



# Coulee Council on Addictions Newsletter

921 West Ave S., La Crosse WI, 54601  
Phone-(608) 784-4177 Website- [www.couleecouncil.org](http://www.couleecouncil.org)

July-August-September  
2009 Newsletter

## Events/Programming

### Coulee Council Golf Classic

Coulee Council on Addictions is holding its first annual Coulee Council Golf Classic, formerly known as the Thomas E. Noelke Memorial Golf Classic, on August 10<sup>th</sup> at Cedar Creek. The money raised will benefit Coulee Council. If you would be interested in participating or donating for the event please contact us at 608-784-4177.

### Get your loved one sober

The third session of this program, facilitated by Ronda Lettner will be starting again. The program is based on the book *Get Your Loved One Sober: Alternatives to nagging, pleading, and threatening* by Meyers and Wolfe.

This program is for family and friends of individuals suffering from addictions.

It will be held Wednesday evenings from 6-7:30 pm running from July 8<sup>th</sup>-August 12<sup>th</sup>.

\*Class is free of charge, however we recommend buying the book\*

Please call to pre-register or to receive more information.

## What's new at Coulee Council?

Greetings to all and thank you for reading our current newsletter! My name is Tim Powers and I am the new coordinator for the Resource Center. As coordinator I will be introducing new programming here at Coulee Council as well as bolstering programs already in place in order to better serve the needs of all who come to Coulee Council. I am pleased to announce a couple of new features to Coulee Council. These new additions will not only benefit those who come to Coulee Council on Addictions, but hopefully will increase awareness of the services we provide to the broader community.

I am pleased to announce that Coulee Council on Addictions has their very own Facebook page. This is a wonderful opportunity to highlight our daily schedule of meetings, programming, and hours of operation of our Resource Center as well as upcoming events and new programming that will be available. Facebook is a wonderful vehicle for interaction on a broader scale for Coulee Council on Addictions and will allow a wider audience to see the great services and programming that we offer.

There will also be a new program coming to Coulee Council later this summer centered on sober living. It is a program that I will be putting together and is based on "The Recovery Book" by Al J. Mooney, Arlene Eisenberg and Howard Eisenberg. Among the topics that will be discussed will be steps to take in early recovery, controlling cravings, socializing sober, and relationships and social life among other topics. I will be posting updates on Facebook when this program will start. Information for this group will also be posted at Coulee Council.

If you have questions, concerns or ideas on programming, or have suggestions on what we can offer here at Coulee Council, feel free to email me at [rcc@couleecouncil.org](mailto:rcc@couleecouncil.org) or call Coulee Council.

## Celebrate Recovery Month

**Thursday September 10<sup>th</sup>, 2009 from 4pm-7pm**

Recovery Month (September) aims to promote the societal benefits of alcohol and drug use disorder treatment, praise the contributions of treatment providers and promote the message that recovery from alcohol and drug use disorders in all its forms is possible.

Please join us for the 2nd annual Celebrate Recovery Month kick-off at Riverside Park. There will be live music, food, and refreshments. Following the event there will be a dance held at Coulee Council on Addictions from 8pm-12pm

\*In case of inclement weather the event will be held at Coulee Council

## Calendar of Events at CCA

<i>July</i>		<i>Time</i>	<i>July continued</i>		<i>Time</i>
2nd	Lunch	1pm-2pm	16th	Lunch	1pm-2pm
3rd	Office Closed for the holiday		18th	Breakfast	8am-9am
4th	Breakfast	8am-9am	18th	RDDG-Kent	10am-11am
4th	RDDG-No speaker for the holiday			Oxford House	
4th	No Java Jam		21st	Lunch	1pm-2pm
7th	Lunch	1pm-2pm	21st	Guitar Lessons	6:30pm-7:15pm
7th	Guitar lessons	6:30pm-7:15pm	22nd	Get Your Loved One Sober	6pm-7:30pm
8th	Get Your Loved One Sober	6pm-7:30pm	23rd	Lunch	1pm-2pm
9th	Lunch	1pm-2pm	25th	Breakfast	8am-9am
11th	Breakfast	8am-9am	25th	RDDG-Bill Bakalars	10am-11am
11th	RDDG-Jackie Urban	10am-11am		Anger	
	How to take care of your finances from A-Z		28th	Lunch	1pm-2pm
14th	Lunch	1pm-2pm	28th	Guitar Lessons	6:30pm-7:15pm
14th	Guitar Lessons	6:30pm-7:15pm	29th	Get Your Loved One Sober	6pm-7:30pm
15th	Get Your Loved One Sober	6pm-7:30pm	30th	Lunch	1pm-2pm

