus at King Gymnasium. While we ate, we were entertained by our own TACO Band, with a special moment of silence in memory of Condal Fields and the first verse of a great religious classic.

We ended with "Love Can Build A Bridge".

On our way home, Del stopped at McDonald's of Abingdon for some drink and sweets.

## 2009 O.U.R. HOUSE OPEN HOUSE

On Thursday, May 28 O.U.R. House hosted our third annual Community Awareness Day and Open House in the basement of the main building of Appalachian School of Law.

The master of ceremonies was Del Estep. The TACO Choir kicked off the proceeding with “YMCA” and “Celebration”. We had many valuable donations from area businesses for door prizes.

Sharon introduced Everett Franklin, to speak out for recovery. Different people

testified about their recovery - Bruce, Donna Moore, Nicole, Kathy introduced musical selection from the Choir or drawings for door prizes.

Our keynote speaker was Mary Cole, who spoke out for recovery. Dr. Gee spoke about taking your medications regularly.

Del spoke out for his recovery and his being a Consumer/Advocate for Recovery.

At the end of the day we all sang “Love Can Build A

Bridge” as we held hand together.

In conclusion, we can implement the community to drive away stigma and further the case for recovery.

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*Act with courtesy and fairness regardless of how other treat you. Don't let them determine your response.*

*Don't use time or words carelessly. Neither can be retrieved.*

*Life is full of simple pleasures — long walks, good books, soft kisses and delicious chocolates.*

## 2009 SCA RETREAT

On June 9-11, the annual SCA Retreat was held again at UVA College in Wise.

On Tuesday, after registration and room assignment, there was two workshop by Dickenson Clubhouse on “Making Crafts for Fund-Raisers” and “Getting to Know Each Other” by Independence House.

After supper and a short break the clubhouses meet in the Rhododendron Room at the Student Center.

The welcome and introductions was given by Independence House. After that, we was entertained by the TACO Choir. Afterward, we had our dance with the decorations and the refreshment provide by Friendship House and Mountain House.

The next day, after a healthy

breakfast, we met at the Rhododendron room.

The Keynote Speaker was Mark Lester, who spoke on Autism Spectrum Disorders. He spoke on the different types of autism and how some of the symptoms resemble some mental illnesses. After he finish, we was treated to a short skit by the Gap Guys. There was a short break.

After the break and lunch, several workshops was held. Some of then was “Coping Wheel of Life” by Independence House, “Epilepsy and Memory” by Friendship House, a Members Education Presentation by Independence House and “Hope and Self Awareness—Wizard of OZ Presentation” by Christy McFaddin.

There was a short break,

then a few more workshops. Included “Peer Support Counseling” , “Spirituality and Religion”, by Keith of Wytheville Clubhouse and “Recovery through Music” by the TACO Choir.

Later in the afternoon we had some thunderstorm.

After supper, and a another short break we had our annual variety-talent show.

There was many interesting and good acts.

Josh S. , from Wytheville Clubhouse, won first place, James R. , from O.U.R.

House was second place and members from Friendship House took third.

Afterward, we had a pizza party.

The next day, Thursday after breakfast, we loaded up the vans and checked out and headed home.

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

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## **2009 ANNUAL FISH FRY**

On Tuesday, June 23, the four Cumberland Recovery Houses had their annual fish fry.

Beside the divine catfish fillet, Del and Linda prepared enjoyable corn on the cob, Ellis made hush puppies, along with coleslaw and macaroni salad.

Afterward, Bobbie Ann and Del served as co-hosts for the evening's festivities. We had a bean bag toss, a dance contest with 3 segment and a twister contest.

We ended the evening with a talent show and contest. Donna took top honors, Jeffrey got second place.

It was a great time for all.

### ***SONG of the MEADOW***

***Strolling through a verdant meadow,***

***I hear music within my soul.***

***The ripple of the waltzing grass***

***Sings to me and makes me feel whole.***

***Foxtail barley and Queen Anne's lace***

***Sway in rhythm with the wind.***

***My heart is in tune with the music***

***Where the voice of the meadow blend.***

***A bluebird on a barbwire fence,***

***Then offers its soprano song.***

***The chirping staccato of a chickadee***

***Adds rhythm and tempo to Nature's throng.***

***The strident voice of a raucous jay***

***Is just a bit off-key,***

***But the melding tunes of the meadow***

***Sound perfectly right to me.***

***The meadowlark comes to join the chorus,***

***His happy song adds harmony.***

***When I listen with joyful heart ---***

***Nature sings her songs to me.***

***Charles Clevenger***