

A WORLD OF CHANGE

- A NEWSLETTER FOCUSED ON RESILIENCE,
ACTION, AND RECOVERY -

September 2021

VOL 5

CONTENT

CAFE NEWS



RECOVERY CAFÉ:
SCHOOL OF
RECOVERY



PAUL'S STORY



DIRECTOR'S NOTE
FOR SEPTEMBER



CHARLES, BARB

QUOTE OF THE MONTH

"Experience is not what happens to you; it's what you do with what happens to you." -Aldous Huxley



FOURTH PLAIN FEED EVENT

WHAT'S HAPPENING AT THE CAFÉ

Thrive2Survive is a monthly event put on by the Café that has been very successful in bringing resources and essentials to our houseless community. For the month of August, instead of holding the T2S event, the Café supported Fourth Plain Feeds in preparing meals to feed 10,000 youth in Clark County. This was held on August 8th at River City Church. The Recovery Café had 20+ of their volunteers show up and contribute to this event. Thank you very much volunteers!!!

This month Thrive2Survive will be held on September 12th at 11am in front of River City Church. The Humane Society is holding a pet clinic at this event as well and will be provided exams, immunizations, microchipping etc. They will also have pet supplies and behavior training sign ups available on site. The Humane Society is able to see up to 35 pets that day with a 2 pet per household limit on a first come first serve basis. The Recovery Café will be serving Teriyaki Chicken and Rice with homemade chocolate chip cookies. They will have a limited supply of bus passes and backpacks available to those in need. Hope to see you there!

Family Fun night in August was a memory to remember forever! Everyone was not only enjoying a fun night at the Café but was also celebrating the Café's 3-year anniversary! Staff and members stood up at the microphone one by one and spoke about how being a part of the Café has impacted their life and nurtured their recovery. Tears were shed to say



BECKY, ETHAN, LYN

the least! Family Fun night is held the last Friday of each month for members and their family or guests. If you are a member and would like to attend this event in September, please stop by and put your name on the list.

On August 31st Lyn Anderson hosted Overdose awareness day at the park at the Marshall Center. This event was so impactful with over 213 pictures of loved one's lost to overdose. The mission of this event is to bring awareness to the overdose epidemic but also to be the voice for the voiceless. Each speaker did an amazing job at sharing their experience, strength and hope! SWATC was there and put on Narcan training to educate the people in attendance on how to use Narcan properly. Thank you to all the volunteers and community partners that supported this event.



OVERDOSE AWARENESS

RECOVERY CAFÉ, SCHOOL OF RECOVERY

September is Recovery Month and to support that the Recovery Café will be hosting a table at Hands Across the Bridge on Sept 6th at Ester Shore Park. For those that have attended this event in the past, please understand that this event has been modified due to the current health crisis. The Hands Across the Bridge committee could not get permits to go over the bridge so attendees will instead circle Ester Shore Park together to celebrate Recovery and remember those who could not make it. The Portland event has been completely canceled so Vancouver will be hosting for Portland and Vancouver at Ester Shore Park starting at 9am. Along with motivating speakers there will be tribal drummers and many community partners and agencies that all support Recovery Month.

Something that has recently started at the Café is having a guest speaker share a message on Fridays during lunch announcements. This has been very powerful and an opportunity for members and or staff to step outside of their comfort zone and be an example of courage. If you would like to share your story or a message of experience and hope, please see Rori to discuss dates available.



JODENE AND STEVEN

Our volunteer of the month was none other than Jodene! Jodene has been a dedicated volunteer for quite some time at the Café and has done everything from kitchen assistant to barista, to amazing floor companion and now she is building the Telephone recovery support department as an employee. The Café staff and members are so grateful to Jodene for being such a great example of staying in the middle, so you don't fall off the edge! Thank you Jodene!

We have two staff that have been such a key part to the Café and have been there while the Café has grown to what it is today. This month, we will be wishing them well as they both move on to their next opportunities. Steven and Jody, you both will be missed around the Café! Please stay in touch!



