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Sober Camp 2004 was Heart Warming

Submitted by Jeff Rubin

Dr. Bob and Bill W. discovered a long time ago that one alcoholic could better help another stay sober as compared with many well intentioned professionals. This experience was repeated in splendor at Camp Mark VII August 19 – 22 as over 50 recovering Deaf and Hard-of-Hearing individuals and family members came together for a week end retreat filled with learning, celebration, caring and sharing. My personal responsibility for the weekend included the nightly bon fire on the shores of Sixth Lake. The fireside “chats” were an inspirational microcosm of the entire experience. A surprise visit by NTID’s own Dr. Gerard Buckley, on his way home from taking his son to college, further enriched the experience for all. I’m still waiting for a ping-pong rematch after losing a close match to Gerry. A sincere wave of the hands to Dave Staehle and the entire kitchen crew for being such wonderful hosts. The event was shared with Signs of Sobriety from New Jersey and was so successful we have reserved Camp Mark VII for a full week August 14 – 20, 2005. Hope to see you there!

Some comments from anonymous sober camp attendees:

- Families and friends gathered at Camp Mark Seven in the Adirondack Mountains for three days and nights, some in early recovery and some with years of sobriety. As I looked around, I saw one giving support and inspiration to another, children playing together sharing a common bond and people just generally having a great time! It was touching to see that many of the children made jewelry for their mothers during craft time. The nighttime boat ride to get ice cream was so much fun. It didn’t matter how dark it got, communication happened by the light of a pager!!!
- I had great time meeting lot people who traveled as far as Chicago, Kanasa City, or St Louis I did not realize how much I am lucky to be in Rochester because twelve steps program provide interpreter everyday while other cities or states they didnt get as many interpreted meetings... great to learn more how to stay clean and sober! great program for children too they get connect to other children who had experienced same problems....
- Can we come back next year?! Please!
- My weekend going to Camp Mark 7 was a great experience-I look forward to going again next year. I met many other people in recovery there, many new faces with similar and different life challenges. I made good friends in such a short time-I still email them now for friendship and support. Hopefully we will see each other again next summer for the week long Sober Camp '05. It felt good to be myself, open up, share and have so much fun connecting with everyone. The camp is a beautiful spiritual (peaceful) place! I know I am not alone in my challenge of recovering from drugs and alcohol. The people I was with understood and accepted me for just simply being me. I had many long conversations with some people, really connected with them and left camp feeling good about myself and my life and those memories of Sober Camp 04 will last all year until next year when I can bring on new ones. Thank you SOS, SAISD and CM7 for this wonderful opportunity!