

# A Northern Ontario drug addict's true story

In today's article we continue our discussion with 'Bob', a recovered drug addict who will introduce us to Narcotics Anonymous, which is now available in Thunder Bay.

By Ken Moffatt, Addiction Research Foundation, and Dennis Bernardi, ARF, Timmins.

ARF: Can someone who is using drugs, let's say somebody who has lost control of the drug use, just up and quit alone?

Bob: If you try to do it on your own, it's hard. That's what I did at first, I didn't know anything about helping groups.

So the first three months were really rough for me until I started looking for help.

Then when I finally met a few people like me, they knew what I was talking about, I could tell them what I was feeling and they knew what I was feeling because they had been there.

So it helps if you've got somebody who knows where you're coming from.

ARF: So they can give you support, they probably care about you because they've been through the same kind of thing and they appreciate what you're going through.

Bob: They can help you to understand your feelings. Your emotions are

all mixed up and they can explain to you why.

You've been doing dope for so long and it is normal to have mixed-up emotions.

You've been hiding them, keeping them to yourself, and it's kind of strange to get them in the open.

ARF: Bob, you've started a program in the city to help people who are dependent on drugs to get off and stay off.

Will you tell us about it?

Bob: What I'm working for is a Narcotics Anonymous group.

Really it's a buddy system, it consists of people who have gone straight and are keeping clean.

Some of them might fall off the wagon but you know we try to help each other out with our problems and encourage each other.

If I'm feeling down, I call someone and if someone else is feeling down they may call me. It's a buddy system.

It involves people who understand what you're going through because they've been through it themselves.

ARF: So I guess one of the big attractions of your group would be support. Support for those who have problems?

Bob: Moral support. You know, whichever way we can help each other out. We're giving a message of hope.

ARF: Let's say somebody calls you and is not really sure that he wants to quit or not and is saying to you, "I'm going to get my head straightened out, I'm going to get my body cleaned out and then I want to get to the point where I can use drugs socially."

I'll snort a little coke once in a while a smoke a little weed.

I'm just going to be sociable and fit into the social situation.

I'm going to get to the point where I control it again." How would you

react if somebody called you up with that story?

Bob: Well I'd tell him what I think. I'd just tell him that according to my experience and other people's in the group, you can't do it that way.

If you want to go straight then you have to change your whole lifestyle.

I have a friend who was on dope for 12 years and he 'quit' dope but was smoking grass.

He was still doing dope, still hooked. He changed one for the other. He

couldn't understand and he didn't want to understand that.

But I tried to get through to him without forcing him, either you go through with it or you don't. There's no half way.

Next week: More information about the Narcotics Anonymous group. For more information, call Narcotics Anonymous at 344-5347.

## Holiday news from Rosspoint

By Anne Todesco

Miss Lorraine Seppla spent the holiday season with relatives in Thunder Bay; Miss Camala Todesco visited her mother, Anne Todesco, over the Christmas weekend; Mr. and Mrs. Ray Kennedy have left to spend the winter months in Brownsville, Texas, and Mexico; and the Burresses spent the holiday season with relatives in Winnipeg, Manitoba.

Colleen Kennedy has arrived home from a Lakehead hospital. Glad to have you home feeling improved in health.

Mr. and Mrs. Jack Campbell are home after spending a pleasant holiday with relatives and friends on Prince Edward Island and Nova Scotia.

Mr. and Mrs. Eugene Gerow arrived home after a holiday with the Peter King family of Sudbury, Ontario.

Anne Todesco is home from the McCausland Hospital after having broken her foot.

Mr. and Mrs. Joseph Douglas of Sioux Narrows visited a sister, Mrs. C.W. Todesco, en route to Toronto to spend the holiday season with their daughter and family.

Floyd Harnden spent Christmas with relatives in Thunder Bay, and Darren Gerow of Thunder Bay visited his parents here, Mr. and Mrs. Walter Gerow.

### Other news

St. Berchmen Alter Society held their annual fall bazaar and tea in the community hall last month.

President Perina Gerow welcomed the many visitors to the successful event.

Pat Beno took the admission while Mrs. Bart Kusik was in charge of the sewing and novelty booths.

Mrs. Freda Gerow did a lively business at the white elephant table. Lynne McGrath sold tickets on the draws and Kay Bouchard had a thriving business at the bake table.

Serving the tea were Cathy Gerow and Joan Smith. Kitchen duty was taken care of by Lillian Ray, Gail Bain and Laura Legault.