LYN, CHARLES, JODENE



PAUL & HIS WIFE

PAUL'S STORY

As a child I grew up in Northwest Indiana where the three things I'll always remember are the pollution, basketball and everyone drank. My mom was a stay-at-home mom, and my dad was a bartender and drove a beer truck for a local distributor. We had a full bar in our basement and between his two jobs it was always well stocked. On Sundays my dad, Grandfather and I would take a ride to South Chicago to visit a fish house where they would buy fresh and smoked fish. They would start drinking beer no matter who was driving. I remember stopping in an intersection and there was a man lying in the gutter with a bottle in a brown paper bag. I rolled down my window so I could see him better and my dad yelled at me to roll up the window and not look at him. I feared I would catch what he had, and I did - but it wasn't from him, it was from the two guys in the front seat. My name is Paul Yauch, and I am an Alcoholic. I don't really remember fitting in with kids my age, but when I would sneak in the basement and sample the alcoholic offerings, I felt like I could do anything. I didn't drink that much in High School because of basketball but when I arrived on the west coast to go to college that was a different thing. Everyone drank, smoked weed and it seemed like there was always a party going on somewhere. My knees gave out and so did my basketball scholarship. I then started hanging out with a different crowd while frequently visiting the bars up to seven nights a week.

I graduated from college three years later with two degrees one in Math and the other in Education. Over time I pretty much quit smoking marijuana, but my alcohol consumption got way out of control. I am a periodic drunk which means I could start and stop whenever I wanted. I started experimenting with different drugs to get the effect I got from my

drinking. Then I discovered cocaine. I could drink more, but that began my real downhill crash. Years later I hit my bottom hard. I ended up in a treatment center for my drug use and was there for forty-eight days. My first night there I attended my first recovery meeting and I heard them say "There is One that has all Power and that One is God may you find Him now" So I went back to my room, got on my knees and instead of blaming God for all my problems I started asking Him for help.



PAUL YAUCH

Because of getting a sponsor, going to meetings, working the Steps to the best of my ability and most important finding a Power that will solve all my problems - I can say I have the same sobriety date that I had when I entered the treatment center. I work with others to help them achieve sobriety, speak at treatment facilities and volunteer with various organizations. That's what brought me to the Recovery Café. A friend of mine told me about the incredible service they provide. The population they work with, their mission statement and the people that work there are all working to give others a hand up and not just a handout. I also volunteer as a circuit speaking in Washington, Oregon and California. Two years ago, I was asked to be a guest speaker at the International NA Convention that was held in Niagara Falls Canada but because of COVID it was canceled.

I submit to you that I have seen over and over again the torn, battered and scared alcoholic / addicted souls that have become whole, happy, joyous and free simply by working a program of recovery and the Touch of the Hand of our Master.

EXECUTIVE DIRECTOR'S NOTE FOR SEPTEMBER



-VINCE COLLINS, MSW RCP- EXECUTIVE DIRECTOR

As we begin Recovery Month, we are being called to use all of lessons we have learned in Recovery to meet the new challenges of COVID and the Delta variant. The Recovery Community has the opportunity to help lead Clark County is dealing with what is becoming an ongoing community disease. High risk situations, changing rules/expectations, mixed messages, family dysfunction, emotional triggers, loss of hope, depression, isolation..... these are things we know and know how to handle. Seeking day-to-day support, rolling with resistance, giving back, not taking it personal - We got this down. Show how we appreciate the support Clark County gives and has given people in recovery and give back to help our community. As the frustration of another COVID surge and kids being sent home from school for COVID quarantines (and worse) hit us, we can role model one day at a time and keeping hope alive. From the clerk at Walmart to the nurse at your doctor's office - we will make it. SUPPORT EACH OTHER!

