

New Start News

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

A QUARTERLY NEWSLETTER

Issue # 3 - SPRING 2011

Annual Benefit Dinner and Silent Auction

It's here! You are invited to our first spring benefit.

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Clean & Sober's Benefit Returns

Our Annual Benefit Dinner & Silent Auction is back and you are invited.

Clean & Sober is in the process of putting together our Annual Benefit Dinner & Silent Auction. We are very excited about this event for a few important reasons.

One of those reasons is that we are going to incorporate some new things into this year's event. For instance, this is going to be the first benefit that Clean & Sober has produced in the spring. We believe that this change is an improvement because the fall season is commonly packed with other local events. Also, we are hopeful that the benefit concert will be our annual winter event in November.



Another cause for excitement is the unveiling of ideas for our new logo. While the Clean & Sober logo has served us well, we have found it to be ubiquitous in the service provider community. Particularly, similar logos are used by organizations that serve homeless or recovery communities. We have been very fortunate to secure the help of Brett Boyle, the person who designed our beautiful Johnny Cash Benefit flyer. The final ideas will be available for viewing at the Benefit Dinner. Please come and let us know what you think.

We are also excited to introduce several new members of the Clean & Sober staff. As has been announced in our newsletter previously, we have made three additions to our staff this year. This will be a great opportunity to meet

our newest Executive Director, Tyrone Buckley, as well as our Mercy Volunteer Corps Member, Brynn Walzer, and Residential Program Coordinator, Mary Ann Laramee.

Clean & Sober is also going to take this event as an opportunity to honor one of the founders of our program and Clean & Sober's heart and soul, Manny Dias. Manny has been working to get homeless women and men off of the street and into a life of sobriety for at least the last 17 years. While there have been many important individuals that have contributed to the success of Clean & Sober, Manny has been the driving force that has made sure that we would be there for homeless addicts and alcoholics every day.

The program that Manny started on friendly couches in homes across Sacramento, has blossomed into a Walk-In Office, two entry-level recovery communities, and a transitional housing program.

A life of service can be thankless. Servants of the needy expect and accept that reality. We hope that you will join us as we thank a person who has committed his life to helping the most needy in our community.

(Event: March 24th @ The Grand in Downtown Sacramento)

Residents Giving Back: Service to the Community

One of the most remarkable changes that we see in our residents is the spirit of community that rises in them once they get clean and sober. When they first arrive at the *New Start* residential communities, they often have their defensive walls built high and personal buy-in to the idea of community is very low. It is difficult for them to understand their responsibility to the community and trust that the community will be responsible to them.



However, after a few months of experiencing the wonderful culture of *New Start*, they begin to eagerly seek opportunities to contribute to the community. In order to help residents fulfill this desire to give back, Clean & Sober has created several service opportunities.

One of the primary service positions is manager. Each *New Start* community has 3 managers: a manager, an assistant manager, and a weekend manager. These positions are offered to residents who have been successful in addressing their recovery. They also have shown leadership in twelve-step recovery and conflict resolution. These residents live at *New Start* and help keep the community in order.

Our residents also enjoy contributing to the larger community. On every fourth Tuesday of the month, four residents from *New Start 1* and four residents from *New Start 2*, volunteer in the Loaves and Fishes Dining Room to lend a helping hand. A volunteer driver picks up the residents and transports them to Loaves and Fishes. This is done in two shifts: a morning crew and an afternoon crew. First, the driver delivers four residents at 7:30 a.m. This morning crew helps the Dining Room staff prepare for the lunch service. When the afternoon crew is delivered to Loaves and Fishes right before lunch, the morning crew returns home. The afternoon group serves lunch to the guests. They also clean the Dining Room once all of the Loaves and Fishes guests have left. The volunteer driver then picks up the remaining volunteers at 2:30 p.m.

Every month, nine Clean & Sober residents volunteer to give back to their community at the Loaves and Fishes Dining Room. While we are very proud of all the gains that our residents make while recovering from drug and alcohol addiction, it is truly amazing when recovery helps them understand that they can be of service to others. This may be the greatest gift that Clean & Sober gives them.

February Dining Room Volunteers:

Nick B. transported Mike M., Josh J., Max C., Bud H., Mike B., Liz M., Robert L., and Tony W. from *New Start* and transported them to Loaves and Fishes.



Announcements

Clean & Sober Needs The Following Items For Our Programs:

- THE PRICE OF GAS IS SKYROCKETING: Please send in gas gift cards! [any amount]
- Blankets
- Toilet Paper
- Jackets
- Regional Transit Passes
- Gloves
- New Socks, Underwear
- Towels

Visit the Clean & Sober Website to find out what else we need donated.

You must visit (and 'like') our facebook site! Also, get your Clean & Sober updates at our website.

www.clean-and-sober.org

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