

Sea Currents

February 2008

Volume 7, Issue 1

Sober Living by the Sea
Newsletter

Alumni Meetings

SLBTS Alumni Meeting

Thursdays from
7:00 PM to 8:00

Call
949-675-6107
for more info.

Victorian Alumni Meeting

Wednesdays from
7:00 PM to 8:30

Call
949-673-2423
for more info.

The Alumni Department wants to hear from you:

Call or send an email to keep in touch and let us know how you are doing!

Alumni Hotline: 949-675-6107

Email: mary.davis@soberliving.com

Alumni Website:

www.soberliving.com/alumni.php

Interview with Activities Director Jerry Bigelow: “Teaching Them How to Have Fun in Sobriety”

Those of you who've been to Sober Living by the Sea in the last few years probably remember that the most lighthearted staff member was also the one that takes our clients on daily excursions and activities.

Jerry Bigelow chooses and performs logistics for the many fun activities that residents from several of our treatment programs go to on a daily basis.

I took a few minutes to talk with Jerry Bigelow, Sober Living by the Sea's Activities Coordinator who has a heart of gold.

Jerry, a California Native

(originally from San Francisco) has forged an interesting path on his way to becoming the Activities Director at SLBTS. A graduate of Orange Coast College with a Degree in Recreation, Jerry pursued a wide variety of careers on his way to joining the SLBTS staff.

“I taught Jr. High School and then moved into the hospitality industry by opening a Bed and Breakfast called the ‘Claim Jumper’ in Crested Butte, Colorado.”

When asked if there was any conflict with the restaurant chain that used the same name he replies “Oh no conflict at all, I

took advantage of it by using all of their printed materials (matchbooks, t-shirts, and napkins).”

Jerry also was a bit of a news celebrity because he reported on television as a sports reporter, wrote the sports page, and even worked on Monday Night Football. Jerry is quick to show photographic proof of all of these endeavors to anyone (*me for instance*) who might have doubted him.

If you don't think that Jerry has had an interesting life, consider this: He is a Reverend and has married 750 couples. Jerry Bigelow has also been a game show contestant 3 different times and his winnings include a lifetime supply of Lee's Press On Nails, a trip to Hawaii, and a roomful of furniture.

Jerry found his way to SLBTS because of his long standing 30 year friendship with former owner Carl Mosen. They originally met while working at Ralph's in Costa Mesa in the 1970s. Carl approached Jerry Bigelow after Jerry had sold his Bed and Breakfast (Jerry had supposedly begun his retirement) and challenged Jerry to help him “get the kids off of the patio.”



Cont'd on page 2:

George Bush Discusses His Recovery From Alcoholism

Who says you can't still do great things even after going to rehab?

George Bush became very emotional and opened up about his alcoholism to a

group of people attending a speech he was making at the Jericho Program in Maryland on Tuesday, January 29th, 2008. The Jericho program is a faith based community service

program that helps urban males re-enter society after prison.

George Bush has been sober since his 40th birth-



Cont'd on page 2:

Love him or hate him, he's a recovering alcoholic like many of us

Jerry Bigelow (cont'd from page 1):

What does Jerry like about his role as Activities Director?

"I get to work with really intriguing clients in a really fun setting. It is often challenging but always a wonderful experience to teach our clients the life skill of how to have fun while sober."

When asked if Jerry had any particularly fond memories he is quick to point out that he loves hearing from clients who have moved on and hear how they are doing. He recounts the following story in particular:

"We were on an excursion one day and I got a phone call on my cell phone from a client who I hadn't seen in a while. This gentleman called me just to tell me that he was bowling with his wife and children and he wanted to tell me how great it was to do fun things and be sober. When this man had originally arrived at Sober Living by the Sea he never spent time with his family... he would only golf with his friends. He told me that he just didn't know how to interact with them sober. Using the skills that he learned while in treatment at Sober Living by the Sea he grew into a person who could be there for his family and enjoy every minute of it. It made my heart really proud to know that I had been a part of that man's recovery."

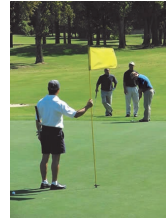
If you want to let Jerry know how you are doing or have a funny story that you remember, please call us at 949-675-6107 or email us at alumni@soberliving.com to share it with us. We'll make sure he'll get the message and he'll probably even call you back to chat for a few.

