

Cirque Lodge *Newsletter*

Issue: # 4

Winter 2013

In This Issue

[Gary Fisher](#)

[Sundance Ski Retreat](#)

[Alumnus - Scott S.](#)

[Alumnus - Shelley P.](#)

[Tank](#)

[Alumni Update](#)

[New York Alumni](#)

[The Chefs Corner](#)

Quick Links:

[Cirque Lodge](#)

[Ski Retreat](#)

[LA Aftercare](#)

[NY Aftercare](#)

["Guesting" Program](#)

[Tank - Dave's Dog](#)

Hotels:

[Sundance Resort](#)

[Marriott Hotel](#)

Newsletters:

[Spring 2012](#)

[Spring 2012](#)

[Fall 2012](#)

[Annual Alumni Reunion
September 20 - 22, 2013](#)



2013 Alumni Reunion ~ September 20 - 22

Greetings Alumni and Friends!

Happy New Year!

Gary Fisher

Chris gave me the privilege of writing this article for the first Newsletter of the Year. The first thing I want to say is what a great job I think Chris is doing! His job is important and I want to explain to you why.



Several years ago we were attempting to do an outcome study and see how people were doing. It was very difficult to get everyone to respond. We don't like people checking up on us! It was apparent that everyone who was responding was doing very well. It made for some great outcome numbers, but it didn't seem like an accurate reflection of how everyone was doing. Since people who were doing well didn't seem to mind us following up with them, we decided to ask them why they believed they had been able to stay sober.

The responses in some ways were predictable. First and foremost, the most given response was that people had continued to go to attend 12-step meetings. There was no substitution for them really. 12 step meetings are foundational in our recovery if we want to maintain the miracle we found in treatment. That miracle of having our lives returned to us. Easy to do and free of charge. Okay, they do cost a dollar!

The next most given response was that they had a mentor. In 12-step parlance we call it a sponsor but interestingly enough that wasn't always the response. People used the words, counselor, teacher, advisor, and of course



sponsor. It just goes to show that we don't want to rely solely on the brain that got us ill, to get us well! I think we all agree that we need that person in our lives to impart knowledge and share their wisdom.

The next two responses will probably surprise you. The next most given response was that people had gotten involved in some sort of service. Not necessarily 12-step service either, although people mentioned taking people to meetings, making coffee, setting up chairs, being a greeter at the meetings. Certainly something that got them out of themselves. But there were also a lot of other service projects. They worked with the elderly, they worked in their church, they volunteered at the Human Society, they volunteered at the film festival, and they were helping with someone in their neighborhood. Bottom line is they were doing something for someone without the thought of much in return. Except maybe a movie ticket or two.



The other response that gathered a lot of attention was that they had stayed in contact with Cirque. Either the treatment center directly or people they had met in treatment. They had gone to aftercare, they had come to the reunion, they called each other, they called Debbie or Joe, they had made a point to come by and see Dave, they called when someone they were in care with was struggling, and yes they called when someone they knew at Cirque had passed away. They had stayed connected.

Long ago a therapist who was visiting the Lodge asked what the secret was of the people who got better versus those who didn't. I said that was easy. It was the people who reconnected with life. Call it what you want but when I came to treatment I wasn't connected to anything. When I left I was connected to the people I was in treatment with, the staff, and to a power greater than myself.

Looking back on it I can now say that it was just as important for me to stay connected. That is why I want to take a moment and thank Chris. Thanks for taking the alumni under your wing. Thanks for your work with the luncheons and the dinners. Thanks for the newsletter, the social networking. Thanks for giving all of us who have suffered, the opportunity to maintain the miracle. The opportunity to stay connected! That's why Chris's job is important to all of us. Thanks for doing that job well!



Lots of love!

