

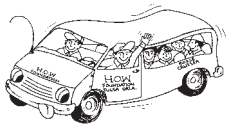


H.O.W. Foundation Recovery Center of Oklahoma, Inc.

P.O. Box 470058
5649 South Garnett Road
Tulsa, OK 74147-0058

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The Booze Cruiser

JANUARY, 2020

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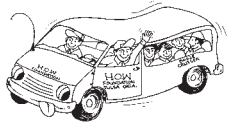
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The Director's Corner

Wishing everyone all the best for 2020! Starting with this Newsletter, the "Booze Cruiser" will now be published on our website! It will continue with the same format, and the stories of the staff and families will continue to be published. Also appearing will be the recognition of recovery milestones by our residents, staff, and graduates. I hope you will continue to read and enjoy!



In love and service,
Robert Alves
Executive Director



The Booze Cruiser

it's the H.O.W. or the highway

From a Graduate ...

I have struggled with alcohol pretty much my whole life. When I was growing up drinking was a normal thing in my family. We were always celebrating something. But I took it way further. I drank all day long everyday since I was 14. I could hold a job and actually did very well for myself. But the drinking caught up with me. It put me in the hospital several times, took my family, pretty much left me for dead. One day, I was extremely shaky, weak, and very under weight. I decided I can't live this way anymore. I really do think it was God that put that phone in my hand, and found the H.O.W. Foundation online. I called, they got me in the next day. Since then my life has

“...it's the H.O.W. way or the highway...”

done a complete turn around. The structure and accountability is what I really got out of it. I am now a staff member, and doing what I think is what God meant for me to do. I really try to help these guys see that this program works, it truly changes your life, your whole way of thinking. It did mine. But you have to want and need it. And most importantly work for it. I am proud to be a part of the H.O.W. Foundation and my family is proud of me. This program does amazing things for a person if you're willing to take that step and keep moving forward. My way of thinking now is it's the H.O.W. way or the highway, and that highway doesn't lead to anything good in life.

-Michael Gaynor

CORNERSTONES of a FOUNDATION ...

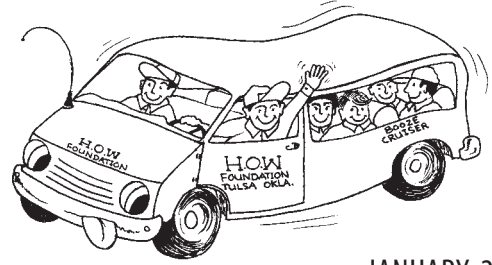
Growing up in our family was never dull. The best part for me was when my baby brother was born. He was my pride and joy, always so sweet. I couldn't wait to get home to play with him. That is the person he became as he grew. He would give you the shirt off his back if you were in need of one. I think a lot of this stemmed from losing our mother and the rest was him trying to impress his friends. I lost my brother for the better part of 15 years when the drugs and alcohol took over. He decided to drown out his sorrows rather than asking for help. We all tried to reach out to him. His friends were even worried, reaching out to us because he was out of control. Always worried I would get that phone call telling me I had lost him for good. He turned into a monster, not caring who he hurt or who he had to walk over to get what he wanted. I came home from work one day to find him going through my sons piggy bank, that was the last straw. I had to push him away to protect my children. I couldn't bear to have them see him that way. He was no longer my little brother. I thank the Lord he found the How Foundation. Its been a rough road for my little brother, but I finally feel as though I am getting him back. Welcoming him into my house for Christmas was the best gift I could have received. I am convinced he will beat this for good this time.

- Robyn Gonzalez

Do you have a story about a loved one who has been through our program? How your life and the life of those around you have been changed? Please tell us about it!

The Booze Cruiser

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JANUARY, 2020

ROBERT ALVES
Executive Director

P.O. Box 470058 5649 So Garnett Rd. Tulsa, OK 74147-0058 252-5739
SEPTEMBER - DECEMBER, 2019

Thanksgiving and Christmas Celebrations

The traditional winter holidays are always special times at the H.O.W. Foundation. As men enter recovery from addiction, the list of things we are thankful for greatly increases. It is also a time to reflect and give thanks for those that made the Foundation possible, people who were visionary, with an idea....an idea to give those who were willing the opportunity to "Take That First Big Step". At Christmas time, the men receive gifts that have been donated by Unity Center of Tulsa, a years old tradition. At both Thanksgiving and Christmas, the men of the H.O.W. kitchen, under the guidance of staff member Scott Hunsperger, puts on a feast that rivals anyone's holiday table, not only for the men, but for friends and family as well.

Winter is here!

Raking leaves? Shoveling snow? De-ice those sidewalks? Winterizing lawns and gardens? We have crews for all seasons-simple tree removal, moving, trash haul, and lawn work. Or, you can schedule one or two of our men for your specific needs around your home or business. Our hardworking, responsible men will come right to your door and do all those odd jobs around the house or office for you! Give us a call at 918-252-5746, and we'll get you scheduled!!!