-Michael H

A Look at Sober Living by the Sea Activities

Physical Activities:

- 24 Hour Fitness Center
- Softball
- Basketball
- 5K Run
- Golfing
- Yoga



Enriching Activities:

- Art Museums
- Botanical Gardens
- Sawdust Festival
- Movies
- San Diego Zoo
(Amtrak Train Excursion)
- Long Beach Aquarium
- Church Excursion
(optional)



Fun Outdoors:

- Barbeques
- Sailing
- Sports Fishing
- Sand Castle Competition
- Disneyland
- Universal Studios
- Knott's Berry Farms
- Palm Springs Excursion



**Share Your Milestones
With Us!**

Email:

alumni@soberliving.com

Alumni Dept. Phone:

949-675-6107

Website:

www.soberliving.com/alumni.php

Birthday Milestones

Name	Date	Years	Name	Date	Years
Taylor B-K	Jan. 2005	3	Jordan R.	Jan. 2003	5
Brendan B.	Jan. 1998	10	Brian S.	Jan. 1998	10
Tom D.	Jan 2001	7	Dixie W.	Jan. 2001	7
Kay F.	Jan. 2000	8	Sarah Y.	Jan. 2007	1
Christine F	Jan. 2005	3	Oscar Z.	Jan. 2007	1
Tiffany H.	Jan. 2007	1	Brian B.	Feb. 2003	5
Virginia J.	Jan. 2004	4	Charlie M.	Feb. 2005	3
Charlotte P.	Jan. 2005	3	John M.	Feb. 1980	28
Elizabeth R.	Jan. 2001	7	Chris S.	Feb. 2000	8

Bush speaks frankly about his alcoholism (cont'd from page 1)

day and had to reach out for the help of a faith based program. During his speech he also made reference to the 12 Steps of Alcoholics Anonymous.

"Addiction is hard to overcome. As you might remember, I drank too much at one time in my life," said Bush, who has often stated that religion became a greater part of his life after he gave up alcohol.

"I understand faith-based programs. I understand that sometimes you can find the inspiration from a higher power to solve an addiction problem," he said.

George Bush has become increasingly vocal about his struggles with alcoholism, also talking frankly with struggling group of young addicts who he hosted in the White House in December. George Bush's date of sobriety is July 6th, 1986.

Birth Milestones

Morgan L. and Mike A. welcomed Dylan Barron in 6/2007

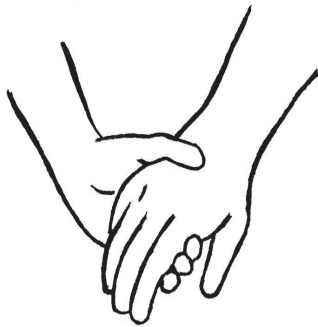


Kasey A. welcomed Cameron 8/1/2007

Weddings

Scott T. got married 8/2007

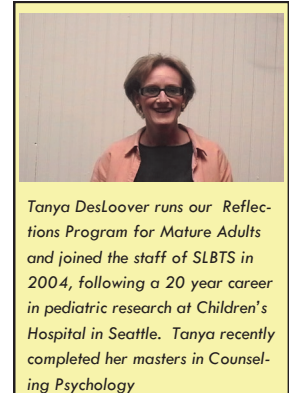
Lee Ann U. got married 2/2008



Clinical Corner: Frequently Asked Questions

Frequently Asked Question From Family Members:

"When will my child, spouse, parent, express remorse for what they have put me/us through? I don't hear any apologies". This usually occurs after their family member has been here in treatment for a couple of weeks and in talking about how they are doing, or "coming along". I explain that what they are talking about is "amends", which are addressed in the 8th step of recovery. Currently, their recovering person is working on step 1, understanding that they are powerless over their substance of choice. That the 8th step may be months away. It's helpful to remember and try to separate the person from the disease.



Tanya DesLoover runs our Reflections Program for Mature Adults and joined the staff of SLBTS in 2004, following a 20 year career in pediatric research at Children's Hospital in Seattle. Tanya recently completed her masters in Counseling Psychology

Frequently Asked Question From the Client:

"Why don't they trust me? I'm in treatment aren't I?" I ask them how long they have been using, and let them know that their family may not trust them until they have been sober as long as they were using. It takes time for them to learn to trust. They have been through an extraordinary ordeal, much of which the substance abuser does not even remember(!)

