

## RON'S STORY

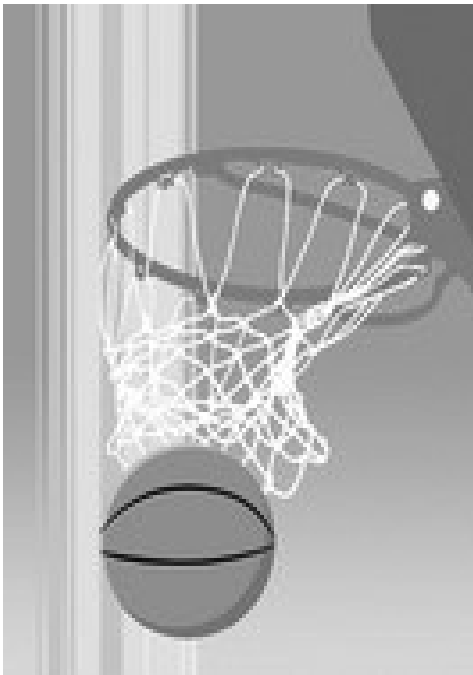
Ron characterizes his upbringing as normal. "My dad was in the Military, we lived in Kingston, and I don't remember any excess drinking at home.

Ron liked his sports, especially basketball. He ended up playing ball for Western U., where he was enrolled in the Phys-Ed program. During his last year at school, Ron had his first experience with alcohol. Although he had taken a girl to the party, he spent the night drinking by himself. He had been happy with the results until the next morning's experience with his first hangover.

Upon graduating, Ron got a job teaching and coaching. He got married and he and his wife had a son. Everything seemed to be going swimmingly. After 5 years, Ron did go through what he called a no-fault, amicable divorce and remarried. Ron says, "Eventually, I started drinking heavily. I would stop at as many as six hotels in one day." He had surrounded himself with people who drank the way he did.

One night, after a drinking bout with a friend, Ron drove home

drunk. He had been reported to the police for weaving all over the road and they greeted him right in front of his house. "I still remember the look on my son's face when they took me to jail." Ron swore he would never drink again. At age 51 he went to



treatment, began attending AA meetings, and managed to stay dry for 5 years. This he celebrated by picking up a drink on a road trip with the basketball team he was coaching.

He couldn't drink at home so he would drive miles out of his way to drink where nobody knew him. His greatest fear was getting caught by his wife, which inevitably did happen. He admitted defeat and asked for help. Keith Hornbrook

and Carl Johnson got him into the Fort Erie House. Ron was 64 years old.

During his stay at ARID House, Ron says he started talking to people about his problems with alcohol. He realized he had never taken the first step: admitting he was powerless over alcohol, that his life had become unmanageable.

Ron had been helping everybody but himself. He went to a lot of meetings when he was in Fort Erie and took the other residents to the local YMCA. Although he only stayed for a month, he says the experience was positive.

Today, Ron is very active in the community. Although he has retired from teaching, he still coaches the Niagara College Women's Basketball Team and does some refereeing. Ron is also involved with the Welland Tourist Board and sits on the ARID Advisory board. He still goes to AA meetings and enjoys good relations with his family. Ron celebrated 2 years of continuous sobriety in February "without cheating!" he says.

## DRY HUMOUR

A drunken sailor on liberty got into a big mud puddle in the street and was looking for something there.

Soon two other sailors came over and asked him: "Hey, bud, what are you looking for?"

"You better give me a hand, men," said the drunk.

The new arrivals walked into the puddle too and set about searching something unknown. At last the first drunk got out of the puddle and exclaimed: "I've found it!"

"What did you find?"

"The shore!" he exclaimed.

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Two drunks are walking along.

One drunk says to the other, "What a beautiful night... look at the moon." The other drunk stops and look at his drunk friend, "You are wrong, that's not the moon, that's the sun." They started arguing for a while when they came upon another drunk walking, so they stopped him.

"Sir, could you please help settle our argument? Tell us what that thing is up in the sky that's shining. Is it the moon or the sun?" The third drunk looked at the sky and then looked at them and said, "Sorry, I don't live around here."

## EDITORS' NOTE

Thanks to Ken and Leon for their guidance.