

New Start News

Informing our community of supporters on the latest news about Clean & Sober.

A BIMONTHLY NEWSLETTER

Issue # 1 - September/October 2010

2010 A.R.A.N.A Campout

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2010 Campout: A great success!

Mustering great resolve, the Clean & Sober Team did a wonderful job putting together the 2010 American River Area Narcotics Anonymous (ARANA) Campout.

This year's ARANA Campout was hosted at Rollins Lake. As always, Clean and Sober made a big showing at the campout. Our community shined brightly and we had a wonderful time.

The campout planning team consisted of our Executive Director, Tyrone Buckley, our Mercy Corps Volunteer, Megan Croley, and Tim Thomas. Loaves and Fishes generously donated some of Tim's time to helping us with our campout. Tim's help and limitless energy was key to making sure that our campout had everything that we needed.



Everybody Stepped Up

The campout was a great success. Megan and Tim made sure that we covered all of our bases, from sleeping bags to transportation. Watching these two work together was amazing. In the weeks leading up to the campout, they really gave it their all.

What truly made us proud was how hard the New Start community worked to make this campout happen. They helped organize materials, assisted in loading trucks, and prepared food. They also organized car washes for several weekends leading

up to the campout. Through these efforts they raised over \$1900.

Most impressively, our residents took every opportunity they could to be 'of service' at the campout. They took many volunteer positions on all three days. They showed what the culture of New Start is all about, lending a helping hand. After the campout, the ARANA committee called Clean & Sober to let us know how very impressed they were with our community and appreciated our spirit of 'giving it back'.

Then there was the food. Ed and Milton from the Loaves and Fishes kitchen blew us all away with two-day marinated tri-tip and enough pancakes for everyone. Ed and Milton's contribution to this campout was simply amazing. We have already begun lobbying them to help us again next year.

Finally, our donors made a huge contribution to the success of the campout. They knew that we needed the help to pull off the campout and they really stepped up. We can not thank you all here, but please know that you made our campout a memorable experience for our residents, staff, and community.

Clean & Sober heartily thanks everyone who made this special event into a reality.

Dear Friends,

Please allow me this opportunity to introduce myself. My name is Tyrone Buckley, and I am Clean & Sober's new Executive Director. I was hired in March of this year and I am so grateful to be part of such an inspiring community. With the generous help of Dana Christy, a former C&S Executive Director, I have been working for the last six months to get my sea legs and prepare for the work ahead: ensuring that Clean & Sober will be here for all of those that need us for years to come.

Unfortunately, my arrival coincided with a very challenging time for Clean & Sober's founder and Program Director, Manny Dias. Manny had to refrain from his passionate service due to a serious health problem. Combined with how new I was to this job, we were deeply concerned that the absence of Manny's strong leadership would hinder our efforts to serve homeless people in recovery.



To the contrary, at a time when the impact of the new economy is being felt by all of the fine organizations that serve Sacramento's most in need, Clean & Sober's staff, Board of Directors, and community residents stepped up to the challenge and made sure that our organization continued to fulfill the promise of its mission. While Manny got rest and regained his health, we successfully managed our communities, ensured the residents got the care they deserved, and had a wonderful annual campout (pictured).

Now with Manny fully recovered, and some experience under my feet, we look forward to working as hard as ever to make sure that Clean & Sober is here for the homeless community that has no where else to go when they sincerely desire to get and stay clean.



It is in this calling that I humbly ask for your help.

Perhaps more than ever in our organization's history, Clean & Sober is ready to take the steps necessary to ensure that our doors will be open for years to come. As you can imagine, Clean & Sober is experiencing the effects of the struggling economy like never before. Donations are down, grants are more competitive, operating costs are increasing, and demand for services is at an all-time high. Compounding those external circumstances is our new awareness that we must have a strong organizational structure to compensate for catastrophic events, such as the loss of a key staff person. Therefore, we ask you to meet the call of creating a Clean & Sober that will have a secure place in Sacramento well into the future.

Your donation will help us achieve the goals below that will create more stability within our organization:

- We recently took the necessary step of hiring a Residential Program Coordinator to assist in meeting the day-to-day needs of our residents and assess potential residents. Although this will help us greatly, it is a challenging new expense.
- We need to procure a vehicle to transport residents to legal, medical, and dental appointments.
- We need to repair and update our facilities to meet the increasing demand of people who need our help.
- We must develop new ways to bolster our organization's community involvement, such as volunteer participation programs.

