

May 2008
Volume 2, Issue 1

"Keeping current and past patients, family and friends in touch to support a clean and sober lifestyle."

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Reminder

UPDATE YOUR CONTACT INFO!



Please make sure we have your current address, phone numbers, email address, etc. on file!

If you do not wish to receive communication from us – just call or email and we will unsubscribe you. 306-695-2251

jane.pinelodge@sasktel.net
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Canada

Alumni Newsletter

Message from the President

Once again the Pine Lodge Alumni are proud to host the 23rd Annual Family Fun Day, Sat. Aug 9, at Indian Head.

I would like to personally thank everyone who has attended or who will attend this annual Reunion; without your continued support it would not be as successful as it has been in the past.

This is the #1 fundraiser that the Alumni puts on. The money generated, as well as many generous donations, is put back into Pine Lodge Treatment Centre, in many different areas such as updating drug and alcohol videos, down to personal needs of the patients to make the 28 day stay as pleasant as possible.

Ah the Dance! The music will start at 9 pm **sharp** this year, with breaks to announce the door prizes and ticket winners from the main raffle. There are some truly wonderful prizes to be won.

I would like to take this time to thank the other Alumni members and the Program Director at Pine Lodge, Susan U., for their ongoing dedication and hard work put into keeping functions like the Annual Reunion/Fun Day and the Annual Christmas Party alive.

I am also grateful for being a part of the Alumni, to be able to give back what was freely given to me at Pine Lodge. Wishing everyone another sober and clean 24 – and gratefully yours,

-Ken S.

President, Pine Lodge Alumni



Message from the Director

What a great day! Every day above dirt is a very positive day, especially when I think of the alternative to that. I am so grateful for my addiction. Without it, I wouldn't have met you. I wouldn't have learnt that I don't know everything and how to listen. Someone long ago said to me "If you're hungry – eat. If you're tired – sleep!" I heard that.

Only an addict like me would try to control things I have no control over, and, do it for a long time! I am grateful for my addiction today. It took a while to be able to say that and to mean it. Thanks for helping in my recovery.

- Susan U.,
Program Director, Pine Lodge



Patient Poetry

Say goodbye to beer,
Say goodbye to rye,
You may shake, rattle and roll and then may cry.

Say goodbye to the rig,
Say goodbye to the joint,
Here, my friend is my point –
When you feel down,

And you feel lost,
Friends will be there at no cost.
Before you drink,
Before you drug,

Hey there, Bud – ask for a hug!
-A friend in Sobriety, Shelley O.
Pine Lodge Alumni 1996

Check Out Our Websites:

Pine Lodge:
www.pinelodgetreatment.ca

Regina Detox:
www.detoxregina.com

Annual Alumni Family Fun Day Golf Tourney & Reunion

August 9, 2008 at
Indian Head, SK



Golf Fun Tourney:

At: Indian Head Golf Course
Registration: 8:30 am
Tee Off: 9:00 am SHARP
Price: \$20.00 per person
(payable at Golf Course)



Park Activities:

(across from Pine Lodge)
BBQ – 12:00 noon
Registration Table

Horseshoes:

Registration 12:30 p.m.
(at Registration Table)
Start 1:00 p.m.

What to Bring:

Lawn chairs, balls, Frisbees,
bubbles, games/toys for kids,
sun/rain umbrellas – sunscreen
and bug repellent.



Pre-register at
306-695-2251

Memorial Hall Activities:

(We promise to be on time this year!)

Evening Program:

Registration (3:30 p.m.)

On-going Silent Auction



4 pm - NA Speaker
5 pm - Al-Anon Speaker
6 pm - Catered Supper
8 pm - AA Speaker
9 pm - Family Dance

Contacts for Advance Tickets:

(\$25.00 per person)

Brenda B.:

Pine Lodge – 695-2251

Ken S, Indian Head – 695-3968
or email:

plalumni@sasktel.net

Ticket Prices:

Park Activities, Supper, Dance:

Adults – \$25.00

Children – ages 6-12 - \$5.00

Ages 5 & under – n/c

AA Speaker and Dance only -

\$5.00 per person

Advance tickets available from
Alumni Members & Pine Lodge

Volunteers Needed:

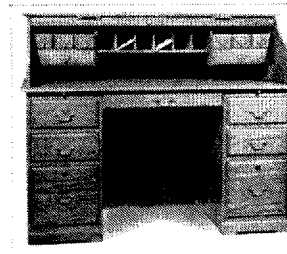
We really need volunteers! Just come forward and offer to help. Please help us set up/take down, assist the caretaker with loading/ unloading, tables, chairs and other stuff and help clean up the hall after the event. That is much appreciated!

Grand Prizes for Fund Raising Tickets

(Winners to be drawn at the Fun Day)

First Prize –

A hand-built classic
Roll Top Desk



Custom made by Vern K.

This beautiful hand-made roll top desk with classic design pigeon holes and other rare details is lovingly crafted and generously donated by Master Craftsman Vern K. It is made of hand-selected *solid oak*. When it is opened up it looks this↑

Second Prize

Laptop
Computer



Third Prize

Barbeque

Tickets are available at Pine Lodge or if you could sell a book or two for us please call Brenda 306-395-2251 and we will mail them out to you. We would like to make these prizes available over a wider area this year and reach as many people as possible. There will also be **numerous** door prizes and a Silent Auction of exciting goods for you to bid on at the Annual Fun Day.