

THE ATLANTIC CLUB'S RECOVERY AT THE BEACH

APRIL NEWSLETTER

A few words from Buddy...

The Atlantic Club is a 501 (e) (3) non-profit organization whose primary purpose is to help individuals overcome alcohol and drug abuse and reduce the social and economic impact it has on the Delmarva region. Located in West Ocean City, Worcester County, Maryland, The Atlantic Club is one of the partners in a collaborative effort to provide effective treatment by attending to multiple needs of the individual suffering from substance abuse. The Atlantic Club helps provide strength and support to individuals suffering from addictions by serving as the organizer of Twelve-Step Groups, such as Alcoholics Anonymous, Al-Anon, Narcotics Anonymous, Gamblers Anonymous and Overeaters Anonymous, and by understanding, support and hope.

The Club works in collaboration with the Worcester Addictions Cooperative Service, an outpatient counseling/treatment program, housed on the second floor of the facility. The fact that these services are located in one building provides individuals for fellowship, education, counseling, and mutual support, thereby addressing the psychological and social needs of the addict all at one location.

The Atlantic Club operates out of the Joan Jenkins Foundation Building and is generally supported by the Foundation which aids in the up-keep, maintenance and payroll for the Managers to provide 24 hour per day service to those suffering from Addictions.

A VISION FOR YOU... OR A CHALLENGE FOR SOME

As the Board Chair, I would like to take this opportunity to thank the Atlantic Club Board of Directors 2015-2016 for their commitment and dedication that they displayed throughout the year. I believe as a group they were respectful and considerate of all problems presented to the board and they always worked in the solution. This was reflected in the changes that were made in policies, safety measures and additional activities for our recovering community and their families as well as the community at large. So thank you 2015-2016 folks, each and every one of you made a difference!

Many of you are aware that we are a 12 step recovery club that supports all 12 Step programs and are open 24 hours a day, 365 days a year. That in its self is a tall order. We have an activities committee that provides many functions throughout the year to help everyone and their families enjoy, no matter what stage of recovery they are in. We are also very fortunate to have a well-rounded staff that cares about the community and truly wants the Club to remain a safe haven for everyone.

Another benefit that we have is our community. They are very supportive of our work and donate their time at events to further help us reduce the stigma of addiction. We have an epidemic out there and we are losing precious lives so their help is vital to our cause. From the bottom of each of our hearts. Thank you!!

I am honored to thank everyone that was interested and ran for the Atlantic Club Board of Directors 2016-2017. It was heartwarming to see so many people willing to donate their time and service towards the advancement of what we do at the club. We have a lot of work before us this year and an outstanding group of people to get the job done. The board supports all the activities at the Club, so feel free to stop any one of us and share your concerns or ideas, or go to our new website and drop us a line. So with all that has been said, let's get to work!!!!

Susan K.

Meet the Managers!

Produced by: An Unclaimed Writer



Sue R. *“Reuniting the family and giving them a safe, fun place.”*

Sue was hired as the Club’s first General Manager in 2011, following a major renovation of the Atlantic Club made possible by the efforts of the Joan Jenkins Foundation. Both Sue and her husband Phil have lived their entire lives in the Berlin-Ocean City area. They have five children and one grandchild. Sue has over a decade of recovery and first became a Club Manager in 2007. “Both the greatest joy and the greatest challenge here is working with drug addicts and alcoholics,” Sue asserts. “This is the best job I’ve ever had – and also the most challenging. It’s done more for my spirit than anything I’ve ever done. Our Managers are very caring, compassionate people. No one does this job for the money. They do it because they care.” She observes that the Club sees cycles of people who want recovery and people who use the facility to stay out of trouble. Sue’s favorite activity at the Club is Easter, because “it’s about the family -- reuniting the family and giving them a safe, fun place to be.”

Diane H. *“I like working at the Club because I like helping.”*

Diane was born in Bethlehem, PA, and has lived in Maryland, Virginia, and California. She has nearly 26 years of recovery and has been married to Glenn (also profiled in these pages) for over 23 years. Diane and Glenn first came to the Club’s New Year’s Eve dance over 23 years ago. She traveled back and forth between their home in Baltimore County and their place in Ocean City for over 20 years, until retiring on July 31, 2014 after a 26-year career as an Administrative Assistant with an accounting firm. “I like working at the Club because I like helping,” Diane explains. She is active in 12th Step program service, serves as chairperson of the Club’s Membership Committee, and volunteers at the Cold Weather Shelter. Diane asserts. “I’d like to see more people get involved.”

Chris H. *“This job fits my interests well.”*

In six years as an Atlantic Club Manager, Chris has worked different shifts, but currently covers four night shifts per week. “Sometime it gets pretty quiet, but at other times people come in seeking recovery. That is very rewarding. So is working for an Originally organization that promotes recovery. The facility is open 24/7 for those in need of a safe place to go.” from Baltimore, Chris has lived on the Shore for over 30 years and has over 23 years of recovery. He has been married for over three decades and has three children. After lots of overseas travel as a European sales manager, Chris began training to become a counselor, but lost his tuition grant. “So this job fits my interests well,” he says. “Drastic changes in the facility have helped the overall atmosphere.”

