

Jellinek News

The Jellinek Society, 11229 - 100 Avenue, Edmonton, AB, T5K 0J1
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The Jellinek Society is a non profit organization providing a home-like residential facility from which recovering cross-addicted and alcoholic males re-enter society sober, successful and self-reliant.

Named after the late Dr. E. M. Jellinek, a world renowned authority on alcoholism, Jellinek House is non-denominational, providing a faith-oriented residence for recovering alcoholics. Known as the United Church Hostel when it was opened in 1959, the eleven bed home proved inadequate, and in 1964 the present house was purchased, to accommodate sixteen men. The name was then changed to Jellinek House, and the Jellinek Society was incorporated under the Societies Act with a governing Board of twelve Directors.

NEW EXECUTIVE DIRECTOR APPOINTED



New Executive Director, Sheldon Rayner

The Board of Directors of the Jellinek Society received the resignation of Don Smith as Executive Director of Jellinek House in early January, and a search for his replacement was conducted by the Board. President Mike Brennan is pleased to announce that Sheldon Rayner has been appointed Executive director and took up his position on March 14.

Trained in Prince Albert, Sask. In the addiction specific Chemical Dependency Program at SIAST Woodlands Campus, Sheldon Rayner comes to Jellinek House after having been the Program Manager since 2008 for Edmonton's long term residential treatment facility, Our House Addiction Recovery Centre.

Starting part-time with Our House in 2003, Sheldon went on to become the agency's primary counselor, counseling team supervisor, and then became part of the management team at Our House as their Program Manager.

Actively involved in interagency volunteering with the Edmonton National Addiction Awareness Week (NAAW) Committee since 2004, Sheldon has served as Co-Chair, Chair, and two terms as Treasurer.

Prior to coming to Edmonton Sheldon was a youth care worker and addictions counselor at the Margo Fournier Centre in Prince Albert, and worked closely with the Prince Albert Police Services. He began his career doing in-home support for special needs individuals in Saskatoon.

Sheldon attended the University of Saskatchewan where he majored in Theatrical Design before finding his calling in the field of addictions. A graduate of Yorkton Regional High School, Sheldon went on to live in Saskatoon for twenty years before moving to Prince Albert to complete his training, eventually moving to Edmonton.

Sheldon is married to Jackie Montgomery, has five adult children living in the Saskatoon area, and seven grandchildren.

The Board of the Jellinek Society welcomes Sheldon Rayner, and looks forward to the opportunity to work with him in support of the residents of the House.

opportunity to work with this provincial organization. I volunteer with Homeward Trust a couple of times a year to work at their Homeless Connect events. I also try and support other organizations such as the Heart and Stroke Foundation, Angels Anonymous, and Friends of the University Museums.

I have some training in the addictions field. I completed the Community Addictions Training program offered by Nechi Institute in 2005. I have a passion for the field of recovery. I know the importance of giving back to this community and do so at every opportunity. I am proud and honored to have been asked to serve on the board of the Jellinek Society.

Tom Hunter

HOWIE WYNN, FORMER DIRECTOR, DIES

Howie Wynn, who had served as Executive Director from 1990 to 1993, passed away at the age of 81 after facing a long illness. He had been a member of the Royal Canadian Navy for 28 years, and had worked for the City of Edmonton before being appointed to the position at the House.

After retiring from the Executive Director position, Howie attended the meetings of the Sunrise Group here at Jellinek House as well as his home group for many years. Howie was a friend of Bill W. for 53 years.

The funeral service was held at Zion Baptist Church on February 17, 2011, and the church as well as the fellowship room and other rooms were filled with friends and fellowship members who came to pay tribute to him.

Jellinek House extends its concern and sympathy to Jessie and their family, recognizing his many years of leadership to this community.

INTERVIEW WITH FORMER RESIDENT

President-Elect of the Jellinek Board, Doug Hornbeck, interviewed a former resident of the House, and recorded this story from Doug O:

On a Friday I left Henwood Treatment Centre and on Sunday I was in detox. On a very hot August 13, 1988, I came to Jellinek House looking for help. Everything I owned came with me that day

and my first impression was how beautiful the House looked. I was thinking that I had arrived in heaven. Don Smith, the Houseman at that time, did the paper work and showed me to a room. I was a bit intimidated as I was the new kid on the block, but soon I met the Director, Chuck C. (a good friend now at Oxford House), and I made friendships that will last my whole life. I remember at Christmas telling an AADAC counselor I was going home and he warned me not to go. But as the new kid I thought I knew better. I wasn't home long with all the family on my case, and I started to panic. I remember clearly phoning Chuck and he told me that I should come home, my Jellinek home.

