



Alumni Newsletter

November 2008
Volume 2, Issue 2

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

Visit our website
www.pinelodgetreatment.ca



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

pinelodge@sasktel.net

Pine Lodge
211 Otterloo St, PO Box 457
Indian Head, SK S0G 2K0
Canada



*Have a Happy Safe
Sober Holiday*

Annual Alumni Christmas Party



December
19, 2008

11:00 a.m. – 4 p.m.

You must **pre-register** your children's names for them to get a gift from Santa. *Everyone please reserve your seats by Dec. 12th.* Call Brenda at **306-695-2251** or pinelodge@sasktel.net

President's Message



Another year has come and gone and the Holiday Season is near. Wow- seems like we just finished talking about the Reunion in August! I would like to thank everyone who was able to attend the Family Fun Day and hope everyone enjoyed the occasion.

Thank you ever so much for your ongoing support. It could not happen without you.

The Annual Christmas Party will be held on December 19th, 2008 – that's a Friday. We all look forward to seeing as many former patients, family members (children) and parents – whoever is able to attend.

This is a family time of fun, food, song and, of course Santa, who will have gifts for the children.

A special thank you goes to the many volunteers who helped out at the Reunion. The help is always greatly appreciated.

*- Ken S., President
Pine Lodge Alumni Assoc.*



Program Director's Message

It's time once again for all of us to gather and break bread. To sing songs and see Santa with the kids. To remember where we were and be oh so grateful that we are not there today.

It is the time to laugh and hear it, sing on or off key and just smile and be okay with that. It is the time to say thanks for you and me. And it is time to say a little prayer for the ones that didn't find what we have found today.

And – don't forget the chocolate!!!! Now we will eat as many as we want – just coz we can! This is now a happy time for me and I hope it is for all of you.

*- Susan Ulmer, Pine Lodge
Program Director*

Return Visits



Anyone who has completed their treatment in any year is welcome to come for one day return visits. Wednesdays are discouraged but other days come from 0830 to 4-ish. Consider how much this means to our patients as well as the refresher it is for you!

**To book a return visit
call Brenda at 306-695-2251**