<i>August</i>		<i>Time</i>	<i>August continued</i>		<i>Time</i>
1st	Breakfast	8am-9am	13th	Lunch	1pm-2pm
1st	RDDG-Vicki Miller	10am-11am	15th	Breakfast	8am-9am
	Job Search		15th	RDDG-Karolee	10am-11am
1st	Java Jam/Open Mic	6:30pm-10:30pm		STI	
4th	Lunch	1pm-2pm	18th	Lunch	1pm-2pm
4th	Guitar Lessons	6:30pm-7:15pm	18th	Guitar Lessons	6:30pm-7:15pm
5th	Get Your Loved One Sober	6pm-7:30pm	20th	Lunch	1pm-2pm
6th	Lunch	1pm-2pm	22nd	Breakfast	8am-9am
8th	Breakfast	8am-9am	22nd	RDDG-Rosalie	10am-11am
8th	RDDG-Shelby Martin	10am-11am		12 Steps of Spirituality	
	Relaxation		25th	Lunch	1pm-2pm
10th	Coulee Council Golf Classic	office closed	25th	Guitar Lessons	6:30pm-7:15pm
11th	Lunch	1pm-2pm	27th	Lunch	1pm-2pm
11th	Guitar Lessons	6:30pm-7:15pm	29th	Breakfast	8am-9am
12th	Get Your Loved One Sober	6pm-7:30pm	29th	RDDG-Dale Floody	10am-11am
				Humor	

<i>September</i>		<i>Time</i>	<i>September continued</i>		<i>Time</i>
1st	Lunch	1pm-2pm	15th	Lunch	1pm-2pm
1st	Guitar Lessons	6:30pm-7:15pm	15th	Guitar Lessons	6:30pm-7:15pm
3rd	Lunch	1pm-2pm	17th	Lunch	1pm-2pm
5th	Breakfast	8am-9am	19th	Breakfast	8am-9am
5th	RDDG-No speaker due to Labor Day		19th	RDDG-Sally Sibbald	10am-11am
5th	Java Jam/Open Mic	6:30pm-10:30pm		Family Stages of Adjustment	
7th	Office Closed		22nd	Lunch	1pm-2pm
8th	Lunch	1pm-2pm	22nd	Guitar Lessons	6:30pm-7:15pm
8th	Guitar Lessons	6:30pm-7:15pm	24th	Lunch	1pm-2pm
10th	Lunch	1pm-2pm	26th	Breakfast	8am-9am
10th	Celebrate Recovery Month-Riverside		26th	RDDG-No speaker due to Turned Leaf	
10th	Dance at Coulee Council	8pm-12pm	26th	Turned Leaf Festival	11am-5pm
12th	Breakfast	8am-9am	26th	Dance at Coulee Council	7pm-12am
12th	RDDG-June Benton	10am-11am	29th	Lunch	1pm-2pm
	Bereavement		29th	Guitar Lessons	6:30pm-7:15pm

### Turned Leaf Festival

Please join us for the 28th Annual Turned Leaf Festival at Myrick Park Main Shelter on **Saturday September 26th from 11am-5pm**. There will be food, prizes and live music! Following the event there will be a dance held at Coulee Council on Addictions from 7pm-12am. This alcohol free, family event is a great alternative to Oktoberfest!



## **Drugs, Brains, and Behavior: The Science of Addiction Series**

Throughout much of the last century, scientists studying drug abuse labored in the shadows of powerful myths and misconceptions about the nature of addiction. When science began to study addictive behavior in the 1930's, people addicted to drugs were thought to be morally flawed and lacking in willpower. Those views shaped society's responses to drug abuse, treating it as a moral failing rather than a health problem, which led to an emphasis on punitive rather than preventative and therapeutic actions. Today, thanks to science, our views and our responses to drug abuse have changed dramatically. Groundbreaking discoveries about the brain have revolutionized our understanding of drug addiction, enabling us to respond effectively to the problem (Nora D. Volkow, M.D.).

As a result of scientific research, we know that addiction is a disease that affects both the brain and behavior. We have identified many of the biological and environmental factors and are beginning to search for the genetic variations that contribute to the development and progression of the disease. Scientists use this knowledge to develop effective prevention and treatment approaches that reduce the toll drug abuse takes on individuals, families, and communities (Nora D. Volkow, M.D.).