Gary

Sundance Alumni Ski Retreat

February 1-3, 2013

Registration Fee: \$175

Contact: chris at (801) 222-9200 ext. 120

chris@cirquelodge.com

Please join us for the **Sundance Alumni Ski Retreat!** We have an amazing weekend planned and we hope you are able to attend. We have therapists, executive staff and experiential who will join us as well. Come to celebrate recovery where it all began and to connect with alumni!



Friday - A night of tubing at Soldier Hollow and dinner at Tarahumara in Midway begins at 6pm!

Saturday - The day begins with an AA meeting and breakfast at the Sundance Chalet at 8:15am. At 10am you have your choice of:

- Skiing at Sundance with Gary Fisher
- Horse Ride with Dave Beck (3 spots are full)
- Sundance Gift Card - Can be used toward spa, jewelry making, pottery, photography, art classes, snow shoeing, cross country skiing. To make your appointment, call the Sundance Concierge (801) 223-6000

Saturday - Dinner will be at the Sundance Chalet at 6pm followed by a meeting at the Lodge at 8pm.

Sunday - Closing Brunch at the Foundry Grill at 9am with Bev

The Gifts of Recovery

Cirque Alumnus - Scott S.



Prior to getting sober I was a liar, a cheat and a thief. The holiday season was always especially challenging for this drug addict and alcoholic. This meant I had to plan my fix ahead of time and my actions would be under close watch. I would be spending significant amounts of time with family who knew me and my acts, making it extremely uncomfortable.



The holiday season also meant there would be gifts. No gift I received

had any value and no gift I gave carried any true meaning. Naturally, I would wait until the last minute to buy gifts, and for any gift I received I was either hung-over or high as I received it.

My recovery has shed new light on the word gift. I have learned that gifts have nothing to do with wrapping paper and do not require a holiday or celebration. Gifts to me are the joys I experience each day in the world as a person in recovery.

Every morning my two feet hit the ground and I get to live another day free from the bondage of drug addiction, this is a gift. Everyday I get to check in with my sponsor and be honest with what is going on in my life, this is a gift. Every day I get to go to a twelve step meeting with other people who are on the same path that I am on, this is a gift. Every day I get to practice honesty and seek my truth, this is a gift. Everyday I get to call a new comer and carry the message that was so freely given to me, this is a gift.

Every day I get to set aside everything that I think I might know about my illness and trust the process, this is a gift. Every day I get to call the people closest to me, the ones that have suffered the most through my struggles and ask them how they are doing, this is a gift. Every day when I get ready for bed I get to hit my knees and thank God for another day sober, for Cirque, and for the real relationships I have today, this is a gift. Every day I get to rely on God, not Scott, this is a gift.

The final and biggest gift of my recovery is that I get to give back to the world that I so selfishly took from for so many years. There are thousands of sick and suffering alcoholics and drug addicts that still need help. I am not ashamed of my disease, I embrace it. This thing works when one alcoholic or addict shares with another. I believe that it is my responsibility as an alumnus of Cirque Lodge and an active member of a twelve step program to be altruistic in my actions. If you are in recovery and you want to give a gift, go help someone who needs it and the world will be a better place. By giving you will be receiving, and the gifts of this life are endless.

Smoking Addiction

Shelley P. - Cirque Alumnus



When I arrived at Cirque I was desperate to solve my drinking problem and was willing to do anything to get sober. I was a smoker at the time and was desperate to hold onto that part of my life. I didn't see that smoking had anything to do with recovery and would verbally defend my right



to smoke. I would say things like "I can't get fired or get arrested for smoking, or my favorite; "you've taken everything else away from me, you're not taking my cigarettes". The insane protest of an alcoholic got to love when we hold onto things that are killing us.

My sponsor agreed with me, she said "No, you won't get arrested for smoking or get fired over it but it is killing you and you remain addicted to a substance. You are still a slave, and recovery for me is about freedom." That statement woke me up. I wanted to be free. I began to see how my behaviors around smoking were very similar to my alcohol addiction. I would hide my smoking from my family, make excuses to go out alone so I could smoke, cover up the smell with gum and perfume, and I surrounded myself with other smokers.