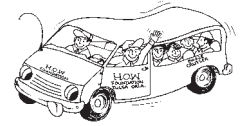
Thanks to the tremendous support of the Broken Arrow and Tulsa communities, through both donations and purchases, we have now opened our second Thrift Store! Our new store is located at 2325 E. 71st Street, and offers the same positive, upbeat environment that has made our Broken Arrow store such a success! "Now with four trucks and a central dispatch, both donation pickups and purchase deliveries are a smooth and easy process", says Joe Earles, Thrift Stores Manager. "We continue to offer a wide variety of merchandise, and occasionally some of it is brand new!" .Don't take our word for it, **stop by and see for yourself.** The Broken Arrow Thrift Store is located at 2216 So. Aspen, (91st & So. Aspen), and is open **Monday thru Saturday 7:00 AM - 5:00 PM.** The Tulsa store is located at 2325 E. 71st. Street, and is open **Monday thru Saturday 7:00 AM - 4:30 PM.** Both stores offer a great shopping experience, and you never know what you are going to find! Pick-ups and deliveries are still six days-a-week. Remember, your donations are tax deductible! Call 918-455-8223...you'll be glad you did!



Thank you so much for your **vehicle donations.** Whether it is a car, van, or truck, we do the necessary repairs and sell them to graduates of our program. The HOW is a **Used Car Dealership.** These used cars enable our graduates to have a means of transportation, not only to work, but to AA/NA meetings in the community. Keep in mind these donated cars are used to further the mission of the Foundation, helping the alcoholic help himself. And don't forget, all donations are tax-deductible! We appreciate your thoughtfulness in considering us for your used vehicle....tell your friends about it. Call 918-252-5739 to donate a vehicle!!!

**We always have
The Right Price!!**

The following is a list of both past and present residents of the H.O.W. Foundation, along with their sobriety dates who have achieved milestones of continuous sobriety for periods of Ninety Days...Six months...One year and more for September, October, November, and December of 2019!!!



The Booze Cruiser

THE BOTTOM LINE

6 MONTHS

LEE S. 04.04.19
 DANIEL T. 07.08.19
 CODY C. 07.10.19
 TERRY H. 04.15.19
 WILLIAM F. 04.30.19
 CHANCE S. 05.20.19
 HUNTER V. 05.31.19
 MIKE P. 06.06.19
 CODY G. 06.14.19
 NICHOLAS P. 06.18.19
 CASEY T. 06.26.19
 ANTHONY I. 06.28.19
 CODY C. 06.28.19

90 DAYS

WILLIAM B. 07.05.19
 RONALD P. 07.23.19
 NATHANIEL K. 07.24.19
 ROBERT N. 07.29.19
 TRENT K. 08.01.19
 JUSTIN C. 08.02.19
 DEVON G. 08.05.19
 AARON G. 08.06.19
 STEVEN B. 08.07.19
 MAC C. 08.08.19
 MICHAEL D. 08.10.19
 ERIC S. 08.20.19
 JAMES B. 08.27.19
 BILLY H. 08.27.19
 D'ANDRE M. 08.28.19
 MICKEY M. 09.04.19
 BRYAN M. 09.09.19
 AUSTIN K. 09.09.19
 CHARLES C. 09.09.19
 TIMOTHY S. 09.10.19
 ROY C. 09.10.19
 ZACHARY C. 09.11.19
 MILES G. 09.11.19
 VINCENT G. 09.18.19
 PHILLIP L. 09.20.19
 PATRICK M. 09.23.19
 BILLY F. 09.24.19
 TY K. 09.24.19

2 YEARS

STEVEN G. 03.01.17
 TRISTAN W. 10.25.17

3 YEARS

CHARLES H. 11.08.16

4 YEARS

MARC D. 09.10.15
 JAMES G. 10.05.15
 CORTLEND S. 11.24.15

6 YEARS

STUART M. 09.27.13

7 YEARS

KELVIN M. 09.11.12
 KENNETH B. 10.10.12
 BRANDON E. 10.17.12
 JEFF H. 11.01.12
 JERRY C. 12.10.12
 WALTER G. 12.14.12

8 YEARS

JONATHAN R. 09.06.11
 TYLER E. 09.13.11
 ROBERT G. 09.27.11
 ED M. 11.18.11
 MARK C. 11.18.11
 MATT B. 12.13.11
 JOSH Y. 12.30.11

9 YEARS

MIKE M. 11.05.10

12 YEARS

BRICE P. 10.16.07

22 YEARS

ROBERT H. 10.14.97

24 YEARS

MERLIN K. 09.07.95

29 YEARS

RAY M. 10.18.90

**Experience
 Strength
 and Hope**



*These are the men that
 took that big step ...*

223 Years

of Sobriety reflected in the above column!!!