Despite these advances, many people today do not understand why individuals become addicted to drugs or how drugs change the brain to foster compulsive drug abuse. At the National Institute on Drug Abuse (NIDA), they believe that increased understanding of the basics of addiction will empower people to make informed choices in their own lives, adopt science-based policies and programs that reduce drug abuse and addiction in their communities, and support scientific research that improves the Nation's well-being (Nora D. Volkow, M.D.).

Why study drug abuse and addiction? Abuse and addictions to alcohol, nicotine, and illegal substances cost Americans upwards of half a trillion dollars a year, considering their combined medical, economic, criminal, and social impact. Every year, abuse of illicit drugs and alcohol contributes to the death of more than 100,000 Americans, while tobacco is linked to an estimated 440,000 deaths per year. People of all ages suffer the harmful consequences of drug abuse and addiction. Babies exposed to legal and illegal drugs in the womb may be born premature and underweight. This drug exposure can slow the child's intellectual development and affect behavior later in life. Adolescents who abuse drugs often act out, do poorly academically, and drop out of school. They are at risk of unplanned pregnancies, violence, and infectious diseases.

Adults who abuse drugs often have problems thinking clearly, remembering, and paying attention. They often develop poor social behaviors as a result of their drug abuse, and their work performance and personal relationships suffer. Parents' drug abuse often means chaotic, stress-filled homes and child abuse and neglect. Such conditions harm the well-being and development of children in the home and may set the stage for drug abuse in the next generation.

How does science provide solutions for drug abuse and addiction? Scientists study the effects that drugs have on the brain and on people's behavior. They use this information to develop programs for preventing drug abuse and for helping people recover from addiction. Further research helps transfer these ideas into practice in our communities.

(Compiled by the National Institute on Drug Abuse, National Institutes of Health, and the United States Department of Health and Human Services, April 2007. [www.drugabuse.org](http://www.drugabuse.org))

**JULY-AUGUST-SEPTEMBER  
2009 NEWSLETTER**

Coulee Council on Addictions, Inc.  
921 West Ave S  
La Crosse, WI 54601  
Phone: 608-784-4177  
Fax: 608-784-6302

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**ELECTRONIC NEWSLETTER**

If you are interested in receiving the CCA newsletter electronically please email [cca@couleecouncil.org](mailto:cca@couleecouncil.org) with your preferred email address. Thanks for helping CCA cut back on costs of mail and printing! The newsletter will also be posted online on our website [www.couleecouncil.org](http://www.couleecouncil.org).

# Help Coulee Council on Addictions!

Coulee Council is collecting the following items to raise additional money for programs.

**Quillin's Receipts:**

Please drop off this quarter's (July, August, September) Quillin's receipts you have at the CCA front office and we will receive 1% of the total amount.

\*Receipts may only be turned in within each quarter.

**Kwik Trip Milk Moola::**

Please drop off Kwik Trip milk jug caps, Kwik Trip flavored water caps, Kwik Trip milk and juice bag tops and Glazer Dounut price labels at CCA in the Milk Moola box located in the big meeting room. Coulee Council receives .05 per cap/bag top and .10 per glazer doughnut price label.

**Campbell Soup Labels:**

Please drop off Campbell's Soup product UPCs, caps, and bonus certificates at the CCA front office. Coulee Council may redeem the points collected for FREE merchandise from the Campbell's Labels for Education catalog.

**Support Groups/Meetings/Events held at Coulee Council on Addictions**

<p><b><u>Open Mic/Java Jam</u></b> An open mic night will be held at CCA from 6:30-10:30pm every first Saturday of the month- Aug. 1st, Sept. 5th. No Java Jam on July 4th. Bring your instruments to perform in front of a live audience, or just come to listen! This event is open to all ages.</p>	<p><b><u>AA Meetings</u></b> <i>AA Pioneer Group</i> Monday—Friday 12pm-1pm. <i>The W.O.R.K. group</i> Every Saturday 9am-10am. <i>The Fellowship group</i> Every Tuesday 7:30pm-8:30pm.</p>	<p><b><u>NA Meeting</u></b> <i>NA Amethyst Group</i> Every Thursday 7:30pm—8:30pm  <i>NA New Life</i> Every Sunday 12pm-1pm and 7pm-8pm</p>	<p><b><u>Nar-Anon Meetings</u></b> Nar-Anon meets Every Wednesday New member orientation 7pm- 7:30pm, followed by the regular group meetings from 7:30pm-8:30pm.</p>	<p><b><u>GA Meetings</u></b> GA meetings Every Monday 7pm-8pm  <b><u>GAM-Anon Meetings</u></b> GAM-Anon Every Monday 7pm-8pm</p>
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