I did not quit smoking the night she said that to me but every time I smoked after that I heard the words "you are still a slave" and I wanted to be free. Just like booze, smoking dictated parts of my life. It sucks smoking in New England in February. So I made a decision Valentine's Day 2009 to quit smoking. I got some resistance from members of AA suggesting that I get a year of sobriety before quitting, but I knew I didn't want to hit a year still smoking. It was very difficult, but never did I think of drinking to curb my craving for a cigarette! I thought of smoking, and I did, it took me 8 times to finally quit. I had to change my behaviors by not going out with the smokers at the break, not buying cigarettes, telling all my smoker friends not to offer me a cigarette, never giving up, and using the steps to address my smoking just as I do for alcohol, one day at a time. I also began doing yoga and meditation, learning to breathe and relax my body and my mind. Yoga gave me an inner strength to slow down and not react to emotions by feeding my body a negative substance.

I have been clean from cigarettes for almost three years. Quitting smoking drastically changed my recovery and has been the best gift I have given myself in recovery. It is estimated that about 90% of our membership are addicted to tobacco taking about 25 years off their life expectancy. I recently learned that the four founders of AA and NA all died from tobacco related deaths and the use of tobacco is what is killing our fellows. With this knowledge, I felt a responsibility to share my experience to encourage others to quit smoking and be free.

Tank

Dave Beck

[Click here to see Dave's story](#)

Cirque Lodge recently lost a special member of its team, Tank the Cirque Lodge Dog. Dave Beck shares his inspirational story and life sketch of Tank. Yes, it is a very long video, but Dave shares some very touching experiences about his amazing dog.





Annual Alumni Reunion Save-the-Date: September 20-22, 2013

Chris Rueckert

It was great to see everyone at the Holiday Celebration at The Beach House last month! It's always fun to get together and see all of you. I want to thank Earl Hightower and Kimberly James for all their help in creating a sober environment where everyone can get together and have fun! Great alumni connections are always made at these events.



This year we will continue to organize alumni dinners, events and retreats so everyone can stay connected with Cirque, as well as alumni, who are good 12 step fellowship contacts. We are looking forward to the ski retreat coming up. Bev and Stephanie recently hosted an alumni dinner in New York. Gary just returned from Dallas where he had an amazing evening at Maggiano's with alumni. I was in L.A. in January and hosted the alumni dinner at Panini Cafe. After we held a 12 step meeting at the Beverly Resource Center. We had an amazing turnout in Beverly Hills. Unbelievable amount of gratitude for life and sobriety that was present. Thank you to all who were in attendance!

We also hosted an alumni dinner in Salt Lake City at Cafe Trio and Dave Beck was in attendance. He spoke to us about post Cirque life and the great achievements and successes our alumni are having. We want to hear these inspiring stories! Living in recovery can be a daily challenge, but there are so many good things that have happened due to sobriety. These stories are motivating and inspirational and we want them to be heard.

Every year in September we have the Annual Alumni Reunion here at Cirque Lodge. We have had so many alumni come back for this wonderful weekend. It is my hope that everyone can set a goal to be here

this year. Make 2013 the year you all come back to visit for the reunion and see everyone. If not for you, come back for us and those who want to see you.

"Rekindle the flame of Recovery"

New York Alumni Continuing Care Group

Stephanie Fierman



We are happy to announce a weekly aftercare group that will be held at the Freedom Institute in New York every week. This group will meet every Wednesday morning from 10 - 11:30am. This is a great chance to meet and stay in contact with alumni from Cirque Lodge. The group is also run by an excellent therapist from the Freedom Institute.

To sign up for the group: Contact Fran Calafatello

fran.calafatello@freedominstitute.org

(212) 838-0044 ext. 17



FREEDOM  **INSTITUTE**

and



Announce

Cirque Lodge Alumni Continuing Care Group

Facilitated by a Freedom Institute therapist, this new weekly group is designed to help you maintain your recovery with your Cirque Lodge peers.