Recovery is a process and takes patience. Treatment is no panacea; Recovery is a journey for the whole family. It took a long time to get to treatment and it takes a while to put things back together again, or for the first time for some people. **Remember that it is an illness, and like cancer, long term recovery works best if everyone is learning to take care of themselves with outside help.**

Purple = Alumni Red = Staff Green = Staff that are Alumni

Name	Date	Years	Name	Date	Years
Jan A.	Feb. 1999	9	Dianna D-L.	Mar. 2004	4
Adair B.	Feb. 2005	3	Whitney F.	Mar. 2006	2
Charles C.	Feb. 2007	1	Bruce F.	Mar. 1994	14
Roy H.	Feb. 1997	11	Lauren K.	Mar. 2004	4
Paul H.	Feb. 2002	6	Jason M.	Mar. 2006	2
Charlene M.	Feb. 2006	2	Katie O.	Mar. 2007	1
Patrick B.	Mar. 2000	8	David P.	Mar. 2004	4
Bliss B-G.	Mar. 2005	3	Don P.	Mar. 2001	27
Ron C.	Mar. 1986	22	Dan R.	Mar. 2003	5

In Memoriam:

- Megan F. Passed 12/2007
- Jason T. Passed 1/2008
- Ken H. Passed 1/2008
- Paul B. Passed 1/2008
- Kevin G. Passed 1/2008

Recovery News Corner:

Marijuana, Methamphetamine, and Prescription Drug abuse on the rise.

In 1996, Alcoholism accounted for 51% of treatment admissions for addiction.

In 2006, alcoholism accounted for only 40% of the 1.8 million treatment admissions for addiction. This was mainly attributable to the rise in meth, marijuana, and prescription drug abuse.

Fun Fact: 55% of treatment admissions for methamphetamine abuse come through the criminal justice system.



1 In 3 Hit songs Mentions Substance Abuse.

About one-third of hit songs -- including three-quarters of rap songs -- have some form of explicit reference to drug, alcohol or tobacco use, a new study found.

The researchers did their study by analyzing Billboard

magazine's 279 most popular songs of 2005.

"Overall, 42% had a substance use reference of any kind and 33.3% percent contained explicit substance use references," wrote the University of Pittsburgh School of Medicine researchers.

The overall rate of references varied widely by musical genre, with rap being the most frequent offender. One or more references to substance use were found in 77% of rap songs.

Source: JAMA Archives Feb 4, 2008.

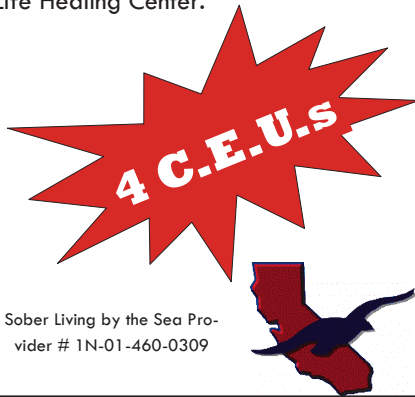
You are invited to the 1st Annual Heartbeat of Recovery Alumni Event

Connection, Consistency, Compassion, Celebration!

On March 29th, Sober Living by the Sea brings you a positive and constructive day of activities to help strengthen you in your recovery.

Two inspiring workshops will be presented to help you deepen your recovery and move toward greater confidence

There will be plenty of activities and lunch. Join us and meet and discuss your experience in recovery with fellow alumni of SLBTS as well as Sierra Tucson and Life Healing Center.



Sober Living by the Sea Provider # 1N-01-460-0309



March 29th, 2008 at

SLBTS Costa Mesa Lecture Facility

When:

Saturday March 29th 9:00 a.m. – 3:30 p.m.

Workshops start promptly at 9:30 a.m.

Where:

SLBTS Lecture Facility

1040 West 17th St., Costa Mesa, CA 92627

Cost:

\$20.00 per person includes workshop materials, coin, and lunch

How to register (easy and secure):

Go To: www.sierratucson.com and click on events-> alumni events.

Or Call Mary D. at 949-675-6107

Morning Workshop:

Forgiveness and Beyond

By Philip S. Mitchell, M.A., MFT
(CA), MAC



Forgiveness and Beyond

Philip Mitchell's presentation is designed to help you better understand and sharpen your ability to forgive self and others and effectively proceed with recovery and an enhanced quality of life.

Phil will also share insights related to forgiveness, recovery and this unique moment in time of rapid change and evolution. There will be time for discussion based upon participants' questions & concerns.

Visualize Confidence

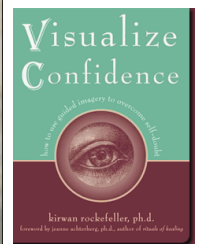
In his new book, *Visualize Confidence*, Kirwan Rockefeller tells readers that the power to achieve confidence and success has always been theirs – they just have to visualize it using simple guided imagery techniques.

The Secret to Success? Visualize It and Take Action!

Afternoon Workshop:

Visualize Confidence

by Kirwan Rockefeller, PhD



To remove yourself from this mailing list please call 949-675-6107