Since becoming involved with Clean & Sober, I have come to understand how important our mission is to this community. Clean & Sober provides safe, affordable housing to over 60 residents seeking recovery from drug and alcohol addiction. Over 95% of these women and men were homeless and receiving services from Loaves & Fishes. Residents pay room and board on a sliding scale but 10 - 14 have no income whatsoever! They are truly the poorest of the poor. It is for these residents that this letter is humbly written. We never stop helping someone due to inability to pay. *No one should be denied the opportunity to get clean and sober simply because they lack financial means.*

Clean & Sober needs your help! We understand that it takes a community to provide the amazing service that we offer to our guests and residents. As an organization that accepts no government funds, we rely on the recovery community and those touched by recovery to keep our beds available. With your help, we can continue to provide a safe place for our most vulnerable brothers and sisters as they work toward changing their lives.

Please donate generously during this time of great hardship for everyone. Enclosed is a donation envelope and you can also donate online at www.clean-and-sober.org. Our poorest residents depend upon you!

On their behalf, thank you.

Sincerely,

Tyrone Buckley, Executive Director



Mercy Corps Volunteer Completes Service Year

Megan Croley, Clean & Sober's 2009-2010 Mercy Corps Volunteer.

After a terrific year of service to Sacramento's homeless recovery community, Megan Croley has served her last day at Clean & Sober. Since beginning her service year, she has worked diligently to make the lives of our guests and residents better.

Megan had an amazing knack for helping Clean & Sober become a more organized outfit. Everything that she did helped us build the sort of organizational knowledge that we truly need. Here are a few examples of her exemplary work: In order for Clean & Sober to keep better records on our residents, Megan solicited help from Sacramento State computer science students. With Megan's direction, they hand-tailored a computer database program to meet the specific needs of Clean & Sober. Also, after experiencing the beginning of her service year in a bit of a fog, she decided that no Mercy Corps Volunteer should ever have to do that again. To that end, she created our first ever Mercy Volunteer Binder. The binder bundles all of the information that Megan found necessary to successfully complete her time at Clean & Sober. Finally, she created Clean & Sober's first complete instruction list on how to organize a wonderful campout. The Campout Guide lays out exactly what needs to be done, what to get, and where to get it. Due to Megan's tremendous effort and foresight, Clean & Sober staff will have these valuable reference points to help us achieve our organization's goals. Even after her year of service was over, Megan stayed at Clean & Sober to train new staff and the new Mercy Corps Volunteer.

It was an honor to be part of Megan's service year. We at Clean & Sober believe that she is going to have a fantastic career in non-profit advocacy and we will always be proud to say she got her start with us.

Welcome Mary Ann and Brynn!

This summer Clean & Sober welcomed two new staff members to our team.

We are excited to announce that Clean & Sober has filled a new staff position. In July, we hired Mary Ann Laramie as our Residential Program Coordinator.

Mary Ann has eight years of Alcohol and Drug Recovery experience in Sacramento. She has worked as a drug counselor and case manager. She has also operated a twelve-step based transitional program in the community of Oak Park. With such an impressive resume, we are confident that Mary Ann will be a wonderful asset to our organization.

Also, we have been fortunate to continue our great relationship with the Mercy Volunteer Corps. This year's volunteer arrived in August and we are very excited to have her. Brynn Walzer comes to us from New Jersey. She is a recent graduate of Georgian Court University, a Mercy University. We look forward to Brynn adding to the strong legacy of Mercy Corps Volunteers at Clean & Sober.

Fun Facts:

- Mary Ann has fourteen grandchildren and two great-grandchildren.
- Brynn was the president of her college's Student Government Association... as well as a cab driver on the weekends.

Announcements

Save The Date: November 11, 2010 at the Crest Theater

A Tribute to Johnny Cash & Patsy Cline Concert

What better way to support Clean & Sober and have a special evening out? We were lucky enough to have seen their show, the most authentic facsimile of Johnny Cash and Patsy Cline in America today, they are truly amazing. The band has graciously agreed to donate this evening to our program. Please buy tickets and bring **ALL** of your friends... we are expecting a full house!

Tickets can be purchased through Tickets.com/ 1-800-225-2277 and the Crest Theatre Box Office.

This is an opportunity **not** to be missed and we look forward to seeing you there!

All the proceeds will benefit Clean & Sober.

Annual Benefit Dinner has been moved to the Spring.

You may have been wondering why you have not received an announcement regarding our Annual Benefit Dinner & Silent Auction. This year we have decided to move our event to the Spring. The Annual Dinner is scheduled for March 24, 2011.

Stay tuned for further announcements regarding this event.

Board member stepping down

Tammy Battistessa is stepping down from Clean & Sober's Board of Directors in order to pursue other opportunities. We thank Tammy for her years of dedicated service to our organization and wish her the best of luck in her future endeavors.

Check out our webpage and facebook page!
www.clean-and-sober.org