Every Wednesday ~ 10AM – 11:30AM

Freedom Institute ~ 515 Madison Avenue, 21st Floor
(53rd and Madison, entrance on 53rd)

To inquire about this group, please contact Fran Calafatello:

Fran.calafatello@freedominstitute.org

(212) 838-0044 ext. 17

Los Angeles Alumni Continuing Care Group

Stephanie Fierman

2730 Wilshire Blvd. Ste. 600, Santa Monica, CA 90403

Men's Group

Facilitated by Dr. Reza Nabavi, PhD

Thursdays ~ 2PM - 3:30PM

This is a process-oriented group for men in recovery (either from chemical dependency, codependency, mental illness, or co-occurring disorders) who are experiencing difficulties in one or more of the following areas: identifying feelings, expressing emotions, men's issues, sexuality, depression, anxiety,

poor self-esteem, relationships, reaching out, family relations, etc.

Women's Group

**Facilitated by Dr. Colleen Kelly, PhD,
MFT**

Fridays ~ 12PM - 1:30PM

This group is designed for women with challenges dealing with interpersonal relationships, recovery issues and life transitions. This may include individuals who are early in their recovery process, finding difficulty with career or stages of life changes and those facing marriage and family relationships challenges.

Multi-Family Group

**Facilitated by Dr. Reza Nabavi and Dr.
Colleen Kelly**

The Multi Family process group consists of multiple families in a group setting. This type of group allows families to be able to share openly with other families in similar circumstances about the typical challenges that occur within a chemically dependent family. As a result of the social support and therapist contributions, families are able to gain greater awareness and understanding of addiction and family systems and begin to live in the solution. Through education and reflection their feelings are validated and solutions are discussed. Each participant shares at the level he or she feels comfortable.

To inquire about these groups, please contact:

**Dr. Reza Nabavi, PhD at drrezanabavi@gmail.com or (310)
295-8485**

**Dr. Colleen Kelly, PhD, MFT at (310) 266-4876. (Clients must
commit to 6 weeks)**



1-877-99-REHAB

**Cirque Lodge
Lodge Facility**
RR3 Box A-10
Sundance, UT 84606

**Cirque Lodge
Studio Facility**
777 N. Palisade Drive
Orem, UT 84097

**Beverly Hills Center
Alumni and Community
Resource Center**
421 N. Rodeo Drive ~ Gazebo
Beverly Hills, CA 90210



The Chef's Corner

Alma Gilmore

Chicken Pesto Pasta

Serves 4-5

4 Chicken Breasts, Seasoned and Grilled
1 lb. of Desired Pasta -Boiled in Salt water until al dente, strained (reserve ½ cup of Pasta Water)
For Pesto:

Yield: 2 cups

- 3 ½ cups packed fresh basil leaves
- 3 cloves garlic
- 1/4 cup+2 tbsp pine nuts toasted and cooled
- 1/4 cup + 2 tbsp extra-virgin olive oil
- Kosher salt and freshly ground black pepper, to taste
- 1 cup freshly grated Pecorino cheese
- 3 tbsp lemon Juice



Directions

Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped. Add the oil and lemon juice and process until fully incorporated and smooth. Season with salt and pepper.

Pesto Sauce for Pasta

Yield: 5 cups

2 cups pesto

1 1/2 cups Heavy Cream

3/4 cup Chicken Broth

-Cornstarch to thicken

-1/2 cup reserved pasta Water

3 tbsp. Freshly Grated Pecorino Cheese

Heat up cream and chicken broth and reserved pasta Water, thicken with Cornstarch. Turn off Heat and Stir in Pesto, Adjust Seasonings and Serve on top of Desired Pasta

-Add Sliced Grilled Chicken on top of pasta and Sauce, Sprinkle with Pecorino Cheese and Enjoy!