The door prize was captured by Ida Krause of Schreiber, a decorated cake was won by Kay Fursk of Schreiber,

a Christmas-decorated novelty cake was won by Hilda Mushquash, a knitted shawl was won by Mrs. Ray Toumie of Schreiber and a doll figure was won by Marion Henry of Schreiber.

The hall, booths and tea tables were decorated with Christmas motifs in keeping with the holiday season.

General convenors of the event were Prina Gerow and Freda Gerow.

## Church

### Holy Gospel Lutheran Mission

You are invited whether you be a member or non-member, whether you be Lutheran or another denomination, whether you be young, old, married or single.

We have a new pastor, Rev. Mark Moss, and we meet Sunday evenings in the chapel at Birchwood Terrace. Bible study is at 6:30 p.m. and worship service is at 7:30 p.m.

Jan. 11: Bible study is at 6:30 p.m., Worship service is at 7:30 p.m. (Witness workshop I and Depression Part I).

For more information contact: Rev. Mark Moss, 887-3020 (office), 887-2612 (home), Lloyd and Hilda Hiebert, 825-3897, or Cathy Withers, at 825-9495.

### St. John's Anglican Church

Holy Eucharist every Sunday at 9 a.m. and 10:30 a.m. Holy Eucharist every first, third and fifth Sunday.

Morning prayer every second and fourth Sunday at 10:30 a.m.

On Fridays the Holy Eucharist is celebrated at 10:30 a.m. at Birchwood Terrace.

You are always welcome at St. John's where all Christians are invited to receive the WORD and sacrament.

The Community Church Minister, Ernie Hunt, invites everyone to worship every Sunday morning at 11:15 a.m. Church School is also at the same time. A warm welcome awaits all.

### Terrace Bay Gospel Assembly

Family Worship is on Sunday at 11 a.m. Wednesday night is ACTION night from 6:30-8 p.m. which provides Christian education for all ages. Friday night is YOUTH ALIVE at 7:30 p.m.

### St. Martin of Tours Church

Confessions are on Saturdays from 1:30-2:30 p.m. Sunday Masses: Saturday, 7 p.m., Sunday, 8:30 a.m. and 10:30 a.m. Birchwood Terrace- 1 p.m.

### St. Andrew's United Church

Morning service and Sunday School are at 9:45 a.m.

If you do not see your Church listing here, or would like to include a message with your listing, please contact the News at 825-3747.

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MR. and MRS. CLAUDE DENOMME  
are pleased to announce the  
ENGAGEMENT  
of their daughter  
CHRISTINE  
to  
STEVE JONES

The wedding will take place in June.

### Thank You

The family of the late Harold Fischer, husband, father and grandfather wish to express our heartfelt appreciation to all our relatives, friends and neighbours who were so kind and thoughtful during a sad time in our lives. Special thanks to Flo, Gerry, Gloria and Kevin who came to help on Sunday evening and Bob Krause who has been at our side with loving care. Thanks to Mr. Hunt for his words of comfort, to the ladies who served coffee Wednesday evening and lunch the next afternoon, also to those who sent food, baking, sympathy cards, memorial cards, floral tributes and supplies vehicles. Thanks to Reeve Cosgrove and the Council for their help and thoughtfulness and to the pallbearers - Dean, Craig, John and Wally Fischer, Mike Anderson, Bill Hiller. Honorary Pallbearers - Fred Harness, Harold McParland, Beau Ballard, Bob Krause, Jim Kosteki, Bob Spadoni and Ed Borutski.

May God bless you all,  
Zonie, Carson and JoAnn, Kirk and Janice, Dorey and Colleen

### THANK YOU

We wish to express our sincere thanks and appreciation to all our relatives, friends and neighbours for their thoughtfulness and kindness shown during the loss of a dear son, brother, and uncle.

Our grateful thanks to Mr. E Hunt, organist, choir, to all who took time to call, send cards, floral tributes, charitable donations, food and baking, & the lovely ladies who assisted in preparing and serving the lovely lunch and meals. Your many acts of kindness will always be remembered and appreciated

GOD BLESS YOU ALL  
DOROTHY FISCHER, GERALD and Families

### THANK YOU

Sincere thanks to the many friends and patients who during my recent illness and convalescence sent flowers, fruit, and best wishes for a speedy recovery. Your thoughtfulness is greatly appreciated.

Dr. J.E.M. St. Rose

For your information

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### THANK YOU

To the RESIDENTS of TERRACE BAY and SCHREIBER:

THANKS for making my job as Times-News Correspondent so Enjoyable!

CHERYL HODGINS  
former Thunder Bay Times-News Correspondent

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