Glenn H. *“We are in the eye of the storm.”*

Now the Co-Chair for the Atlantic Club Board of Directors, Glenn’s recovery date is September 16, 1985. Hailing originally from the western Baltimore area, he has been married to Diane, also a Club Manager, for nearly two dozen years. As of this writing, Glenn has six children, two step-children, 18 grandchildren, and one great grandchild. He moved to Ocean City part-time seven years ago and became a Club Manager in February 2014. In his second year on the Board and third year as Club Manager, Glenn gets to do 12th Step work, develop friendships and personal relationships, gets involved in the lives of other people, and interacts with the local recovery community in a helpful role. “We are in the eye of the storm,” Glenn asserts. “Everything related to addiction and recovery is being funneled here. You get to see the big picture. There are some fantastic people involved in what happens here!”

John M. *“The Club has gotten better and better.”*

John has worked on and off as a Club Manager for 15 of the 22 years he has lived in the Ocean City area. He has been in recovery for over 28 years and serves as a Board member today. John was the first person to work a full-time overnight shift. He has been amazed at how God has put the right people in the right places to make lots of improvements over the years. “The Club started as a place for smoking meetings. The walls were yellow with nicotine stains. Everything was second-hand and beaten up. There was no money to do anything at first,” John recalls. “Due to proper management and lots of volunteers, the Club has gotten better and better, especially since the formation of an Activity Committee about nine years ago. Once Activity Committee members got elected to the Board, things really started improving.” He adds, “Working here is very rewarding.”

Ken W. *“I like to be with people like me.”*

Ken’s recovery dates back to April 9, 1990. He has been an Atlantic Club Manager for ten years and has been married to Judy for 54 years. They have four daughters, four grandchildren and one great granddaughter. They moved to Delmarva from Riverdale, New Jersey around 15 years ago. “I like to be with people like me,” Ken says. “I feel really at home here. It’s very convenient since I live less than two miles away.” Ken prefers to work the morning shift. He adds, “Sue R. has done wonders as General Manager of the Club. I’m glad to be a member here. There’s always something to learn and someone who can answer my questions.”

Mary G. *“I like to welcome new people to the Club.”*

The newest Manager on the Club’s schedule, Mary began working here on March 21, 2016. With over 26 years of 12th Step program experience, Mary began her permanent recovery from all substances on May 2, 1993. She has four grown children and moved to the Ocean City area over two years ago after working in fields as diverse as real estate, defense contracting, and medical practice. She was born and raised in Montgomery County, Maryland, but also has lived in Kentucky, Texas, and Georgia along her journey to the beach. “I like to welcome new people to the Club and to help meet their needs.”

Michelle O. *“I like the people who work and come here.”*

After 3½ years of recovery, Michelle became an Atlantic Club Manager four months ago, but plans to move to the D.C. area in May 2016. She has four adult sons and has worked as an EMT/firefighter for 15 years, as a bus driver for the Town of Ocean City, as a convenience store manager, and on the staff at Children’s Hospital. “I like working with people,” Michelle says. “I spent a lot of time in recovery activities at the Club, liked the people who worked here, and asked if I could apply for a job. I like the people who work and come here, and especially the way the Club helps those who want recovery.”

Robin D. *“The fellowship and socializing are very important.”*

A Club Manager for the past three years, Robin has eight years of recovery and has been married to Carl for the past seven. She has three grown daughters and Carl has two. Robin was born in Minnesota and lived in Brooklyn, New York for 16 years before relocating to the Ocean City area a decade ago. Her degree in accounting has allowed her to work in many fields. Robin says she became interested in working at the Club as a way to do 12th Step work. “I like getting to know the people who come to the Club. The fellowship and socializing are very important. The whole building has changed so much for the better in recent years – new carpets and furniture, other renovations, and so many functions for people in recovery.” Robin likes the fellowship aspect so much that she also serves as chair of the Activity Committee.

Ray T. *“We can relate to others with similar issues.”*

Ray was born and raised in Ocean City and has one adult son. After moving away for three decades, he returned to O.C. ten years ago. Ray found recovery through a family intervention on March 17, 2012, and visited the Atlantic Club within his first week. After his job ended in late 2015 as a result of a corporate takeover, Ray applied in January 2016 to work at the Club and was hired on the spot. “I like being available to help people in need, and here we do it 24/7,” Ray declares. “Understanding addiction from personal experience, we can relate to others with similar issues.” He prefers the overnight shift, because “usually the most stressful thing is cleaning the bathroom. Once in a while, we may need to call the rescue squad, but everything gets worked out.” Ray’s advice for old-timers and newcomers alike is, “If you work with God, God will work with you.”

