

UNDER THE BRIDGE

Newsletter for Last House On The Block Society



May 2014

Welcome to the May issue of Under the Bridge, the free newsletter of Last House on the Block Society. May is the first official month of Spring and, to many, Spring is symbolic of new beginnings. On May 31st, an organization known as 2CAV (Canadian Army Veterans motorcycle units) will conduct a charity bike ride to support Last House on the Block Society and Bikers Down Society.

We feel both honored and blessed to have been selected as one of the community organizations that will be supported in the 2CAV ride this year. Certainly we will be grateful for any funds raised during this event, but equally as important will be the awareness raised in our community as to who we are and what our mission is. Be sure to read next month's newsletter for an update on that.

On April 25, we received a call from the office of Deputy Mayor Darren Fisher. Mr. Fisher had two complimentary tickets for a concert of the Dartmouth Chorale Society that they wished to donate to Last House on the Block Society. We were able to give those tickets to someone in early recovery so that was appreciated.

The scarf project continues. We estimate over 90 scarves have been completed. So even if we only progress at the speed we are at now, our goal of 200 scarves is within our reach. But "Santa Under The Bridge" is not just about scarves. It's about thermal socks, tuques, blankets, gloves. Most of those items are purchased and we require money to do that. So if you want to help but you don't know how to knit, make a cash donation. Five dollars, ten dollars, twenty dollars, a hundred dollars. No amount is too small. And if you're on a fixed income and just don't have the cash to spare, you can still volunteer. If you're interested, just let us know. We'll find something for you to do. If you wish to donate, visit

our website or facebook page for information on how to donate.

Just a personal aside, it was during the month of May, 20 years ago, that I decided to do something about the addictions that held me in bondage. So May is a special month for me. It's not the month or the year that I stopped. It was a process that took about 4 years. I had numerous failed attempts but in the end I was successful. I mention that for any of our readers who may be struggling to end their own addiction. Just because it doesn't work the first time is no reason to stop trying. There are various methods for overcoming addictions; find the one that works for you and put as much effort as you did into drinking or using into your attempt to stop.

This article was written by a volunteer director of Last House on the Block Society. We encourage our readers to submit their own stories or articles. So if you have a story about life under the bridge or on the streets or if you are working or volunteering in this field, we'd like to hear from you. There is no payment for stories, articles, poetry or artwork submitted, however we will provide you with a printed copy of the newsletter.

Submissions should be addressed to:

Last House on the Block Society, 38 Trentonian Lane, Dartmouth, NS B2W 0C4.

You may also email them to us at : lasthouseontheblock@outlook.com

The Diversity Scarves

The scarves we provide are called diversity scarves. They are made from 3 different colors of wool, from odds and ends and often from discarded balls of wool. The idea is that many who suffer from addiction often feel discarded by society, yet when they break the chains of their addiction and go on the road to recovery they become a creation of warmth and beauty, like the diversity scarf. The three colors also symbolize that no matter what our gender is, or what our drug of choice may have been, it is our diversity that adds to our beauty.

What Do They Look Like?



19 scarves completed by Christine.



42 scarves completed by Nancy, Donna, and Kim

Tanya has 20 completed and Karen has 11 completed. No pictures other than those in last month's newsletter. There are other knitters also but we don't have their totals at this time. This subtotal makes 92 scarves knitted that we know of. The actual number is no doubt close to 120.

How Are They Made?

Nancy has provided us with the basic pattern.

You use three different colors of wool all knitted together as one. Thick wool and thin wool can be used together.

Using size 10 knitting needles cast on 20 stitches, in rib of knit one pearl one until scarf is of a length to go from your hip around your neck and down to your other hip. This makes the scarf reversible and nice and thick to keep people warm.

We call it a diversity scarf because it is usually made from odds and ends and discarded bundles (although it can be made from new yarn as well) which when combined, becomes a creation of beauty and warmth. Each scarf is unique and can be worn by any gender from any fellowship symbolizing that although we are each unique, our diversity only enhances our beauty.

ABOUT US

Last House on the Block Society is a non-profit organization that provides community outreach and/or information services to men and women in recovery from addictions to alcohol, drugs and gambling.

By directing persons in recovery to treatment services, self-help meetings, life skills, leisure activities, training and employment agencies, and by offering them support and encouragement, we hope to help them build a positive self-image so that they may re-integrate back into society.

Whenever possible, we will donate items of clothing to persons in recovery from addictions.

Board Of Directors

				
Bernie	Larry	Nancy	Heather	Deanna

How To Contact Us

We don't have an office or a facility yet but our mailing address is:

38 Trentonian Lane, Woodlawn Village, Dartmouth. NS, B2W 0C4

Check out our website:

<http://lasthouseontheblocksociety.weebly.com>

Like our facebook page:

www.facebook.com/LastHouseOnTheBlockSociety

or become a member of our facebook group:

www.facebook.com/groups/lasthouseontheblocksociety

Follow us on Twitter @lasthouseonthebloc

or just send us an email and ask a question:

lasthouseontheblock@outlook.com

Submissions for Under The Bridge should be sent to the Editor, either by mail or email to the address above.

How To Be Involved

There are different ways to help with Last House On The Block Society.

You can donate money or items (as many of you do). Please visit our website for info on how to donate. You can be one of our knitters (if knitting or crocheting is your thing). You can volunteer for fundraising events by getting on the fund-raising committee. Or if you'd like to be directly involved in the decision-making process, you can make application to serve on our voluntary board of directors. Its a two-year term. We currently have 6 board members which is enough to operate the society, although our full complement is 11 board members. If you are in recovery from an addiction, we would prefer one year clean or sober.

This newsletter was compiled, manufactured, and distributed by one of the founding directors of Last House on the Block Society. All costs for publication, printing, and distribution are donated.

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For email subscription: lasthouseontheblock@outlook.com

SPECIAL EVENT

Soles for Souls Day!
Friday, May 23, 2014
12:00 Noon - 4:00

SOULS HARBOUR RESCUE MISSION to give away 1000 pair of free running shoes. Also for give-a-way will be new toiletry kits.

This is a community event. All are welcome! One pair of runners per person.

Priorities

by Mother Theresa

People are often unreasonable, illogical, and self-centered;
Forgive them anyway.

If you are kind,
People may accuse you of selfish, ulterior motives;
Be kind anyway.

If you are successful, you will win some false friends and some true enemies;
Succeed anyway.

If you are honest and frank, people may cheat you;
Be honest and frank anyway.

What you spend years building, someone could destroy overnight;
Build anyway.

If you find serenity and happiness, they may be jealous;
Be happy anyway.

The good you do today, people will often forget tomorrow;
Do good anyway.

Give the world the best you have, and it may never be enough;
Give the world the best you've got anyway.

You see, in the final analysis, it is between you and God;
It was never between you and them anyway.