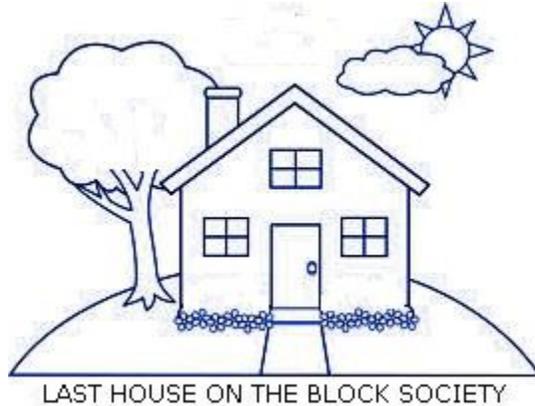


# UNDER THE BRIDGE



## Newsletter for Last House On The Block Society

October 2014

Welcome to the October issue of Under the Bridge, the free newsletter of Last House on the Block Society. We are pleased to announce the appointment of an additional Director, Steve Deveau, Peer Support Worker at Self-Help Connections.

Our Cheesecake Raffle was such a huge success that we decided to have another. The draw date for that is Thanksgiving Day. We'll let you know how that turns out in our next issue.

The online fundraiser we were conducting with Mabels Labels did not go very well. We chalked it up to bad timing. We did, however, raise in excess of \$200 from other contributors, including the Office of the Deputy Mayor Darren Fisher and we would like to extend our thanks to all those who support us.

Santa Under the Bridge is just around the corner. Our volunteers have worked hard all year long, knitting scarves. Although we do not have an exact count, we estimate our total to be in excess of 150 scarves. We will begin making deliveries on December 1, 2014 so that the organizations who receive them will have ample time to

distribute them to their clients. Nancy Schultz is head of the project and she has been kind enough to share the following message with our readers about why she is involved with this project and the effect it has had upon her:

### The Greatest Gift

*For the past 20 years or so, I have not enjoyed Christmas. All those people whom I came into contact with who did enjoy Christmas outraged me.*

*I was like the Grinch. I tried hard to put on the false happy face and did what I could to make it happen for my children but my heart just wasn't in it.*

*The situation that destroyed Christmas and part of me happened almost 20 years ago. I was in the kitchen making my mother's recipe for Christmas cookies when I received a phone call that my mother had passed away from Lou Gerrick's disease. The super strong lady who talked and walked through life praising God had fallen to this undignified disease. Six months later my father was taken from me by cancer.*

*Alcohol was the only thing I found that would deaden the pain. After that stopped working for me and started working against me, I hit my bottom. To me, suicide seemed the only answer. But, somehow I was guided to Alcoholics Anonymous and by using the Twelve Steps of that program I was able to put an end to my drinking, but not to the suffering I felt. Every Christmas, sadness would overtake me.*

*Last year, I became involved with Last House on the Block Society and the scarf project. It was actually my idea to make the diversity scarves for others who might also be sad and lonely at this time of the year. By making and giving this part of me, I have been given back that part of Christmas that I have for so long been lacking – the gift of giving.*

*Last year was the first year in the last twenty years that I have felt happy and excited by the season. By giving I have received the greatest gift.*

*Nancy Schultz  
Director  
Last House on the Block Society*

*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](mailto: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.

## 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 Schultz– President/Newsletter Editor/Webmaster

Trish Eisenhauer – Vice President/Fundraising

Nancy Schultz – Corporate Secretary/Fundraising

Donna Horne – Treasurer

Heather Cousins – Director

Steve Deveau - Director

Deanna Timmons – Director

Mary Lambe - Director

## 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](http://www.facebook.com/LastHouseOnTheBlockSociety)

or become a member of our open facebook group:

[www.facebook.com/groups/lasthouseontheblocksociety](http://www.facebook.com/groups/lasthouseontheblocksociety)

Follow us on Twitter @lasthouseonthebloc @lasthouseonthebloc

or just send us an email and ask a question:

[lasthouseontheblock@outlook.com](mailto: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 or Facebook page for info on how to donate.

You can be one of our knitters (if knitting or crocheting is your thing).

You can volunteer for fund-raising 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 7 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.  
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