Poe H. *“I love coming to work! . . . Meetings are fun!”*

Poe and her husband Ed have been together for two dozen years and have lived in the Ocean City area for half of that time. She has two grown children and became a Club Manager in 2013 after a career as a drug and alcohol counselor in Intensive Outpatient Programs. With a quarter century of recovery herself, Poe likes meeting all kinds of people, especially those in early recovery. “It keeps me green,” she says. “I’m very comfortable here. I love coming to work!” Poe adds, “I’d like to see more night meetings at the Club. Meetings are fun!”

Suzanna D. *“I love everyone who walks through the door!”*

Suzanna has been a Club Manager since January 2016. She is in her fifteenth year of recovery. Born in Baltimore, Suzanna grew up in Carroll County, moved to Ocean City in 1986, then spent 20 years in Alabama before returning to the beach last year. She is a former small business owner with two children, aged 22 and 19. “I spent time watching the Club Managers and became interested in applying as soon as a vacancy became available,” she explains. “The Club is an amazing sober place to call home, open all the time, a place to be when you’re lonely or sad -- recovery and hope. I’ve met so many amazing people! I love everyone who walks through the door! I hope I’m a good listener. I want to be light and hope!”

Dennis K. *“A good place for recovery & fellowship activities.”*

In recovery since October 31, 1992, Dennis first became a Manager in 1998, serving as the Club’s first Head Manager from 1998-2004. He has done a lot of maintenance work for the Club over the years. Dennis says, “The Club has always been a good place for recovery and fellowship activities, but didn’t have all the amenities it has now.” Since he lives so nearby, Dennis gets called with no notice to fix something or take over a shift. “I like greeting the people who come seeking help,” Dennis adds, “and being able to talk with them and give or find them the help they need.”

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Practice these principles ...

Step Four

*“Made a searching and fearless moral inventory of ourselves” ****

The spiritual principle behind the fourth step is courage. According to merriam-webster.com courage is, “mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.” Looking at our past and owning our part is not only possible but it is also necessary if we are to achieve true freedom from self-bondage. For most of us, our disease runs much deeper than the alcohol and drugs that we put into our systems. Many of us suffer from core wounds caused by varying events throughout our lives. When the pain and suffering of those events become too great we have no choice but to pick up and use and/or drink because that’s all we know and we only know what we know until we learn something different. Courage is a learned skill and when we practice this principle our journey to learning something different becomes possible. (Written by: The King of Clubs) [Read More](#) (may have to press the “ctrl” key and click “read more” at same time)

What happens if we take this step:

- Experience the sunlight of the Spirit
- Straighten out mentally and physically
- Overcome a spiritual malady
- Own our part
- Learn tolerance, patience and good will towards others

What happens if we don’t take this step:

- Resentments will continue
- Matters will get worse
- Insanity will return
- Remain fearful
- Futility and unhappiness continue
- Soul sickness remains

.... in all our affairs

Tradition Four

“Each group should be autonomous except in matters affecting others groups or AA as a whole” ***

The spiritual principle behind the fourth tradition is autonomy. According to merriam-webster.com autonomy is, “the power or right of a country, group, etc., to govern itself” This Tradition allows for Group independence while protecting Alcoholics Anonymous and its message. Just like all the groups in our local area have various formats for a meeting (Big Book, 12 & 12, As Bill Sees it, Living Sober) so do group customs. Coffee, no coffee, read the Traditions or not, read the Baltimore Prologue or read the Grapevine Preamble. None of these effect the message of AA. As long as sobriety is the Group's sole objective, they have autonomy. In the 12 & 12 you can read of an example of a Group's high reaching goals and the dismal failure that befell them. The group consulted GSO and they didn't truly consider the experience they were presented with, but Tradition 4 gives each group the right to be wrong. We learn from our successes as well as our failures. The long form in the 12 & 12 states this in a clearer fashion, “With respect to its own affairs, each A.A. group should be responsible to no other authority than its own conscience. But when its plans concern the welfare of neighboring groups also, those groups ought to be consulted. And no group, regional committee, or individual should ever take any action that might greatly affect A.A. as a whole without conferring with the trustees of the General Service Board. On such issues our common welfare is paramount.” Remember this is where Rule 62 came from: Don't take yourself too seriously. (Written by: TF)

What happens if we take this tradition:

- The AA message doesn't get diluted
- Freedom of meeting formats
- Money, property and prestige doesn't hinder recovery

What happens if we don't take this tradition:

- The AA message gets lost
- AA gets drawn into controversy
- People will no longer be able to get the same message as they travel or move to new locals
- Membership rules bar those with a desire to get sober
- Resentments build

If you would like to contribute to this newsletter by writing a thought provoking article, sharing your experience, strength and hope in some area of recovery from any addiction, locating an interesting article concerning anything pertinent to addiction/recovery or if you have a different idea please contact:

marym@atlanticclubocmd.org

There are also different areas of the newsletter that need writers. Questions, comments, concerns and burning desires are welcomed and encouraged.

Thanks for stopping by... and keep coming back!