The food was excellent and Olga who was our den mother was a wonderful chef. My favorite food while in the House was the apple crisp. Yum! To this day it is still one of my favorites.

I was supposed to be in jail for two impaired, but got off with probation and community service and had to live at Jellinek. After 7 months I was good to go, and headed out to a relapse that lasted the next four years, which is difficult to talk about.

Olga thought of me and sent me a cartoon with a large stork with two frogs in its beak, legs and arms hanging out, and the caption read NEVER GIVE UP.

Through great friendships, AA and my wife JoAnn I realized I was an alcoholic and would be until the day I died. I wrote a letter to my parents explaining the situation, and on the phone tried to explain to my mom what I was. She said "Are you drunk again, Doug?" She didn't understand that I had found myself and was on my way to a new life.

At Jellinek I played baseball, curled sober for the first time in my life, and went to the meetings. I would like to thank God, my family, JoAnn, Jellinek House and the many friends who got me to this point and sustain me today and in the future.

Doug O.

P.S. The Dougs hope that all the men presently at the House will experience a new beginning and have success in their AA teachings and a new life.

BOARD RESIGNATIONS

In the past year several changes in the membership of the Board have taken place.

Resignations have been received from Bill McLeod, Sam Kemble, Jane Zakreski, Stan Townsend, and Shaun Robinson. Shaun had been a member of the Board since the 1980s, and like the others, will be missed in the work of the Board. Many thanks to those who have served so faithfully over the years.

Currently the Board includes Mike Brennan, Chair, Loveth Bradley, Secretary, Don Badger, Treasurer, Doug Hornbeck, Chair-Elect, Russell Ball, Hazel Christenson, Paul Flynn, Tom Hunter, Don Mayne, Doug Oscar and Bob Philp.

RESIDENTIAL MANAGER'S REPORT

As the snow melts our minds turn to thoughts of spring and summer and shake off the excess layers of winter - actual and metaphorical.

Our weekly volleyball games at Oliver School were stymied by the City's new booking policy and we only had access to the gym five nights over the winter. Lack of routine made it hard to garner much enthusiasm and we are planning alternate arrangements for next winter.

This summer we are looking forward to a robust softball season with games being held Sunday afternoons at Victoria Park, next to the Royal Glenora Club. Game time will be 3 PM, as soon as the field is dry. On rain-out days alternative activities will be arranged - something fun, social and active will always be happening Sunday afternoons. Donations will be appreciated - coupons for bowling, the waterpark, laser tag, etc. And anyone interested in joining us or putting a team together to play against the House should call us at 488-1160.

We will begin another round of our in-house smoking cessation program in May, and we hope to help some more residents (and hopefully our new E.D. !) break their addiction, save some money and feel better. Two men from our first session will be leaving the House next month for greener pastures, and they are still smoke free after almost a year. Congratulations Roland and Desmond!

In other health news, information on diet and nutrition continues to be a growing part of the program here at the House, stressing the value of following the suggestions of Health Canada's Food Guide. Physical fitness has become an important part of many of the men's recovery programs. Special thanks to Sandy at the YMCA for providing the men with greatly discounted monthly memberships (free to the guys in the smoking cessation program). *Namaste* to our yoga instructor, Lisa, who comes to the House once a week to bend and balance and breathe us into better condition, and a shout out to Rohan who shares his personal trainer skills with his fellow residents to help the guys look and feel awesome for summer.

As for me, I am just passing the halfway mark in my Master's degree program in Public Health at the University of Alberta, with a focus on addictions and mental health. "God willing and the creek don't rise" I will be done my course work and doing my practicum in January 2012. Between winter and spring semesters this year my girlfriend and I will be doing what *Backpacker* magazine declared "the most dangerous hike in America", in Canyonlands, Utah. We'll be hiking about 50 miles further into The Maze district of the park beyond where Aaron Ralston (the guy that the movie *127 Hours* was based on) chopped off his arm.

So, just in case this is my last Manager's report, thanks to the board and the guys. My gratitude for this opportunity of service is boundless. God Bless.

Jeremiah A.

JELLINEK'S ANNUAL GOLF TOURNAMENT

July 10, 2011
Devon Golf Club
For information and to be forwarded a registration form call Sheldon at 780-488-1160 or visit www.jellineksociety.ca



To Jellinek House, 11229 - 100 Avenue, Edmonton, AB T5K 0J1

_____ Please send my Jellinek News by email to this address _____

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