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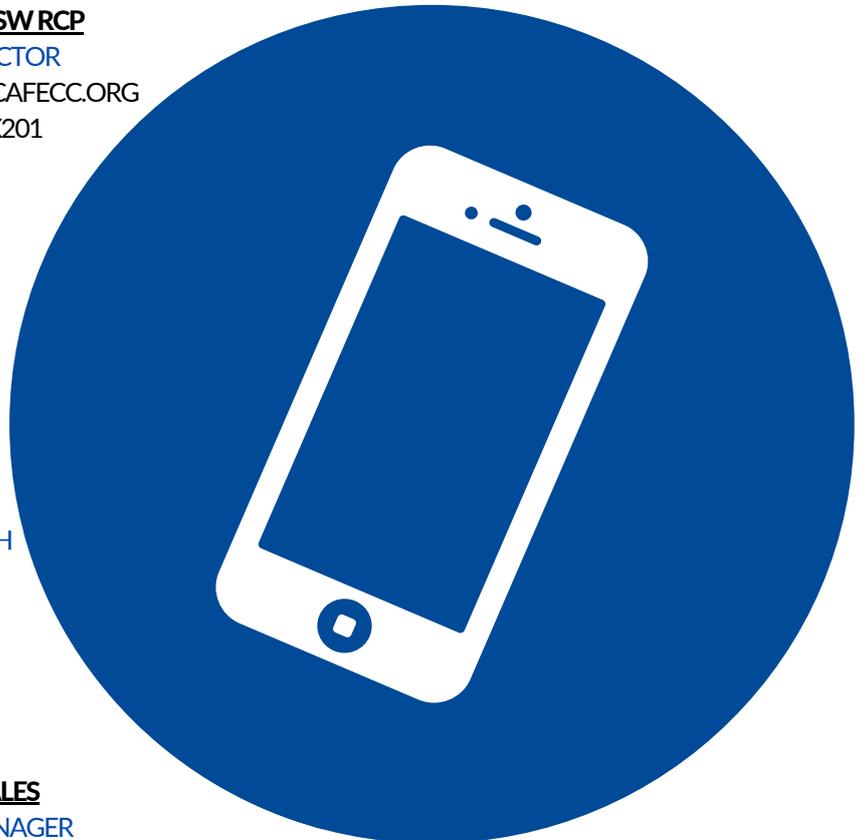
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MONDAYS

CCAR: Coachers Vision
Community Event
September 20, 2021 @ 9a - 5p

Heroin Anonymous
Community Event
Sept 6th, 13th, 20th & 27th @ 7p - 8p

Dual Recovery Anonymous
Community Event
Sept 7, 2021 @ 4-5pm
Sept 14, 2021 @ 4-5pm
Sept 21, 2021 @ 4-5pm
Sept 28, 2021 @ 4-5pm

Meditation with Penny
Member Event
Sept 7, 2021 @ 5-5:30pm
Sept 14, 2021 @ 5-5:30pm
Sept 21, 2021 @ 5-5:30pm
Sept 28, 2021 @ 5-5:30pm

United Anonymous: Men's Group
Community Event
Sept 7, 2021 @ 7pm
Sept 14, 2021 @ 7pm
Sept 21, 2021 @ 7pm
Sept 28, 2021 @ 7pm

Walking with Recovery
Member Event
Sept 7, 2021 @ 10am-11am
Sept 14, 2021 @ 10am-11am
Sept 21, 2021 @ 10am-11am
Sept 28, 2021 @ 10am-11am

WEDNESDAYS

Zentangle with Penny
Member Event
Sept 1, 2021 @ 2:15-4:15pm
Sept 15, 2021 @ 2:15-4:15pm

Healing Art with Gilbert
Member Event
Sept 8, 2021 @ 2:15-4:15pm
Sept 22, 2021 @ 2:15-4:15pm

Get Your Voice Back
Community Event
Sept 2, 2021 @ 6:00p-7:30p
Sept 9, 2021 @ 6:00p-7:30p
Sept 16, 2021 @ 6:00p-7:30p
Sept 23, 2021 @ 6:00p-7:30p
Sept 30, 2021 @ 6:00p-7:30p

Walking with Recovery
Member Event
Sept 2, 2021 @ 10am-11am
Sept 9, 2021 @ 10am-11am
Sept 16, 2021 @ 10am-11am
Sept 23, 2021 @ 10am-11am
Sept 30, 2021 @ 10am-11am

FRIDAYS

Writing Group
Member Event
Sept 3, 2021 @ 6:00pm -7:30pm
Sept 17, 2021 @ 6:00pm -7:30pm

Family Fun Night
Member Event
Sept 24, 2021 @ 6-8pm

SUNDAYS

CCAR: Coachers Vision
Community Event
Sept 19, 2021 @ 9a-5p

*What's coming
in September*

TUESDAYS

THURSDAYS

New Members Introduction

Member Event
Sept 4, 2021 @ 10am-11:30am
Sept 11, 2021 @ 10am-11:30am
Sept 18, 2021 @ 10am-11:30am
Sept 25, 2021 @ 10am-11:30am

SATURDAYS